Canada Cup Race program

Technical Package

2021-2022

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This Technical Package is provided to ensure uniformity and a high standard in the hosting of the Canada Cup Race program. Nordiq Canada provides direction and quality control through its appointed Technical Delegate (TD) and Nordiq Canada Race Director (RD) , the latest version of the FIS/Nordiq Canada Rules and Regulations, Nordiq Canada Rule Precisions and this technical package document..

1.0   Preliminary Information

1.1   Preliminary Information

- This Technical Package outlines the standards of quality that must be met by the Organizing Committee (OC) for the competitors, officials, spectators and other participants in hosting the Canadian Ski Championships.

- It is Nordiq Canada's role, via the Sport Development Director, to set the necessary controls through the Technical Package and the latest version of the International Competition Rules/Canadian Competition Rules (ICR-CCR) and Regulations to ensure the meeting of the standards as laid out in this technical package.

- This Technical Package does not to cover the details of every aspect involved in staging of Canada Cups. As the relationships between provincial governments, municipal authorities, local sponsors, etc., are different throughout the country, it is not possible to recommend a single method of organization. However, the elements common to Canada Cups are covered in this guide.

- For the purpose of the 2022 Eastern Championships, this Technical Document shall be used, though the event is not a part of the Canada Cup series and will not be used for Nordiq Canada selections.

1.2   Event Objectives

The event objectives are:

- To assist in athlete development at the regional level.

- To enable the senior and junior skiers from Canada and guest skiers from the United States to compete head-to-head generally throughout the early and, in future years, later periods of the ski season. The Series also encourages high level domestic competition among regional skiers.

- To develop a competitive and quality domestic race calendar in conjunction with the Provincial and Territorial Divisions of Nordiq Canada.

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- To superimpose Canada Cup events on regional events of significant importance to enhance the overall stature and visibility of the event. To every extent possible, the events of adjoining provinces/territories should be "conflict free" to permit larger fields to assemble at a single site.

- To plan and execute the Series with cooperation between Nordiq Canada, Federation Internationale de Ski (FIS), Provincial and Territorial Divisions and hosting Clubs.

1.3   Definitions

- **Event** – a number of races which occur at a particular site, hosted by a particular event organization (i.e. Canada Cup).

- **Competition** – an individual race day within an event, incorporating one or more age categories and both genders.

- **Organizing Committee (OC)** – a term which describes the organization within the hosting Nordiq Canada Club that is responsible for planning and executing an event. For major events such as the Canadian Ski Championships, the OC will include an Event Organizing Committee (EOC) and a Competition Committee (CC).

- **Competition Model (CM)** – The CM is a combination of technical parameters and recommendations that, aligned with the Long-Term Athlete Development model (LTAD), determine the ideal approach to and characteristics of competitive events and training for each LTAD stage. The revised Competition Model (June 2019) has new category designations that change the classifications used in previous season.

- **Open Category** – The open category at the Canadian Ski Championships, for men and women, replaces all senior and master categories. The open category for each gender has a single set of results, medals and prizes on each race day. The open category may also include U20 skiers for common distances and combined race results.

- **Combined Categories** – Where categories are combined with single start lists, awards and prizes will be provided for each of the younger categories. Results publications must provide combined results and separate results for all categories.

1.4   Abbreviations

OC - Organizing Committee

IPC - International Paralympic Committee

WPNS - World Para Nordic Skiing

FIS - International Ski Federation

SDD – Sport Development Director

EM – Events Manager

CEO - Chief Executive Officer

HPD - High Performance Director (HPD-P, HPD-O)

TD – Technical Director

ATD – Assistant Technical Director

HPC – High Performance Committee

DDC – Domestic Development Committee

NCOWG – Nordiq Canada Official's Working Group

1.5   Important References

The host OC agrees that the policies and documents outline below are part of this agreement. It is the OC's responsibility to ensure they are familiar with and adhere to the following policies, regulations, and bylaws:

- 2021-22 ICR-CCR with marked 2021 precisions

- Nordiq Canada Race License Policy

- Nordiq Canada Insurance Policy

- Nordiq Canada Competition Registration and Sanctioning Policy

- Nordiq Canada Officials Manual

- The WPNS/IPC International Ski Competition Rules, 2020-2021

- WPNS/IPC annual class percentage revisions and updates

- Nordiq Canada Competition Model & Pathway

- Nordiq Canada Bylaws

- 2022-2023 National Ski Team Selection Criteria

- NST Criteria Policy

- Nordiq Canada Safe Sport Policy

Nordiq Canada reserves the right to update and or change these policies and will have the most current versions available through the usual Nordiq Canada communications.

