



**2023 Nordiq Canada Para Nordic
FIS PSS COC Races
Cross Country & Biathlon**

Hosted by Nordiq Canada & Biathlon Alberta

November 21-22, 2023
November 25 - 26, 2023

Canmore Nordic Centre
Canmore, AB

A. GENERAL INFORMATION

LOCATION

[Canmore Nordic Centre](#)

Frozen Thunder Trails

PROGRAM

The competitions will run over three days as follows:

Sunday, November 19 – PI Classification

Monday, November 20 – PI Classification and Official Training

Tuesday, November 21- 5km Individual 5 km CL

Wednesday, November 22 – 10 km Individual 10 km Free

Friday, November 24 – Biathlon Official Training

Saturday, November 25 – Biathlon Short Individual

Sunday, November 26 – Biathlon Sprint

*Tier 2 race starts will be available to PN athletes on the Cross-Country race days, who are not yet internationally classified, for race experience only. No FIS PSS points or awards will be available to Tier 2 athletes.

SANCTION

The event is sanctioned by:

- FIS Para Snow Sports - Nordic
- FIS/IBU
- Nordiq Canada

STAKES

- FIS Para Nordic (FIS PSS) COC points
- Canadian Selections to FIS Para Nordic World Cup and World Cup Finals
- PN-CPL Points

Technical Background

The event is guided by the following:

- The International Ski Competition Rules (ICR), Joint Regulations for Para Nordic, October 2023 Version and documents referenced in ICR 12300.1
- Rules of the FIS Points and World Cup Points
- CCR-ICR, November 2021 version
- PN CPL Guidelines

ORGANIZING COMMITTEE

POSITION	NAME
Race Secretary	Cindy Chetley

COMPETITION COMMITTEE

POSITION	NAME
Chief of Competition	Julie Beaulieu
Competition Secretary	Cindy Chetley
Chief of Course	Bjorn Taylor
Chief of Timing and Results	Kate Boyd

JURY

POSITION	NAME
Technical Delegate	Dan Brisbin
Assistant Technical Delegate	Ilona Gyapay
Nordiq Canada Race Director	Ilona Gyapay
Chief of Competition	Julie Beaulieu
Biathlon International Referee (IR)	John Jaques

INFORMATION AND COMMUNICATION

Communications during the event will be done via email and [WhatsApp](#). All official communications will be done in Canada both official languages. Please follow this link to join the WhatsApp: <https://chat.whatsapp.com/DuDYbZf4zj9KKN6r1lpTn>

WEBSITES	
Zone4 Event Page - CC	https://zone4.ca/register.asp?id=33398&lan=1&cartlevel=1

Zone4 Event Page - BT	https://biathlon.ca/event/calforex-cup-1-canmore-3/
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EMAILS		
Nordiq Canada Race Director	Ilona Gyapay	igyapay@nordiqcanada.ca
Chief of competition	Julie Beaulieu	jbeaulieu@nordiqcanada.ca
Competition Secretary	Cindy Chetley	cchetley@nordiqcanada.ca

SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
Tuesday, November 14	23:59 CET	FDMS Registration by name closes	FIS required entry deadline (Completed by Nations)
Sunday, November, 19	All day until 17:00	Unofficial training (Trail fees and Kananaskis Conservation Pass in effect)	Canmore Nordic Center
	12:00	Correction to confirmation list due Regular Zone4 Registration Closes	Race Office: cchetley@nordiqcanada.ca https://zone4.ca/register.asp?id=33398
	23:59	Registration for Biathlon Races Closes	https://zone4.ca/register.asp?id=33476&lan=1&cartlevel=0&addfamily=
	19:00	Distance Seeding List available	Zone 4
Monday November, 20	9:00-17:00	Race office open	Nordiq Canada
	11:00-15:00	Official training	5km classic course
	14:00	Corrections to 5KM Classic Interval start list due	Race office: cchetley@nordiqcanada.ca
	17:00-18:00	Team Captains' Meeting	Nordiq Canada Office – Spray Room
Tuesday, November, 21	8:00-17:00	Race office open	Nordiq Canada
	8:30	Bib pick-up	Nordiq Canada office
	10:00	Sit Ski Men/Women	Frozen Thunder
	11:00	Standing (LW + VI) Men/Women Races (per start order) Award ceremonies (per schedule) 10km F Official Training	Course will be marked for official training at completion of all races and available until 4pm
	15:00	Corrections to 10km Free Interval Start Lists due	Race office cchetley@nordiqcanada.ca

