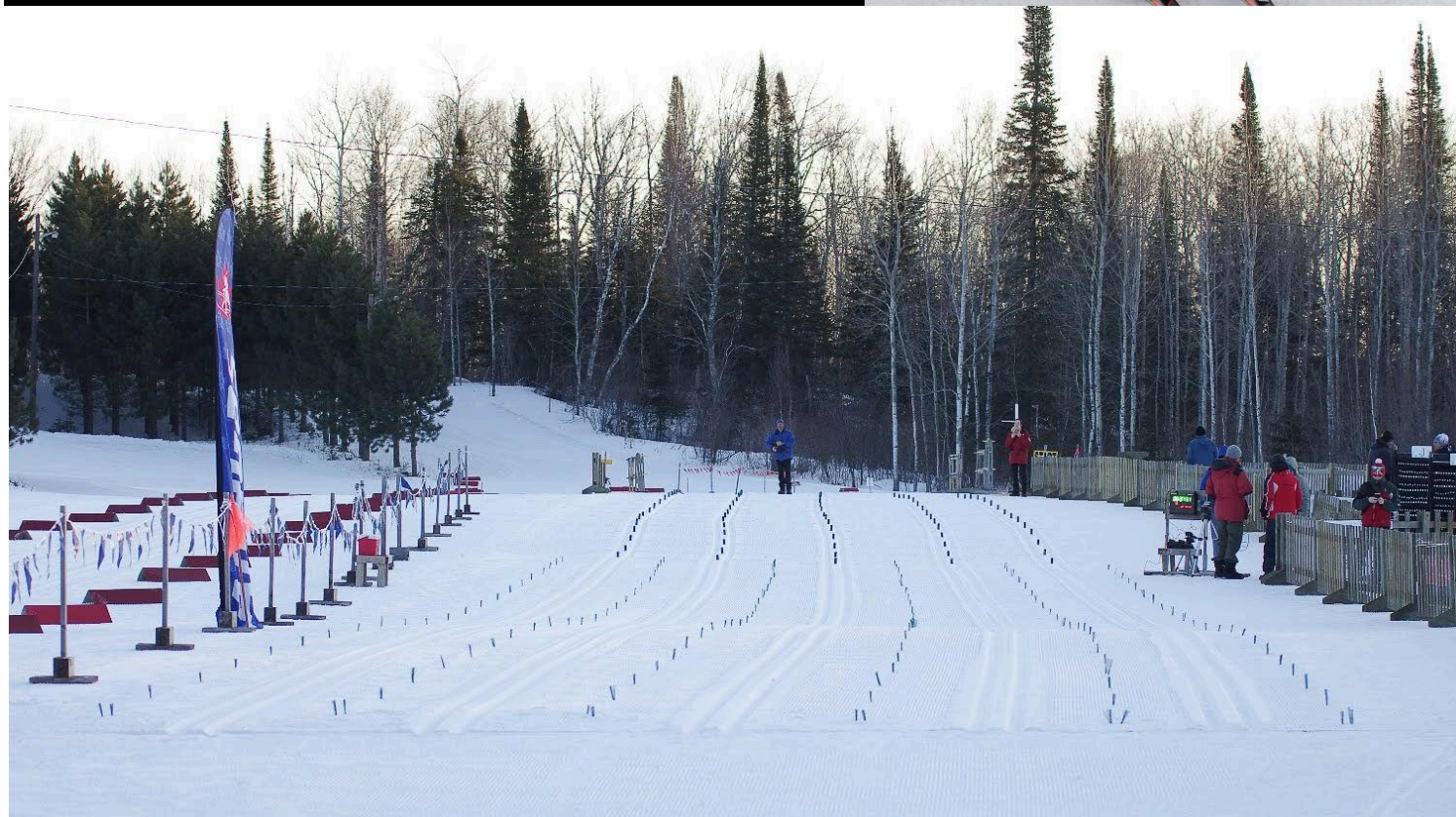




## Race Notice

### 2023 Nordiq Canada Ski Nationals CCUNC Championships Para Nordic Championships

Lakehead Superior Nordic Association  
Thunder Bay ON  
March 11 to 17, 2023



## Race Notice Updates

In the body of the document, all changes are highlighted in yellow for ease of reference.

### **V2 - Updated 20230207**

[Eligibility](#) updated to allow for foreign skiers to purchase a Nordiq Canada Associate License.

### **V3 - Updated 20230302**

Daily start times updated on the [Event Schedule](#) and correction of a few typos.

### **V4 - Updated 20230308**

Exhibition team sprints added - Details in [Addendum A2](#)