1.6   Inclusivity, Accessibility and Safe Sport

Nordiq Canada events support our excellence and all Canadian on skis goals. Canada Cups are encouraged to include para-nordic events.

1.7   Name and Identification

The official name of the series is 'Canada Cups' and Eastern and Western clarifications can be used.

These official names must be identified on all press releases, posters, notices, programs or other material released to promote the event.

1.8   Dates

The dates for the event are set by Nordiq Canada based on input from Divisions, as per their respective requirements of the Event , with a reasonable likelihood of snow conditions being an over-riding consideration:

1.9   Agreement to Host

- Once Nordiq Canada has a verbal agreement with the host site, the OC is required to sign an Agreement to Host, and thereafter is responsible for the organization and delivery of the event.

- Nordiq Canada will work with the Division and OC to provide and approve the list of and schedule of events for the Event.

- The OC is responsible for updating Nordiq Canada on the status of preparations on a regular basis through minutes of meetings, letters and telephone calls, or e-mail.

- The OC will liaise directly with Nordiq Canada (through the SDD or EM) for guidance and assistance in the conduct of these events.

1.10 Nordiq Canada Contact List

Events Manager: Ilona Gyapay   igyapay@nordiqcanada.ca

Sport Development Director: Julie Beaulieu   jbeaulieu@nordiqcanada.ca

1.11 OC Contact List

The OC must provide Nordiq Canada with a list of key contacts of the Event Organizing Committee.

2.0 Organizing Committee Responsibilities and Accountability

2.1 Technical Package and Hosting Agreement

- Organize and conduct all competitions in accordance with ICR-CCR Rules and Regulations and Technical Package.

- The OC agrees to adhere to the terms outlined in the Agreement to Host.

Event Program:

- Canada Cup events will comprise the lower tier of the Canada Cup Program. These are Nordiq Canada-FIS Sanctioned Tier 1 sanctioned events that are scheduled to provide regional balance within the national race calendar and can provide strong fields of developing seniors and juniors throughout the winter.

- Race categories should reflect the new Competition Model Review and recognition should also be provided to each U18 and U16 category.

- To enter Canada Cup FIS Sanctioned competitions, skiers must have a valid FIS, Nordiq Canada, or Associate or Supporting Member Day license.

- FIS requires that all (NorAm Canada Cup & National Championship) competitions are staged on FIS homologated courses. Visit the document centre at www.nordiqcanada.ca for the most current Nordiq Canada Homologation Guidelines

2.2 Extenuating Circumstances (COVID-19)

COVID-19 Protocols – it is expected that the OC provides Covid-19 protocols that align with the municipal, provincial, federal and NSO expectations.

2.3 Age Categories

For the 2021-22 Competition Season the age subcategories will include athletes born in the following years:

Category	Subcategory Names	YOB for the 2021-22 Competition Season
U16 Girls	U16 G1 U16 G2	2007 2006
U18 Girls	U18 G1 U18 G2	2005 2004
U20 Women	U20 W1 U20 W2	2003 2002
Senior Women	Senior U23 Women Senior Women	2001, 2000 & 1999 2001 and before
Para Nordic Sit Ski LW10-12 Women	N/A	N/A
Para Nordic Standing Ski LW2-9 & B1-3 Women	N/A	N/A
U16 Boys	U16 B1 U16 B2	2007 2006
U18 Boys	U18 B1 U18 B2	2005 2004
U20 Men	U20 M1 U20 M2	2003 2002
Senior Men	Senior U23 Men Senior Men	2001, 2000, & 1999 2000 and before
Para Nordic Sit Ski LW10-12 Men	N/A	N/A
Para Nordic Standing Ski LW2-9 & B1-3 Men	N/A	N/A

2.4   Categories

a)   Open Category: The Open category at FIS Canada Cup Race program competitions are sanctioned by FIS and Nordiq Canada. Top juniors and senior skiers are expected to enter the Open category and will be seeded together. The results may include sub-categories composed of junior men/women and U23/ seniors for recognition purposes. The Open category should also include a CCUNC division and recognize the top 3 student athletes men and women on each competition day.

b)   U20 U20 men/women categories must also be introduced at Canada Cup Race program events and sanctioned by FIS.

c)   U18 Although not an official Canada Cup Race program category, OC's may elect to offer development level races on the same race day as the Canada Cup Race program competition.