DATE	TIME	EVENT	LOCATION
	18:00-19:00	Team Captains' Meeting	Nordiq Canada Office – Spray Room
Wednesday November, 22	8:00-15:00	Race office open	Nordiq Canada
	8:30	Bib pick-up	Nordiq Canada office
	10:00	Sit Ski Men/Women	Frozen Thunder
	11:30	Standing (LW + VI) Men/Women	
	Races (per start order) Award ceremonies (per schedule)		

Biathlon Race Event Details <https://biathlon.ca/wp-content/uploads/2023/06/Calforex-1-2023-Invitation-1.pdf>

CONTINGENCY PLAN

Any change in the event location or timing will be posted on Coaches WhatsApp group as early as it is known. If necessary, a decision on event cancellation due to weather or change of site will be made one week prior to the event, as recommended by the Jury.

VOLUNTEERING

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give, please contact: Kate Boyd
kboyd@nordiqcanada.ca

B. COMPETITION

CATEGORIES

CATEGORY	SUB CATEGORY	YEAR OF BIRTH
Para-Nordic Sit Ski LW10-12 Men/Women	CC ONLY – Tier 2 PN Sit Ski LW 10-12 M/W	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Men/Women	CC ONLY – Tier 2 PN Standing LW 2-9 & B1-3 M/W	N/A

RACES

CATEGORY	November 22/23 INTERVAL START-CLASSIC/Free	
PN Sitting LW10-12 Men/Women	Nov. 21 Classic	5 km
PN Standing LW2-9, B1-3 Men/Women	Nov. 21 Classic	5 km
PN Sitting LW10-12 Men/Women	Nov. 22 Free	10 km
PN Standing LW2-9, B1-3 Men/Women	Nov. 22 Free	10 km
PN Sitting LW10-12 Men/Women	Nov. 25, Free	Biathlon Short Individ.
PN Standing LW2-9 Men/Women	Nov. 25, Free	Biathlon Short Individ.
PN Sitting LW10-12 Men/Women	Nov. 25, Free	Biathlon Sprint
PN Standing LW2-9 Men/Women	Nov. 25, Free	Biathlon Sprint

*Courses dependent on available trails and to change

NOTICE OF DOPING CONTROL

Athletes and coaches must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program.

ELIGIBILITY /LICENSES

To participate, a skier must:

- Be a member in good standing of their national federation.
- Have a valid Nordiq Canada racing, OR foreign athletes must have a valid FIS PN license or a Nordiq Canada Associate Race License
- Sign the Nordiq Canada Informed Consent Assumption of Risk form (through zone4 registration).
- Be nationally or internationally classified.
 - Sanctioned race entry requires international classification status and assigned sport class.
 - Athletes with National Classification may enter the non-sanctioned category and sport class.

To obtain FIS PN Points, a skier must have a FIS PN license and be internationally classified.

GUIDE LICENSES

Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they should register on Zone4 and must sign the NC Waiver form at the Competition Office unless they hold a valid NC license.

Para-Nordic visually impaired athletes may purchase a transferable Guide license that can be used by multiple guides during the season. Multiple guides can be used by visually impaired athletes during a competition.

The Guide for a Para-Nordic Visually Impaired athlete need not be a member of the same club.

REGISTRATION

Registration will open on November 6, 2023, in Zone 4: All registration fees must be paid online on Zone4.

Cross Country Race Registration: <https://zone4.ca/register.asp?id=33398>

Biathlon Races Registration:

<https://zone4.ca/register.asp?id=33476&lan=1&cartlevel=0&addfamily=>

Race Fees: Cross Country Race fees are CDN \$30/race. Individuals registering after November 19, 2023 forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly.

Biathlon Races fees are as per Biathlon Race entry notice: <https://biathlon.ca/wp-content/uploads/2023/06/Calforex-1-2023-Invitation-1.pdf>

Sales Taxes: Taxes and processing fees will be added to the race fees.

Refund: Refunds may be made at the sole discretion of Nordiq Canada. There will not be any refunds if athletes fail DNS races.