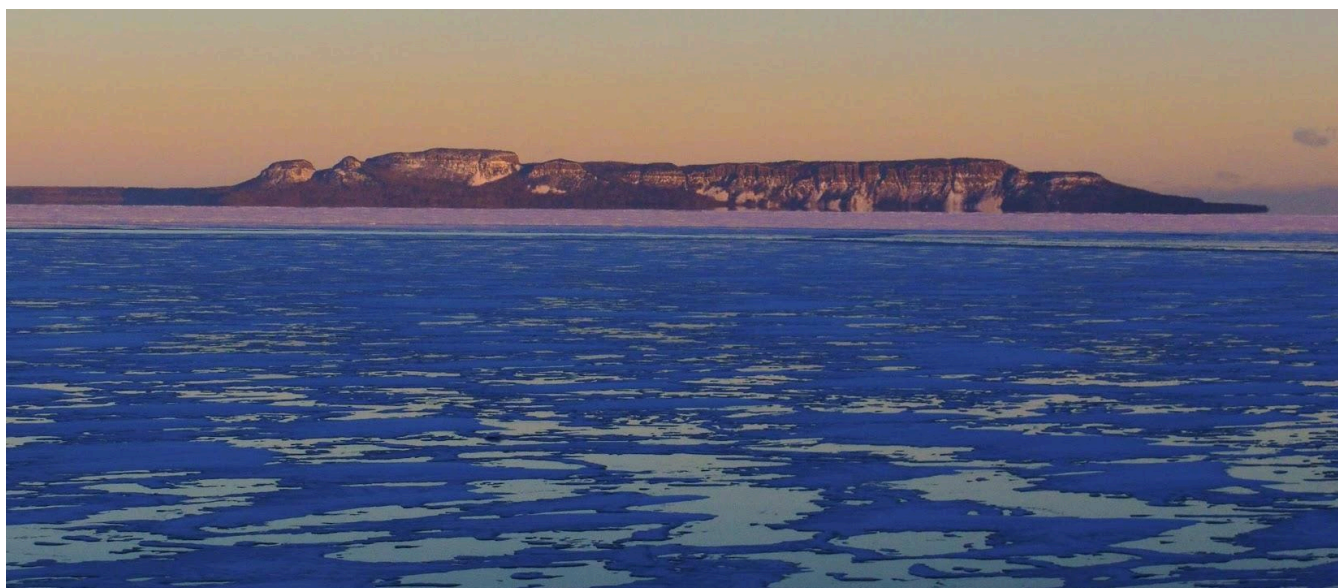


## Land Acknowledgement

The Lakehead Superior Nordic Association respectfully acknowledges that the lands on which we live and ski are the traditional lands of the Anishinabek Nation and the traditional territory of Fort William First Nation, signatory to the Robinson-Superior Treaty of 1850.

We are incredibly fortunate to share the surrounding natural beauty of Gitche Gumee, Nanabijou and [Anemkii Wajiw](#) with First Nations communities, the Métis Nation of Ontario, and other Indigenous peoples. We share a common respect for our natural environment that provides us the privilege of utilizing the topography of mother earth and the snow that falls from the sky to enjoy our chosen activity of cross country skiing.

The Sleeping Giant peacefully at rest on a cold winter's day.



## General Information

**Direct Inquiries:**  
**Competition Secretary**  
[Email: Stephanie Marler](#)  
Talk/Text: 807.474.6126

[Zone4 Event Page](#)  
[Event Website](#)  
[Follow us on Instagram](#)  
[Join the WhatsApp Group](#)

**Dates** Saturday, March 11 to Friday, March 17, 2023

**Host** Lakehead Superior Nordic Association,  
a joint venture between the Lappe Nordic Ski Club and  
Big Thunder Nordic Ski Club

**Venue** Lappe Ski Centre, Thunder Bay, Ontario  
[www.lappenordic.ca](http://www.lappenordic.ca)

**Sanctioned by** [Fédération Internationale de Ski \(FIS\)](#) and [Nordiq Canada](#)

**Rules** 2023 Nordiq Canada Ski Nationals Technical Package  
FIS [ICR-CCR 2023](#)  
[Canadian Precisions](#)

**Race Jury**

Technical Delegate	John Aalberg
Nordic Canada Race Director	Ilona Gyapay
Assistant Tech. Delegate	Jennifer Tomlinson
Chief of Competition	Angus Carr



## Table of Contents

<b>Race Notice Updates</b>	<b>2</b>
<b>Land Acknowledgement</b>	<b>3</b>
<b>Table of Contents</b>	<b>5</b>
<b>Organizing Committee</b>	<b>7</b>
<b>Race Committee</b>	<b>8</b>
<b>Schedule of Events</b>	<b>9</b>
Pre-Event Schedule	9
Event Schedule	9
Official and Non-Official Training Days' Schedule	11
Opening Ceremonies	11
Athlete Festival - Fort William Historical Park	12
<b>Prizes and Awards</b>	<b>12</b>
Daily Awards	12
Aggregate Awards and Nordiq Canada Annual Trophies	12
Cash Purse for Open Categories	13
<b>Competition Information</b>	<b>14</b>
Distances by Category	14
Race Courses and Stadium Layout	14
Categories and YOB	15
Racing Up	16
Seeding	16
Athlete Eligibility	16
<b>Registration Information and Event Fees</b>	<b>19</b>
Admission to Ski Trails	19
Coach, Team Support Personnel and Para Nordic Guide Registration	20
Athlete Registration	20
Registration Deadlines	20
1. 2023 Nordiq Canada Ski Nationals Registration	20
2. Club Team Sprint Pairing Registration (Separate Registration on zone4)	20
Team Captains' Meetings (TCM)	22

---

Coach Bibs	23
Bib Pick-up	23
<b>Facility Information</b>	<b>24</b>
Race Office Hours	24
On-Site Food Services	24
Wax Trailers and Flight Information	24
Wax Trailer Security	26
Water and Portable Toilets	26
WIFI and Cellular Service	26
First Aid	26
<b>Appendix A - Club Team Sprint Information</b>	<b>27</b>
Club Team Sprint Details	27
<b>Appendix A2 - Exhibition Team Sprint</b>	<b>32</b>
<b>Appendix B - Foreign Athlete Race License</b>	<b>33</b>

## Organizing Committee

	Lead Role	Development Role
<b>Co-Chairs</b>	<b>Werner Schwar &amp; Chris Serratore</b> Level 2 Officials	
<b>Treasurer</b>	<b>Byron Ball</b> Level 2 Official	<b>Martin Kaiser (Mentor)</b> Level 2 Official
<b>Technology and Communications</b>	<b>Gavin Shields</b> Former member of LU Ski Team	<b>Charlotte Sarrazin</b> High School student
<b>Hospitality</b>	<b>Sabrina Francescut</b> Level 1 Official	<b>Fiona McKenna</b> Level 1 Official
<b>Media</b>	<b>Stephanie Barnes</b> Level 2	<b>Katherine Hall</b> Train to Train Coaching Level
<b>Sponsorship</b>	<b>Deb Mayotte</b>	<b>Donna Ostrom</b>
<b>French Language and Translation Services</b>	<b>Celine Marti &amp; Charlotte Sarrazin</b>	<b>Nathalie Bedard &amp; Jocelyn Cameron</b>
<b>Volunteer Coordinator</b>	<b>Mary Ellen Ripley</b> Level 2 Official	<b>TBD</b>