d)   U16 Although not an official Canada Cup Race program category, OC's may elect to offer development level races on the same race day as the Canada Cup Race program competition.

e)   U14 Although not an official Canada Cup Race program category, OC's of the Eastern and Western Championships may elect to offer development level races at Canada Cup Race program competitions. Competitions should be modified to reflect the recommendation in the Competition Model for U14 and below categories.

f)   CCUNC: The CCUNC category is integrated into the Open category. In addition to normal Tier 1 & 2 eligibility, athletes competing in the CCUNC category must meet the varsity requirements of their institution, (U Sport member, CEGEP or College) and are enrolled in a minimum of 3 courses /semester for 2 semesters in the most recent 12-month period.

Note: Athletes of YOB sub-categories that decide to race at a more advanced stage of development are considered as "racing up" and thus should be considered as athletes of the first YOB in their actual competition race category for awards.

•   Unless the purpose of the event requires an exception for selection purposes, it is expected that Canada Cup events will have two open categories, one for men (senior men and U20 men) and one for women (senior women and U20 women).

•   Within these open categories, senior and junior aged competitors will be seeded and raced together. CCUNC athletes may receive awards in their designated sub-category in addition to being recognized as student athletes. OCs are encouraged to include U18 categories and lower in their events to promote the developmental opportunities for younger skiers available within the Canada Cup Race program framework.

- If this takes place Year of Birth recognition should be considered as recommended in the Competition Model for younger skiers if a significant number of athletes are expected in each YOB sub-category.

- In either case, the OC must include a competitor's year of birth on the Official Start and Results listing.

- Younger age groups may be combined for seeding and competition purposes when the OC offers common race distances, suitable course profiles for younger age groups, and course congestion is able to be minimized.

3.0 Race Formats and Courses

3.1 Race Distances and Techniques

General Guidelines:

- In principle, there will be an equal split of races between free technique and classic technique over the season.

- The development of the specific race calendar will be flexible, responding to the evolution of FIS-approved race formats and to the needs of Canadian athlete development at the appropriate development level.

- The OC must be prepared to support the implementation of Technique Zones if required by the Race Jury.

- An individual sprint format will be used for sprint races. Specific rules are found in section 325 of the Competition Regulations. Sprint courses must follow homologation standards for width (8-10 m) in select areas to provide ample passing opportunities and must have climbs and turns of such magnitude as to cause technique change in classic events.

- Sprint competitions must be run in accordance with FIS protocol with 1.5 - 2 hours rest between qualification rounds and heats for the Open category. Typical sprint heat protocols are outlined in Appendix B and should be used for the open category unless an alternate is approved by the Jury. In cases where course changes are anticipated the sprint protocol may be modified and scheduled considering course length and gender.

- Organizers are encouraged to maximize the number of skiers participating in the heats in accordance with current FIS rules.

- Timed heats must be used to determine the lucky losers for semi-final and final heats.

- The open sprint qualification round shall be followed by Senior and Junior designated heats.

- Unless otherwise stated in the race invitation, the top 2 skiers from each SF plus next 2 fastest competitors from the SF will advance to the A Final.

- Rank 7 – 12 will be determined by a skiers rank in the SF and their qualifying time as per ICR 325.5.3 Please note that in exceptional circumstances the OC may offer a B Final if approved by the Jury.

- Juniors must race up in the sprint competition to gain access to bonus seconds in the Multi-stage competition however they may compete in the Junior sprint heats and remain eligible for Multi-stage seeding.

- As a rule, at multi-stage and pursuit designated events, skiers will be required to participate in all competitions to gain preferred seeding in the pursuit start and be eligible for Canada points.

- If numbers warrant, a separate race may be organized by the OC for skiers who do not participate in all stages of a multi-stage or pursuit event.

- Variance from the FIS rules may be considered by the TD when local conditions require change to maintain a safe and equitable competition. However, in all circumstances the TD must follow the spirit and intent of the Competition Regulations.

3.2 Homologation Standards

- Homologation standards for the courses for the different age categories and distances are tabled in the Competition Regulations section 311or subsequent Rule Precisions.

- When new courses are being developed, it is recommended that the organizers seek input from a certified Homologation Inspector identified by Nordiq Canada before commencing with the work.