Coaches and team support staff Coaches and team support staff can register to the Canmore COC Race WhatsApp account at <https://chat.whatsapp.com/DuDYbZf4zj9KKNNG6r1lpTn> which will be used to communicate any changes, or any decisions taken over the course of the event. The Biathlon event has a coach registration through zone4.

Corrections: Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the competition secretary at cchetley@nordiqcanada.ca before time/date?

SEEDING

The starting positions of the Para-Nordic racers will be determined by random draw.

Seeding distance lists will be distributed prior to each TCM for review by the coaches. Please contact cchetley@nordiqcanada.ca before 16:00 prior the TCM, should any corrections be required.

TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held at the Nordiq Canada offices, Spray Room as follows at 18:00

Other communications with coaches will be done by WhatsApp and email.

BIBS

Bib pick-up will take place at the Nordiq Canada office. Bibs will be available for pick up at time 8:30 a.m. Bibs will be sorted by Team or Club as identified during registration. Coaches and Staff please use FIS PN issued team bibs.

Athletes will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

TRAININ

The training schedule will be as follow:

DATE	TYPE	TIME	COURSES
November 20 & 21	Official	11:00-15:00	Frozen Thunder trails
November 24	Official	As per Calforex Cup package	

Note: Trail fees apply on unofficial training days.

WAXING

The use of fluorinated wax or tuning products containing fluorine is not allowed for all categories. Standardized wax procedure will be in place. Nordiq Canada Para Nordic Ski Team Head Technician will test and communicate the wax standard to the teams on the WhatsApp group.

<https://nordiqcanada.ca/coaches-and-wax-techs/wax-techs/wax-tech-resources/>

Wax Cabins are available to rent through the Canmore Nordic Centre:

[Wax Cabin Booking Link](#)

Team Rooms*	Regular			Not For Profit		
	Full Day	Week	Month	Full Day	Week	Month
*Biathlon Team Rooms, Cross Country Team Rooms, Wax Rooms	\$40.00	\$160.00	\$528.00	\$20.00	\$80.00	\$264.00

WARM UP

As it is an early season race, there is a strong probability that the trail network used for the race will only be covered, with limited snow in other areas of the facility. The priority will be to prepare the best possible race trails and snow coverage of warm-up and ski testing areas might be limited. More details will be available at the Team Captains Meetings; however, athletes and coaches should be prepared to use rock skis and/or prepare for running warm-ups and spinners.

Under normal conditions, the courses will be closed as follows before the races:

DATE	FORMAT	CLOSING TIME
November 21	5 km Classic Interval Start	9:50 am
November 22	10 km Classic Interval Start	9:50 am

Racers can warm-up on the racecourse until 10 minutes before the start. Race course will then be closed until the end of the race. Please bring your running shoes and spinners to warm up in case of low coverage of snow when the race course is closed.

All athletes on course should wear their race bibs. Bibs must be visible to officials. Skiers must ski in the direction of the racecourse when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned. The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

If available, the warm-up trails and the ski testing area will be groomed and prepared in the same manner and at the same time as the competition course to simulate race conditions.

COURSE AND STADIUM MAPS

Courses and stadium maps will be available on Coaches WhatsApp and sent to coaches through email on November 19 date at the latest.

RESULTS AND PROTESTS

The official timing will be done by Zone4 timing.

Unofficial and official results will be posted on the WhatsApp group. Protests must be submitted in accordance with CCR 361. A notification will be sent on the coaches What's app group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.

<https://nordiqcanada.ca/wp-content/uploads/final-ICR-CCR-NOV-2021-with-precisions-En1.pdf>

AWARDS

Awards will be given at the completion of the races.

C. FACILITY INFORMATION

PARKING

There is limited accessible parking at the centre – there is one stall in front of Trail Sports.

With construction ongoing on the Biathlon Building, parking in the middle or upper lot are best.

Athletes can be dropped off closer to the biathlon stadium and wax rooms, however parking is reserved for construction traffic.

ACCESS FEES TO SKI TRAILS

Trail fees are in effect as of Oct 15. Trail passes can be purchased through the Canmore Nordic Centre.

ATHLETE'S LOUNGE / TEAM COMPOUND

Teams will have access to the Canmore Nordic Center Day Lodge. There is an on-site cafeteria for purchase of food and drinks.