## Race Committee

	Lead Role	Development Role
<b>Chief of Competition</b>	<b>Angus Carr</b> Level 3 Official	<b>Stephanie Marler</b> Level 2 Official
<b>Lead for Para Nordic Championships</b>	<b>John Cowan</b> Level 3 Official	<b>Elaine Lynch</b> Level 2 Official
<b>Co-Chiefs of Course</b>	<b>Joel Symonds and Jodi Hall</b> Level 2 Officials	<b>Liz Inkila - Mentor</b> Level 3 Official
<b>Chief of Timing</b>	<b>Rod Somppi</b> Level 3 Official	<b>Jeff Ashton</b>
<b>Chief of Stadium</b>	<b>Keith Hautala and Andrew Abbink</b> Level 2 Officials	<b>Derek Dool - Mentor</b> Level 2 Officials
<b>Co-Chiefs of Venue</b>	<b>Anna Nelson</b> Level 2 Official	<b>Rena Viehbeck</b>
<b>Chief of Controllers</b>	<b>Hilary Mettam</b> Level 2 Official	<b>Paul Charrette</b> Level 2 Official
<b>Competition Secretary</b>	<b>Stephanie Marler</b> Level 2 Official	<b>Alison Hart</b> Level 2 Official



## Schedule of Events

Pre-Event Schedule		
Today		Join <a href="#">Whats' App</a> and follow us on <a href="#">Instagram</a>
Wednesday 02.01		Deadline to complete the <a href="#">Wax Cabin and Flight Information Form</a> to ensure wax space allocation.
Friday 02.03		<a href="#">Registration opens</a> for all race events. Athletes must complete both the Regular Registration and Club Team Sprint Pairing Registration.
Sunday 03.05	23:59 Midnight	Registration closes for: <ol style="list-style-type: none"> <li>1. Regular Registration</li> <li>2. Team Sprint Pairings</li> </ol> Deadline to submit CCUNC eligibility forms to <a href="#">Ilona Gyapay</a> .
Tuesday 03.07	15:00	Final confirmation list posted for review. Submit corrections to the <a href="#">Race Office</a> <b>immediately</b> .
Wednesday 03.08	12:00 Noon	Late registration deadline for both registration forms (Regular and Club Team Sprint Pairings), <b>subject to a penalty of \$100 per race to a maximum of \$200 per athlete.</b>

Event Schedule		
Thursday 03.09	9:00 to 16:30 15:00 19:00	Training day - Trail fees in effect ( <b>see notes below regarding scheduling</b> ) Deadline to submit changes to the confirmation list <b>*TCM #1 - Pre-Event Information</b>
Friday 03.10	9:00 to 16:30 15:00 19:00	Official training day ( <b>see notes below regarding scheduling</b> ) Deadline to submit corrections to Day 1 seeding list <b>TCM #2 - All categories for Interval Start Free</b>
<b>Day 1</b>	<b>**8:30 am</b>	<b>***Interval Start - Free Technique</b>

Saturday 03.11	15:00  19:00	U16 / U18 - 7.5 km U20 / Senior / CCUNC - 10 km Para Nordic Standing - 7.5 km Para Nordic Sit - 5 km Deadline to submit corrections to Day 2 seeding list Deadline to submit Club Team Sprint substitutions Deadline to purchase Athlete Festival tickets <b>TCM #3 - U20/Senior/CCUNC and Para Nordic Sit Ski Sprint Categories</b>
<b>Sunday</b> <b>03.12</b>	<b>2:00 am</b>	<b>TIME CHANGE TO DAYLIGHT SAVING TIME (Spring forward)</b>
<b>Day 2</b> Sunday 03.12	<b>10:00 am</b>  <b>11:00 am</b> 15:00 19:00	<b>Free Technique Sprint Time Trial followed by heats</b> U20 / Senior / CCUNC - 1.2 km Para Nordic Sit - 800 m <b>Opening ceremonies led by local Jackrabbit skiers - Lappe Ski Center</b> Deadline to submit corrections to Day 3 seeding list <b>TCM #4 - U16/U18 and Para Nordic Standing Sprint Categories</b>
<b>Day 3</b> Monday 03.13	<b>10:00 am</b>  <b>11:30</b> 15:00 19:00	<b>Free Technique Sprint Time Trial followed by heats</b> U16/U18 - 1 km Para Nordic Standing - 1 km U14/U12 Exhibition race Deadline to submit Club Team Sprint substitutions for DNS athletes Deadline to submit corrections to Day 4 seeding list <b>TCM #5 - Club Team Sprint</b>
<b>Day 4</b> Tuesday 03.14	<b>8:30 am</b>   <b>18:00 - 21:00</b>	<b>Club Team Sprint - Classic Technique Time Trial followed by Heats</b> U16/U18 - 2 x 3 x 700 m U20/Senior/CCUNC - 2 x 6 x 700 m Para nordic athletes will be integrated into this event and will race with their age category. <b>Athlete Festival Fort William Historical Park</b>
Wednesday 03.15	9:00 to 16:30 <b>12:00</b> 15:00 19:00	Official training day <b>Athlete meeting with Nordiq Canada athlete representatives</b> Deadline to submit corrections to Day 5 seeding list <b>TCM #6 - Mass Start Classic U16/U18 and Para Nordic categories</b>

<b>Day 5</b> Thursday 03.16	<b>9:00 am</b>      15:00 Time TBC 19:00	<b>Mass Start Classic</b> U16 - 10 km U18 - 15 km Para Nordic Standing - 10 km Para Nordic Sit - 10 km Deadline to submit corrections to Day 6 seeding list Aggregate award ceremony U16/U18 and Para Nordic categories. TCM #7 - Mass Start Classic U20/Senior/CCUNC categories
<b>Day 6</b> Friday 03.17	<b>9:00 am</b>      Time TBC	<b>Mass Start Classic</b> U20 - 20 km Senior / CCUNC - 50 km <b>Aggregate award ceremony U20/Senior categories and</b> <b>Announcement of Overall 2023 Nordiq Canada Ski Nationals awards.</b> <b>Hot lunch available for pre-order during registration.</b>

Daily awards will be held on-site immediately following the completion of each category.