- All FIS designated races must be run on FIS Homologated courses. The host site must have FIS homologated courses to provide for the various competition formats it has been assigned at the Open level. New Canadian Guidelines outlining the process to homologate race courses can be reviewed on Nordiq Canada's web site at www.nordiqcanada.ca

- There must be reasonable terrain that can accommodate additional junior categories that fall within the limits set out in Competition Regulations section 311. Course markings must be as per the Competition Regulations and Officials Manual. Signage should be clear as to the direction in which skiers must go.

3.3 Grooming

The OC must provide Nordiq Canada, and more importantly the coaches and athletes, with the assurance that it has taken the necessary steps to produce the best possible track for racing under the most adverse weather conditions, including ice and heavy snow.

- Trail-grooming capabilities must include:

    o A full width tracked vehicle equipped with a renovator that is hydraulically operated; and

    o An Alpine twin track or equivalent single-track setter (Bachler type molded).

    o A capacity to apply fertilizer to improve the track in soft snow conditions

    o Capacity to set multiple classic tracks at a minimum 1.20 meters apart (1.25 - 1.5 m) measured from the middle of each pair of tracks

    o Grooming resources must be sufficient and flexible enough to allow grooming at any time which will ensure optimum trail preparation.

3.4   Course Marking and Inspection

- The competition trails must be marked the day before competitions begin and available for training two full days prior to the first race.

- Trail fees will apply for those who use the trails on the unofficial training day.

- During official training (the day prior to a competition), the course must be prepared and marked as it will be during the competition (Competition Regulations section 311.4).).

- Course maps must be available online for the full slate of races at least one week prior to the event. It is suggested that each team receive a laminated set of course maps that can be displayed in the wax cabins.

4.0 Technical Delegate and Jury

4.1 Technical Delegate (TD)

- The TD and the Assistant TD are appointed by the Officials WG of Nordiq Canada and are responsible to the appointing body.

- Nordiq Canada will confirm these appointments to the OC and will provide the TD with the name and address of the Chairperson of the OC.

- Communication will then occur directly between these two people and Nordiq Canada's EM.

- Per diems for the TD,ATD and RD should be paid when the officials arrive on site, based on the standard Nordiq Canada per diem rate. Per diems should also cover travel time to and from the host community. For reference the Nordiq Canada Travel Policy on-line at www.nordiqcanada.ca

- Nordiq Canada will cover all reasonable accommodation, per diem and transportation expenses of the TD.

- The host is to cover all reasonable accommodation and per diem expenses of the RD.

- Divisions may request to the Offcials WG appointment of Apprentice TDs to any Canada Cup event. The Officials WG will review these requests for suitability.

- The event TD retains responsibly for final acceptance of any apprentice TDs. The cost for Apprentice TD's is the responsibility of the Apprentice TD and their Division and Club.

4.2 Jury Composition and Function

The jury members are:

Technical Delegate – who is chair of the jury

Chief of Competition

Nordiq Canada Race Director or designate

Assistant Technical Delegate

At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

4.3   Commercial Markings on Uniforms

- Commercial markings must conform to the national rules of the nation where the race takes place.

- In events where race coverage is televised internationally, FIS commercial marking rules will be enforced.

- Under normal circumstances commercial markings regulations will not apply during Canada Cup competitions.

5.0 Sanctioning, Eligibility and Entries

5.1   Sanctioning

- All competitions in this series will be sanctioned nationally by Nordiq Canada. The Nordiq Canada sanctioning fee is $50.00 per competition day, payable on-line as per the Nordiq Canada Registration and Sanctioning Policy (2.2.1).

- Nordiq Canada will apply for FIS sanction for NorAm Canada Cup events and the latest FIS ICR will apply to the Open category of these events. The hosting club is responsible for paying the FIS sanctioning fee of $350.00 per event as per the Nordiq Canada Registration and Sanctioning Policy (2.2.1).

- Variance from the FIS rules may be considered by the TD when local conditions require change to maintain a safe and equitable competition. However, in all circumstances the TD must follow the spirit and intent of the Competition Regulations.

- A site visit by either or both the TD and the Nordiq Canada staff should be made in the summer prior to the event when a new site has been developed. The TD, Nordiq Canada, Chairperson of the OC and the Chief of Competition should agree on any outstanding technical or organizational issues no later than three months before the event.

- Once the Event Notice has been published, decisions and changes made regarding the competition or its conduct should be published on the Nordiq Canada website and the event website.

- Nordiq Canada will fulfill the FIS listing requirements of sanction in collaboration with the Technical Delegate.

5.2 Athlete Eligibility and Licenses

- Canada Cup events are open to all racers that meet the eligibility requirements.