**\*All TCMs will be held on Zoom. Some TCMs may be combined.**

**\*\*Start times for each day of racing may be adjusted based on temperature and snow conditions**

**\*\*\*This is a listing of races scheduled for each day. It is not the Order of Start. Order of Start will be determined based on category size, course conditions and temperature.**

## Official and Non-Official Training Days' Schedule

Due to the potential risks and for the safety of all athletes, training day schedules will be published no later than Tuesday, March 7. Courses will be open for training at specific times. Failure to follow this schedule could result in a verbal warning as per the ICR.

Training on the Para Nordic Sit Ski courses will be by appointment. Para Nordic Sit Ski coaches, please communicate with the Race Office no later than March 5 to schedule training times.

## Opening Ceremonies

The Opening Ceremonies are scheduled for Sunday, March 12 at **11:00 am** at the Lappe Ski Center, and will be led by local Jackrabbit and Track Attack athletes.

## Athlete Festival - Fort William Historical Park

Tuesday, March 14 from 17:30 to 21:00

Registration Deadline: Saturday, March 11 at 15:00.

The Athlete Festival will immerse visitors into fur trading culture, circa 1816, at the largest living history site in North America: [Fort William Historical Park](#).

Guests will share in a traditional blessing and story followed by a hearty meal catered in heritage buildings. The evening will wind up with a Scottish ceilidh dance party with a live band.

500 tickets will be available at registration up until several days prior to the event. Accessibility will be ensured for all athletes.

---

## Prizes and Awards

### Daily Awards

Merchandise prizes for all categories have been created by local artisans and reflect our local culture.

Prizes will be awarded per the 2023 Nordiq Canada Ski Nationals Technical Package. Prize winners are expected to attend the ceremonies.

### Aggregate Awards and Nordiq Canada Annual Trophies

Aggregate awards will be presented per the 2023 Nordiq Canada Ski Nationals Technical Package. At the completion of Days 5 and 6.

**The Club Aggregate Trophy** was introduced in 2018 and is presented annually to the club that earns the most aggregate points at the Nordiq Canada Ski Nationals.



### **Annual Senior Trophies:**

**The Rolf Pettersen Memorial Trophy** is to be awarded to the winner of the Open Men's long-distance competition.

**The Hickory Wing Trophy** is to be awarded to the winner of the Open Women's short distance competition.

**The R.J. Devlin Trophy** is to be awarded to the winner of the Open Men's short distance competition.

**The Mary Anderson Trophy** is to be awarded to the winner of the Open Women's long-distance competition.

### **Annual Junior Trophies:**

**The Muskoka Trophy** for the Challenge Girl's Club Team Sprint winners.

**The Pepsi Cola Trophy** for Challenge Boy's Club Team Sprint winners.

**Sofie Manarin Memorial Award** is to be presented to the Canadian Aggregate winners in the U16 categories. A cash bursary from the Sofie Manarin Foundation will be presented to both recipients.

## **Cash Purse for Open Categories**

The cash purse for the Open category, per gender in Canadian Dollars:

<b>Rank</b>	<b>Purse</b>	<b>Rank</b>	<b>Purse</b>
1st	\$500	4th	\$150
2nd	\$300	5th	\$100
3rd	\$200	Top U23	\$75
		Top Sprint Qualifier	\$100

## Competition Information

Distances by Category						
Category	Day 1 Sat. 03.11 Interval Start Free	Day 2 Sun. 03.12 Sprint Free	Day 3 Mon. 03.13 Sprint Free	Day 4 Tues. 03.14 Club Team Sprint Classic	Day 5 Thurs. 03.16 Mass Start Classic	Day 6 Fri. 03.17 Mass Start Classic
	Saturday	Sunday	Monday	Tuesday	Thursday	Friday
U16	7.5 km		1 km	2 x 3 x 700m	10 km	
U18	7.5 km		1 km	2 x 3 x 700m	15 km	
U20	10 km	1.2 km		2 x 6 x 700m		20 km
Senior/CCUNC	10 km	1.2 km		2 x 6 x 700m		50 km
Para Standing	7.5 km		1 km	*	10 km	
Para Sit	5 km	800 m		**	10 km	

\* Para athletes will be integrated into the Club Team Sprint based on their YOB.

\*\*Course for Para Sit will be an appropriate length to ensure fair integration.

## Race Courses and Stadium Layout

Stadium layout and course maps for the full slate of races will be available at [2023 Nordiq Canada Ski Nationals Website](#) and on the [zone4 Event Page](#) no later than one week prior to the start of the event. The Race Committee will endeavour to post the race courses at an earlier date.

Categories and YOB		
Category	Sub-Category	Year of Birth
U16 Girl	U16 G1 U16 G2	2008 2007
U16 Boy	U16 B1 U16 B2	2008 2007
U18 Girl	U18 G1 U18 G2	2006 2005
U18 Boy	U18 B1 U18 B2	2006 2005
U20 Women	U20 W1 U20 W2	2004 2003
U20 Men	U20 M1 U20 M2	2004 2003
Senior Women/CCUNC	U23 W Senior W	2002, 2001, 2000 1999 and earlier
Senior Men/CCUNC	U23 M Senior M	2002, 2001, 2000 1999 and earlier
Para Nordic Ski Sit LW10-12 Women	NA	NA
Para Nordic Ski Standing LW2-9 & B1-3 Women	NA	NA
Para Nordic Sit Ski LW10-12 Men	NA	NA
Para Nordic Standing Ski LW2-9 & B1-3 Men	NA	NA

## Racing Up

When a competitor “races up”, he/she relinquishes all rights to any medals, prizes, and awards associated with his/her pre-defined age category on that competition day.

U20s will have the options for Sprint Races at Nationals to race in the U20 Heats event if they qualify in the top 30 for Senior Heats, or to race in the Senior Heats if they qualify in the top 30, otherwise they can race in the U20 Heats. This election must be made during registration.

**U20 Racers, select heat advancement preference:**

- ☐ Race in U20 Heats even if I qualify in the top 30 for the Senior Heats
- ☐ Race in the Senior Heats if I qualify in the top 30, otherwise race in U20 Heats

## Seeding

Seeding will be in accordance with the 2023 Nordiq Canada Ski Nationals Technical Package.

Foreign skiers will be seeded as determined by the Jury regarding the competitors CPL points. In the rare instance a foreign skier has no CPL ranking; the Jury will use its discretion in seeding the skier.

For the Mass Start race, for all categories, seeding and bib assignment will be by Distance CPL (including para-nordic CPL) based on a skier's current CPL standing which will include the one individual start race earlier in the Nationals.

## Athlete Eligibility

Clarification for all Canadian skiers attending the Nationals: Athletes cannot purchase Day Licenses for any event at the 2023 Nordiq Canada Ski Nationals. Canadian athletes must have a valid NC license for the current season and have points greater than zero.



Eligibility to compete in the 2023 Nordiq Canada Ski Nationals is summarized below.

- 1) **Full Eligibility:** This category of eligibility allows the competitor to compete for Ski Nationals medals and awards put forward by Nordiq Canada and prizes provided by the OC or sponsors. As well, skiers in this category of eligibility may earn points towards overall Canadian Aggregate Awards (Club, Division or Individual). To achieve full eligibility the skier must fulfil the following:
  - have a valid NC/Para race license from the current season; and
  - have points greater than zero; and
  - be a Canadian citizen or hold a Permanent Resident Card (PR Card), and
  - is eligible to be issued a current FIS or FIS/Para license by Canada at the time of race registration.
- 2) **Partial Eligibility:** This category of eligibility allows a competitor to compete in the Ski Nationals but only for Organizing Committee or sponsor generated prizes, including cash prizes in the open class. This category of eligibility does not allow the skier to earn points towards any of the overall Canadian or CCUNC Aggregate Championship Awards. Skiers in this eligibility category would include the following:
  - those who have a Nordiq Canada/Para race license\* but are not Canadian citizens or do not have a Permanent Resident Card; or
  - skiers with an active FIS or FIS Para license issued by a foreign ski federation.

\* Skiers with a license issued by a foreign ski federation who do not hold a FIS license must purchase a Nordic Canada Associates License. You must have converted points greater than 0. See [Appendix B](#) for the procedure to purchase this license.

Skiers must also hold a FIS license to be eligible for the cash purse awarded in the Open categories.

- 3) **CCUNC Eligibility:** For an athlete to be CCUNC eligible, the athlete must meet the varsity requirements of their institution, (USport member, CEGEP or college), is enrolled in a minimum of three (3) courses/semester for two (2) semesters in the most

recent 12-month period and [signed authorization](#) from the school registrar and/or Director of Athletics is received by Nordiq Canada's Officials and Event Manager.

- Athletes must complete the CCUNC Eligibility form available on the Zone4 Event Page and must be in the hands of the Nordiq Canada Events Manager no later than the close of Regular Registration, Sunday, March 5 at Midnight.
- have a valid Nordiq Canada race license from the current season; and
- have points greater than zero.

A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC individual medals or Aggregate Awards at the Ski Nationals.

[CCUNC Eligibility Form](#).

- 4) **Additional Eligibility Requirements for Para Nordic:** Para nordic athletes are either nationally or internationally classified. If national classification has not been possible, the athlete will default to the highest classification in their category (LW12, LW9, B3).

Para nordic guide license is the responsibility of the visually impaired athlete. Guides are not expected to pay registration fees, however all guides must sign the Nordiq Canada Informed Consent and Assumption of Risk form in zone4.

For eligibility for the Club Team Sprint event, please consult [Appendix A](#).

## Registration Information and Event Fees

The following table outlines the various fees related to the races and the Athlete Festival.

Fees – All Athletes	Register by March 5 To avoid late registration penalties All fees are subject to HST 13%
<b>Regular Registration</b> (closes March 5 at Midnight) All Categories including Club Team Sprint Qualifier (Heats included in fee)  <b>Athlete Festival Tickets</b> (closes March 11 at Midnight) Registered athletes All others	          \$50 per day          \$50 per person \$55 per person
<b>Late Registration</b> (closes March 8 at noon) All Categories Late Registration Penalty	          \$50 per day \$100 per day to a maximum of \$200 per athlete

## Admission to Ski Trails

Access fees to the trails for registered athletes and coaches are included in the registration fees for the official training day and race days, from Friday, March 10 to Friday, March 17, inclusive.

For all other days, athletes and coaches must buy a trail pass either on zone4, at discounted rates, at the time of registration, or at the Lappe Ski Centre.

Family members need to purchase trail passes to ski. Event Passes will be available in the zone4 registration.

## Coach, Team Support Personnel and Para Nordic Guide Registration

Coaches must register on [zone4](#) for identification, to provide an email address and cell phone number for event communication, to request coach bibs and to purchase banquet tickets. Coaches will be asked to submit a list of Team Support Personnel (for information only).

Para Nordic Guides are not expected to pay registration fees, however all guides must register and sign the Nordiq Canada Informed Consent and Assumption of Risk form available from event hosting clubs.

## Athlete Registration

Online Registration at [zone4](#) is the only method of registration available.

Registration will open by February 3, 2023. All registration fees are payable at the time of online registration. Refunds will not be issued, unless the request to withdraw is received in writing to the [Race Office](#) prior to the close of regular registration (March 5), in which case, 50% of registration fees will be refunded.

All registration fees are subject to HST and zone4 processing fees.