- Typically, theCanada Cup category is open – i.e. seniors and U20 athletes are seeded together and race together by gender. The top three U20 skiers in the open category – men and women – will also be recognized with prizes during the awards ceremony.

- Athletes have the discretion to elect to race in a race category consistent with the Competition Model. This decision should be made in consultation with an athlete's coach, taking into consideration the race format, distance and course homologation data.

- For the purposes of entry all racers must reference their club. They may also reference a team if on a National, Training Centre, University or Nordiq Canada approved factory or regional team.

- To participate in the open category of a Canada Cup event, a skier must have a valid racing license issued by FIS, Nordiq Canada or a Supporting Member Day License (SMDL) issued by Nordiq Canada.

- Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada license or SMDL to compete.

- Para-Nordic Guide License are 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 available from event hosting clubs

- Skiers must also hold a FIS licence to be eligible for international development trip selections.

- For other Nordiq Canada-sanctioned races below this level, skiers must hold a Nordiq Canada and/or FIS licence or purchase a Supporting Member Day Licence (SMDL) to compete.

- If a skier is licensed by both Nordiq Canada and FIS, both license numbers must be listed on the entry form.

- The event entry form must include a place for the FIS license number. F

- For FIS-licensed skiers to gain FIS points, a valid FIS license number must be in the race management database. Either the skier or his/her coach should check with the OC that the FIS number is correct in the competitor data base.

- Canadian competitors may purchase a FIS license when purchasing their Nordiq Canada license online. Their FIS license must be obtained by October 30 for a skiers' FIS points to be activated for the first Canada Cup races of the season.

5.3   Factory or Regional Teams

Nordiq Canada recognizes the valuable contribution regional and industry teams provide to the High-Performance system and will encourage OC's to recognize these teams on Results lists. For a team to be considered for this recognition the team entity:

- Must contribute to the training and competitive opportunity of its athletes and service 4 or more licensed skiers.

- Must be a commercially registered industry or not-for profit club serving a broader audience than racers belonging to a single Nordiq Canada Club.

- Must formally apply to Nordiq Canada EM for "team status" to ensure the official team name is available on Nordiq Canada license registration system. Nordiq Canada is under no obligation to retroactively update skier files if the team name is not registered properly or the skier does not include this when renewing their license.

- Factory Teams may not be an organization that promotes racism, condones gender bias or places the sport, its volunteers or sponsors in disrespect or works against any Nordiq Canada Safe Sport policies.

5.4 Entry Fees

- A per competition entry fee of Cdn $45 + GST has been established as a common fee; only with the approval of the RD and Nordiq Canada SDD may entry fees exceed this baseline as noted below.

- Skiers must be able to access the competition trails 2 days prior to the competitions. Trail fees will apply for those who use the trails on all unofficial training days immediately prior to race days.

- Access to the competition trails on official training day is included in the entry fee.

- The Events Committee may sanction a "snow enhancement fee" of $5 per competition day/athlete at sites hosting Tier 1 events to cover the incremental costs of snow making/storage as part of their snow management program.

- The incremental fee collected must be separately identified in the event statement of revenues and expenses and must be expensed to the venue operator to off-set snow management fees directly related to preparation of the event tracks. The OC is responsible to present a plan to the SDD/EM for approval prior to the publication of the event fee.

- The intent is for entry fees to be not so large as to discourage participation, while at the same time be sufficient to ensure the financial viability of the event.

- OC's are encouraged to consider a lower entry fee for categories below the open category.

- Due to the number of last-minute entries, OC's are encouraged to develop a progressive entry fee schedule that includes an early entry bonus and penalizes last minute entries within the context of the above paragraph.

- Entries and fees should be in the hands of the OC within a reasonable time prior to the first competition day (3-4 days) to permit a Confirmation List to be published no later than 2 days prior to the event.

- The Confirmation List must include:

    o The skiers' name

    o Current Nordiq Canada and/or FIS license #

    o Year of Birth

    o Entered competitions

    o Applicable club and team names.

- There will not be any refunds if athletes do not turn up. The OC is at liberty to extend invitations to international athletes, teams or VIPs.

5.5 Event Notice

- The Event Notice must be produced in draft and forwarded to the TD and Nordiq CanadaEM for review no later than two months before the event.

- The final Event Notice should be available six weeks before the event.

- A copy of the Event Notice should be posted on the OC's website and the link provided to the Nordiq Canada RD for listing on the national calendar on the Nordiq Canada website. The race registration form on Zone4 should also be reviewed with the Nordiq Canada / EM. Race registration should be open 5 weeks prior to the competition.