## Registration Deadlines

### 1. 2023 Nordiq Canada Ski Nationals Registration

**Regular Registration Deadline:** Friday **Sunday**, March 5 at Midnight EST.

**Late Registration Deadline:** Wednesday, March 8 at noon, subject to a late registration penalty of \$100 per race to a maximum of \$200 per athlete.

### 2. Club Team Sprint Pairing Registration (Separate Registration on zone4)

After registering for the Qualifier in the 2023 Nordiq Canada Ski Nationals Registration, athletes wishing to compete in the Heats will then register in a separate Zone4 Club Team Sprint Pairings registration. EACH athlete MUST indicate



their partner, order of skiing (first leg or second leg,) team name, category and coach.

**Team Sprint Pairing Regular Registration Deadline:**

Sunday, March 5 at Midnight EST.

**Late Registration Deadline:**

Wednesday, March 8 at noon. Subject to a \$100 penalty per team.

**Deadline to submit team substitutions:**

Saturday, March 11 at 15:00. No new teams may be added.

**Late substitution deadline:** Monday, March 13 at 15:00

**Late substitutions may be allowed under the following circumstances:**

1. A team member is DNS for the qualifier, and
2. The DNS is communicated to the race office **in writing by the deadline, 15:00 on March 13.** The communication must include the name of the athlete, their race license number, club, date of birth, category (ies) and team name (s). This DNS is irrevocable.
3. The substitute for the DNS athlete is identified in the above communication, is eligible to participate and is registered in the Qualifier. The substituted athlete must include their race license number, date of birth, club and the category in which the new team wishes to participate. The substituted athlete will race the same “leg” as the original athlete.
4. The intent of this late substitution is to allow an orphaned team member to acquire a new partner who is not already on a team.

Athletes are permitted to participate in more than one Club Team Sprint category: Challenge (U16/U18), Open (U20/Senior) and/or CCUNC.

Skiers on a team in the Club Team Sprint must be formally registered with the same club. Para Nordic and Olympic stream athletes will race as part of their club teams in the Club Team Sprint. Para Nordic Sit athletes will ski an appropriate course.

The Club Team Sprint event consists of a Qualifier and Finals. A full description of the Club Team Sprint, including team eligibility is in [Appendix A](#).

Substitutions must be received by email with complete information as outlined above at: [raceoffice@canadianskinationals2023.ca](mailto:raceoffice@canadianskinationals2023.ca), and on-time to be considered.

## Team Captains' Meetings (TCM)

All TCMs will be held on Zoom. The link will be provided on the 2023 Nordiq Canada Ski Nationals WhatsApp group.

Each Division must identify two (2) representatives who may speak on behalf of the Division. Teams from the US will identify two (2) representatives to speak on their behalf. A sign in sheet will be provided in the WhatsApp group.

### **TCM Schedule:**

Thursday, March 9, 2023	19:00	All Categories - Introductory Meeting
Friday, March 10, 2023	19:00	All Categories, Free Technique - Interval Start
Saturday, March 11, 2023	19:00	U20/Senior/Para Nordic Ski Skiers - Free Technique Sprints
Sunday, March 12, 2023	19:00	U16/U18 Para Nordic Standing - Free Technique Sprints
Monday, March 13, 2023	19:00	All Categories, Club Team Sprints
Wednesday, March 15, 2023	19:00	U16/U18 and Para Nordic, Classic Technique - Mass Start
Thursday, March 16, 2023	19:00	U20/Senior/CCUNC, Classic Technique - Mass Start

## Coach Bibs

Only Nordiq Canada issued coach bibs will be accepted on course. Two bibs will be issued to each club during the first bib give out, and must be returned at the end of the event, subject to a fine for non-return. Coach bibs are to be used for wax testing on interval start days, and may be permitted during mass start days, at the discretion of the jury. Coaches skiing on the course during a race may be subject to sanction.

## Bib Pick-up

Location: Upstairs, adjacent to the Race Office. If accessibility to the race office is a concern for any team, please communicate with the [race secretary](#).

Bibs will be available for pick 1.5 hours prior to the start of each race. Bibs will be sorted by Team or Club, as identified during registration. Please send only 1 person to pick up the bibs for your team or club.

A racer who does not return their bib or chip at the end of a race will be charged a \$100 replacement fee, for each, that must be paid prior to another start being granted.

For Classic Sprint Days (Days 2 and 3) sprint heat bibs and leg bibs will be issued outside in a designated area near the start.

Club Team Sprint Heat bibs (Day 4) will be issued outside in a designated area near the start.

## Facility Information

The Lappe Ski Center is newly renovated, and offers plenty of seating downstairs, renovated bathrooms, and a family and accessible washroom on the main floor.

### Race Office Hours

The Race Office will be located on the second floor of the main chalet.

Tuesday and Wednesday, March 7 and 8	10:00 to 14:00
Training Days	10:00 to 16:00
Race Days	7:30 to 18:00

### On-Site Food Services

Food will be available for purchase on-site on the main floor of the chalet, including Lappe's famous Finnish pancakes, hot soups and chili, cookies and treats.

Athlete Services will provide water refills, Gatorade, cookies and fruit, and other items, and will be a designated accessible location outside of the main chalet.

The upstairs of the chalet will be restricted to volunteers and persons needing to visit the Race Office.

### Wax Trailers and Flight Information

The 2023 Nordiq Canada Ski Nationals organizing committee is committed to providing the best possible experience for all teams making the trip to Thunder Bay.

Each Club, Team and Training Centre should provide the information requested in the [Expression of Interest, Wax Cabin and Flight Information form](#). Please complete this form by January 31st.



## WAX CABIN ASSIGNMENT

Per the Technical Package, we are committed to providing a heated wax room with ventilation and a minimum amount of space for each team, as follows:

- Up to 8 athletes = 1 table (2 forms)
- 8 – 16 athletes = 2 tables (4 forms) or the size of one regulation cabin (8'x12')
- 16 – 24 athletes = 3 tables (6 forms)
- 24 athletes = 4 tables (8 forms) or the size of two regulation cabins (8'x12')

Teams will be charged a fee of \$125 per 8 athletes for wax cabin space. If you bring your own wax facilities, you will not be charged. Fees will be collected after the close of athlete registration on Friday, March 3rd.

If you do not plan to use the wax cabins provided, please let us know in this registration, to assist us in allocating wax room space, and ensuring that we are prepared for any additional equipment that may be arriving at the race site.

The Para Nordic waxing facilities will be located at stadium level with easy access to barrier free portable toilets. There are barrier free washrooms in the chalet as well.

**Note: Accessible portable toilets are ONLY to be used by those who require accessible facilities.**

## FLIGHT and EQUIPMENT INFORMATION

The Event Organizing Committee of the 2023 Nordiq Canada Ski Nationals is working with the Thunder Bay International Airports Authority in an attempt to make travel through the Thunder Bay Airport as smooth as possible before and after the event.

With the sheer number of athletes, support crew and gear potentially arriving and departing at similar times, and the fact that the airlines are now generally flying smaller planes to Thunder Bay, the Airport Authority will work with the airlines to reduce the potential for things like delayed baggage. No guarantees are being made, however, so please pack defensively.

## Wax Trailer Security

Each wax trailer will have 2 sets of keys. The teams in the trailers need to organize themselves accordingly. Apex Security will be on-site from 8:00 pm to 6:00 am from Wednesday, March 8 to Friday, March 17, inclusive.

## Water and Portable Toilets

The Lappe Ski Centre uses well water. Please make every effort to conserve water and use the provided portable toilets. Accessible washrooms will be available adjacent to the Para Nordic waxing facilities and in the chalet. Portable toilets will be serviced regularly.

Sasi Spring Water will be available in the Athlete Services Trailer.

## WIFI and Cellular Service

There is adequate cellular service at the Lappe Ski Centre. TBayTel WIFI hotspots will be available for attendees. **However, to ensure a stable flow of information and live results, attendees are asked to avoid streaming video while at Lappe.**

## First Aid

Canadian Ski Patrol will be on-site. The Thunder Bay Regional Health Sciences Centers is a regional trauma center and has a 24 hour Emergency department, located at 980 Oliver Road, Thunder Bay ON. It is located 25 km from the race site.

## Appendix A - Club Team Sprint Information

For information about registration and deadlines for the Club Team Sprint, please refer to the [Registration Deadlines](#) section of this Race Notice.

Skiers on a team in the Club Team Sprint must be formally registered with the same club. Para Nordic and Olympic stream athletes will be integrated in the Club Team sprint. Para Nordic Sit athletes will ski an appropriate course.

The Qualifier will be open to all athletes, regardless of whether they are on a team or not, and will count for CPL points.

After registering for the Qualifier during Regular Registration, athletes wishing to compete in the Heats will then register in a separate Club Team Sprint Pairings registration. EACH registered team MUST indicate the athletes, order of skiing (first leg or second leg) team name, category and coach.

### Club Team Sprint Details

Club Team Sprint will consist of skiers from the same club or in the case of the CCUNC category, the same educational facility/university. Para Nordic athletes will be integrated into teams and will ski an appropriate course.

- Foreign skiers may enter the Open Team Sprint competition provided they are a member of the same registered club or university program. Teams with foreign skiers are not eligible for Nordiq Canada Ski Nationals medals.
- Regional training centres may not field teams in the Club Team Sprint competition.

Athletes will register individually for the sprint qualifier. Athletes can also register as a team in eligible heats of their choosing.

The Club Team Sprint will consist of a qualifier, and one or more final heats per category.

### Categories

CCUNC Men CCUNC Women	2 skiers 6 laps each 700m Distance	Heat seeded by sum of qualifier times, max 20 teams expected.
Open (Senior/U20) Men Open Women (Senior/U20) Women	2 skiers 6 laps each 700m Distance	Heats assigned by sum of qualifier times, into heats of 15-20 teams
Challenge (U16/U18) Boys Challenge (U16/U18) Girls	2 skiers 3 laps each 700m Distance	Heats assigned by sum of qualifier times, into heats of 15-20 teams
Para Nordic athletes	Will register in their equivalent Olympic stream category as listed above. The integrated Para Nordic Sit ski course will be ~50% of the Olympic stream course distance set above.	

### Eligibility

- Only CCUNC skiers are eligible to ski in the CCUNC final heats.
- All skiers are eligible to ski in the Open (Senior/U20) final heats.
- Only skiers in U16 and U18 age categories are eligible to ski in the Challenge (U16/U18) final heats.
- Para nordic skiers are eligible to compete in the Challenge category if the athlete's YOB matches the U16 or U18 YOB, otherwise they must register in the Open and/or CCUNC Category.

### Seeding and Order of Start

- The individual sprint qualifier will be open to all athletes, regardless of whether they are on a team or not. Results will count for CPL/Para CPL points, but not towards Ski Nationals aggregate points.
- Seeding for the qualifier will be by CPL Sprint points. Para nordic skiers will be seeded at the discretion of the Jury.
- Individual results in the qualifier will be published for the Para Nordic category with both actual and adjusted time.
- All athletes entered in the team sprint will have one qualifier and one final heat.
- There will be no semi-finals.
- Teams in the CCUNC final heat, Challenge (U16/U18) final heat and in the Open (U20/Senior) final heat will be seeded by the combining individual athlete times in the qualifier. Teams will be seeded into a series of A, B, C, D, etc. final heats in order of combined times. The A final will have the fastest teams, and the teams will be allocated to the final heats progressively down the alphabet. The A final heats will have no more than 15 teams, then the remaining teams will be allocated to final heats B, C, D etc. with a maximum of 20 teams.
- Teams with a para nordic skier will be placed in the final heat according to the actual qualifier time(s), not adjusted time(s). Sit skiers will ski an alternate course.
- The order of the sprint finals will be communicated as determined and agreed upon by the Jury.
- All schedules to be approved by the Jury.
- Athletes are permitted to participate in one or more Club Team Sprint category (e.g., Challenge, Open and/or CCUNC) for the heats. To do so, the

athlete must register as part of a team in each eligible Club Team Sprint category in the heat registration.