- The Nordiq Canada Officials manual provides an example of an entry form.

- For FIS-sanctioned events, the registration form must request both the FIS and Nordiq Canada license numbers.

- The registration form should also request contact information for an athletes' coach or team leader.

- Event Notices must include a suitable cancellation and/or postponement clause.

5.6 Registration System

- A Nordiq Canada approved race management software package must be used.

- If skiers are members of a component of the NST (e.g. Development or Jr Team) or a NTDC, University or industry team, they should register using both Club and Team affiliation. Otherwise, they should register in accordance with their Club affiliation. Club & Team names and spellings will be used as reported in the Club data base on the Nordiq Canada website.

- OCs are cautioned to respect privacy and must not permit entrants' e-mail addresses to be used for solicitation. Final confirmation lists must be published a minimum of 48 hours before the first competition. This list should be published under the Club name and include the athletes name, license numbers (Nordiq Canada & FIS), races entered and year of birth.

- The Race Notice should specify a Registration Deadline no earlier than 5 days and no later than 2 days before the first competition.

- A separate coach's registration should accompany the Event Registration. This will facilitate distribution of confirmation lists and last-minute communications with teams because of changes in start times, race changes and cancellations.

5.7 Seeding for the Races

- For the open category of Canada Cup races, the current CPL for both distance and sprint competitions will be used other than for the final day of a pursuit start. (For information refer to the Canada Points List Publications & Event policy document on the Nordiq Canada website under Results/Points - CPL).

- The most current CPL is available on the Nordiq Canada web site. The most current Sprint or Distance CPL must be used by the OC for all seeded competitions during an event weekend . The OC must use the Validation Function available on Zone 4 to verify Nordiq Canada & FIS License numbers and club/team affiliation. Short form club/team names should be used in all circumstances. Please note that validation data is based on the last published points list, hence skiers reporting invalid licenses should be double checked directly on the Nordiq Canada License Confirmation List or on the FIS competitor license list for the latest active skier lists. Make sure the "active" button is highlighted for accurate data.

- When foreign skiers are entered in Canada Cup competitions, they 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.

- Nordiq Canada's SDD or EM will make recommendations to the Jury on special seeding requests from within Canada based upon a written submission from the athlete's Division at least one week in advance of the start of the event. However, such requests must indicate an extraordinary reason for consideration for improved seeding.

- For all common distance, open competitions, the junior men and senior men categories and the junior women and senior women categories will be combined for seeding purposes and run as single open category. The CCUNC category will be included in the combined open competition. The categories will be separated into six (6) distinct categories for awards. A combined Results list should be published where sub-category ranks are shown for publication purposes. All athletes must be identified with their Year of Birth on both the start and results listings.

- For seeding of categories that are not part of the Canada Cup Race program, OC's are referred to the Nordiq Canada rules or host division guidelines. For common distances, the OC is encouraged to combine categories and seeding as per the CPL if the trail configuration permits. The Jury will approve the final schedule considering the field size, course configuration and the weather forecast.

- In competitions that feature large open fields and/or where track conditions may severely impact performance the Jury may at its discretion modify the start order of the

top 30 ranked athletes by providing preferred start positions for this group. In this situation, the seeding protocol identified for the competition format should be followed for this group. e.g. In sprints, skiers with the best points within the group start first.

5.7.1 Interval Start Distance Races

The Distance CPL will be used when seeding all categories. Within each category skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking will be assigned to a separate group and randomized.

5.7.2 Mass Start Races

For the open men and open women categories, seeding and bib assignment will be by Distance CPL. The best skier on the CPL gets position one in the start grid. Those not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier. The start will be by chevron grid with positions assigned as shown in Appendix 3-5 of the 2019 Nordiq Canada Officials Manual.

5.7.3 Sprint Competitions

- Sprint competitions will consist of a qualification round of all skiers in each category. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of Sprint CPL with the best starting first. The purpose of this is to allow junior skiers to score FIS points.

- For the quarter-final heats, juniors have the option of racing in the senior category or the junior category. Unless the Competition Secretary receives notice of an athlete's intent to race up, at the TCM prior to the competition, all qualifying juniors will be entered into the junior quarterfinal heats.

- A separate group should be formed of those License holders without CPL and SMDL skiers. Start order will be per Jury decision. Incase of equal qualification times, the competitors who will be advancing to the quarterfinals will be ranked per their CPL sprint points on the qualification results.