## Results

- Results of the final heat will show team name, names of the team members, affiliation (Club or University), accumulated time, final heat place, time back from the leading team, and final place.
- The results will be published according to the following:
  - Final Rank is determined by the results of each final heat, in heat letter order.
  - For example, if Heat A is the heat containing teams with the fastest qualifier times, 1st place Heat A is the overall first place. Heat D place 4 will be place 52 if there were 16 finishers in each of heats A, B and C.
- If an individual races in the qualifier but does not race in their Team Sprint final, the team will be considered DNS for the Club Team Sprint.
- Individual results from the qualifier are eligible for CPL/Para CPL.
- The results of the Club Team Sprint Challenge and Open Categories are used to contribute to Ski National Division and Club aggregate totals.
- The results of the Club Team Sprint CCUNC Category are used to contribute to CCUNC aggregate totals.
- National Championships medals will be awarded for Club Team Sprint CCUNC "A", Challenge "A" Heats and Open "A" Heats. No medals will be awarded for the qualifier.
- Results of the qualifier will not be used to calculate individual aggregate points for Ski Nationals.

Except where the rules in this section apply, FIS Team Sprint rules apply with these stipulations:

- Waxing pits are only permitted in designated areas and will only be allowed after review by the Jury of the stadium size, competition format and size of the heats. One service team personnel and one wax bench per club is permitted in this area.
- Teams must be composed of skiers from the same club for the Club Team Sprint.



## Appendix A2 - Exhibition Team Sprint

In order to enhance the experience at Nationals for athletes who do not have a Club Team Sprint partner, Nordiq Canada and the OC (LSNA) will offer an Exhibition Team Sprint as follows:

1. There will be one Final Exhibition Teams' Heat, regardless of the number of teams.
2. Team composition is open: members can be from any club, any division, any gender.
3. The format will be the same as the Challenge Club Team Sprint (2 x 3 laps).
4. Teams can only be made from athletes who are currently registered in the Qualifier, but not in the Club/University Team Sprint. Existing teams cannot be broken and re-registered.
5. All other eligibility requirements remain the same.

Registration procedure:

1. If you were registered as a team that was removed from the Club Team Sprint, that team will be reinstated into the Exhibition Team Sprint.
2. Team Sprint Pairing registration is open. There will only be one category to choose from: Exhibition Team Sprint.
3. Registration will close at 15:00 on Friday.
4. Exhibition Teams' Heat results will not count towards any aggregate standing.
5. No awards will be given for the Exhibition Teams' Heat.

After registration closes, the substitution rules will be as outlined in the Race Notice.

NOTE: Swapping of athletes is not permitted between Club Team Sprint and Exhibition Team Sprint teams. However, an athlete can be pulled up from the Exhibition Team to the Club Team Sprint for substitutions as per the substitution rules as outlined in the Race Notice.

## Appendix B - Foreign Athlete Race License

If you are a foreign athlete and do not have a FIS license, you must purchase a Nordiq Canada Associates License as outlined in [Nordic Canada's Race License policy](#) **before registering** for the 2023 Nordiq Canada Ski Nationals.

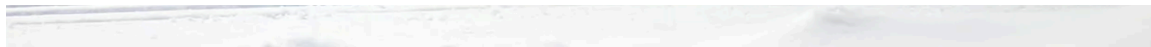
As outlined in the [Eligibility Requirements](#), you must have points greater than 0 to participate in this event.

To purchase a Nordiq Canada Associates License please follow these steps:  
Access the Nordiq Canada Race License on-line application site with this link:  
[Nordiq Canada Race License On-Line Application](#)

### Step 1:

Type your name into the first search bar entitled "Nordiq Canada License" to ensure you don't already have a license. If you find yourself, renew your license.

Once you've determined that you don't have a license to renew, type your name into the second search bar entitled "LastName".



### NORDIQ CANADA RACING LICENCE

**NOTE:** some users are reporting display issues of the Racing Licence Online Registration below on Windows using the Google Chrome browser. We are aware of the issue and working on it. If you are experiencing the list being cut off, please try viewing this page with an alternate browser such as Microsoft Edge or Firefox.

#### Nordiq Canada Race License Online Registration

##### Step 1: Introduction

Welcome to Nordiq Canada Race License Online Registration. Please complete each of the following registration steps, including payment.

If you are **renewing** a Nordiq Canada Licence then please enter it here.

Nordiq Canada Licence:  **RENEW**

If you can't remember your licence number or need to purchase a new licence, start by entering your LastName to search our licence database.

LastName:  **SEARCH**

[Click here to view the Nordiq Canada Licence Registration Confirmation List.](#)

iFrameResize({ heightCalculationMethod: 'lowestElement', scrolling: true })

This screen will show up after you type in your last name.

## NORDIQ CANADA RACING LICENCE

**NOTE:** some users are reporting display issues of the Racing Licence Online Registration below on Windows using the Google Chrome browser. We are aware of the issue and working on it. If you are experiencing the list being cut off, please try viewing this page with an alternate browser such as Microsoft Edge or Firefox.

### Nordiq Canada Licence Online Registration - Step 2

#### Nordiq Canada Racing Licence Online Registration

##### Step 1 - Check existing records

No LastName matches were found.

**NO MATCHES FOUND - APPLY FOR NEW LICENCE.**

[Click here to view the Nordiq Canada Licence Registration Confirmation List.](#)

### Step 2:

Click on "No Matches Found - Apply for New Licence".

Select your division: "Associate License USA" or "Other Country - Associate License"

**Complete the application. If you are from the United States, you must upload your USSA distance and Sprint points.**

You will be issued a Nordiq Canada license number and your points will be converted to CPL (Canadian Points List). You will put this number in the "Nordiq Canada Race License" field in the registration.

The cost of the Nordiq Canada Associate License is C\$35. Follow the prompts to pay on-line.