- If a tie remains, then the positions are determined by a draw. The tie in qualification results will not change maximum number of qualified competitors (30 / 24 / 16).

- When scheduling heats, the Canada Cup Sprint (Open Category) competitions will take precedent over other categories in the competition with the objective of providing open

category skiers with 1.5 – 2 hours of rest between their qualification and the start of the heat rounds.

• Sprint heats (Open Category) must be run in accordance with FIS Sprint Diagram for 30 athletes with no B Final (located at www.fis-ski.com), with a consistent time between each round of heats. The 5-minute time allowance is only required for TV coverage but it is recommended the time be between 3 and 5 minutes depending on the length of the course. See Appendix 2 for recommended Canada Cup Heat Scheduling sequence.

• In Canada Cup races, Quarter and Semi-final heats should be timed to permit online live results.

• Promotion to the next round will be as per FIS ICR otherwise the advancement protocol outlined will be used.

5.7.4 Pursuit Start Competitions

• A pursuit start competition is supported during Canada Cup's to encourage athlete development through exposure to different race formats. A pursuit start will feature two race events on back-to-back race days and feature alternating technique i.e. Day 1 Classic, Day 2 Skate.

• Start times on Day 2 are determined by the time difference between the competitor and the winner of the Day 1 competition with the winner leaving at 0.

• A video camera should be used to record the entire start such that a review by the Jury can be done and a large start clock and a large display clock should be used for each starting lane. No start gates are used however a competitor's bib number and start time should be posted at the front of each start lane.

• Example of a start list for Pursuit competition can be found at: http://data.fis-ski.com/pdf/2017/CC/3033/2017CC3033SL.pdf

5.9 Team Captains Meeting (TCM)

• An initial TCM should take place the evening prior to the event as per Competition Regulations. At this time, the TD and Jury will be introduced.

• The TD will address the TCM, and make any points related to rules or rule changes that need to be emphasized for the event or for the first competition.

- OC competitor lists should include all skier withdrawals and confirm spelling, age sub-categories, Canada and FIS points, Nordiq Canada and FIS licenses, Club, Team and national affiliation of each competitor at these meetings.

- It is important to ensure at this time that juniors who are racing in the open category are annotated as U20.

- Additional meetings will occur the day before each subsequent competition or at times decided by the Jury.

- Start lists must clearly state the time of day that the competition starts and the time intervals after this start time at which individuals will have their starts.

- Variation from the FIS standard sprint format may consider the number qualifying through to heats, the number of skiers in each heat, the method of advancement and course selection.See 325.4.2.5.The OC should seek approval for any variation from the TD and RD. On site, the Jury may adjust the format to reflect local conditions and to ensure a fair and equitable race.

- For all other age categories, seeding for the qualification round will be as for a normal Division-level competition as determined by the Jury.

5.10 Drinking Water

A minimum of one accessible water station must available. Each athlete should drink a minimum of two to three litres of water each day. It is strongly recommended that second water station is placed in the spectator area.

6.0 On-Site Facilities

6.1 Emergency Action Plan

- The OC must have a secure site plan in the event of unforeseen events such as inclement weather, event security threat, and site evacuation situations.

- The emergency evacuation plan should be posted prominently and reviewed at the coaches meeting.

- An EAP – medical and health plan should be posted prominently and reviewed at the coaches meeting.

- During a situation, the OC needs work closely with the on-site safety officer.

6.2 On Site Medical Services

6.2.1 First Aid Stations

- A general first aid service must be available to all. Ideally stations should be set up in an easily accessible area. The first aid stations should be equipped to deal with all first aid treatments and any emergency situations.

- The First Aid Stations must be staffed by qualified personnel one hour before competition is scheduled to begin, throughout the competition day, and for one hour after the finish of the last race. All trained first aiders should hold a recognized standard first aid certification, certified paramedics, licensed doctors and nurses are considered qualified personnel.

- It is mandatory that an Artificial Electrical Defibrillator (AED) be on site and located at the main first aid station.

- Officials on course should have a First Aid Kit and water.

6.2.2 Hospital and Ambulance Service

- The OC must inform all local emergency health services (ie. Hospitals, Emergency Medical Service Teams, etc.) about the event. They should be encouraged to be part of the process in preparing for the competition.

- Emergency Service vehicles should be encouraged to attend on site during the competition and during the pre-event training period. The competition site must be accessible to 9-1-1 Emergency Medical Services teams. They must have free access down the length of the course and out on to the public roads.

- The OC must post the address or postal code for the facility on the front door of the main building. The OC must announce the address/postal code to all at the TCM. It is also encouraged that the address is distributed in the club information package for emergency situations.

7.0 Warming and Waxing

7.1 Warming and Waxing Facilities

- The site must have suitable on-site sheltered accommodation allowing a minimum of 5 square feet per athlete/coach/team manager.

- A separate space must be available for both men and women at the competition site to permit athletes to change from wet competition clothing to warm-ups and dry undergarments.

- Separate sheltered waxing facilities appropriate in size must be provided. Allow at least 6 square feet per athlete.

- The waxing facility must have restricted access and be able to accommodate the application of fluorocarbon based waxes.

- OC must provide for power outlets for teams within proximity to the start area.

- Portable trailers and permanent wax cabins should include fans in each facility to actively remove dangerous vapours.

- Fans should be rated to move 180 – 200 cfm for 300 sq/ft and be capable of completely recycling the air in the wax facility each night.

- Team technicians should be encouraged to wear at a minimum, half mask respirators rated for Chemical Clean-up, Grinding, Masonry or Painting Spray units that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols. N95 (95% Efficient Protection Against Non-Oil Particulates).

- Full face masks will protect eyes from dangerous vapours and dust.

- The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.

http://www.uline.ca/BL_992/3M-6000-Reusable-Respirators

https://www.scottsafety.com/en/anzp/DocumentandMedia1/Marketing/ProductLiteratureandCatalogs/Brochures/Scott%20Safety%20Half%20and%20Full%20Face%20Respiratory%20Range%20Brochure.pdf

- The Nordiq Canada Lo Fluoro Policy will be in affect for all non-FIS level categories at NorAm Canada Cup events. Outlets at the start for "hot boxing" skis for the sprints are not required.

6.2 Wax Testing

- A suitable hill for glide testing should be within one km of the stadium area. A glide area may be on the race course if suitable width is available.

- Areas where skier traffic is permitted in both directions the track must be marked and separated by pylons and/or trail flags.

- A warm-up track near to the start with a small uphill is required.

- Both the glide testing area and the warm-up tracks should be groomed and prepared in the same manner and at the same time as the rest of the competition track to simulate race conditions.

7.0 Timekeeping and Data Processing

7.1 Timing Standards/ Results Production

- A Nordiq Canada approved race management software package must be used.

- Competition officials who interface with the software package must have used the software in combination with other timing equipment at a previous event and be very familiar with it.

- The package should also have an active trouble shooting service or manual to which the users can quickly and efficiently turn to for help in emergencies.

- Online live results are expected at all Canada Cup competitions. The OC should test the online live program with a test race to ensure systems are compatible prior to the race weekend.

7.2 Timing Equipment

Athletes, coaches and media expect quick, accurate Official Results that conform to Nordiq Canada protocol as outlined in 7.3. In addition, Nordiq Canada strongly recommends that start/finish times be electronically generated with a completely independent back-up system.

- There should be an enclosed and heated timing building of some type.

- For interval start races and sprint qualification an electronic start gate should be used at the start in conjunction with a large format start clock.

- At the finish, an electronic beam signal is recommended to capture the time of the athlete as he/she crosses the finish line. In some situations, a manual push button signal may be used to electronically generate a start/finish signal.

- The OC must ensure the Timing Service consultant provides the FIS Timing Report in xml format within 24 hours of each competition.

- Times generated by finish line cameras were approved by FIS in 2012.

- At NorAm selection competitions featuring mass start, sprint or pursuit style formats, approved digital photo finish line equipment must be used. The OC is responsible for all related costs.

- A display clock as a visual aid to tell skiers when to start is also recommended by Nordiq Canada.

7.3 Results

The publication of the results of competitions should be consistent with the format outlined in Appendix B when using the Legacy Zone4 Windows Timing Software or the 2017 Web Based Zone 4 System.

- Official Results must show the members of the Jury and the following:
  — Distance (including # of laps)
  — Technique and Category
  — Rank
  — Bib
  — Name
  — Year of Birth
  — Subcategory (for combined results)
  — Sub rank (for combined results)
  — Nordiq Canada & FIS License number (or SMDL ID i,e, DL1)
  — Club
  — Team
  — Total time

- For the Open Competitions, trail homologation data and FIS Homologation # must be shown in the comments bar between the header and the results matrix.

- For the Open category, the FIS Timing Report to FIS specifications must be filed by the Timing Service provider within 24 hours of the end of each competition.

- The name of the race files should include the Event name, race format/ open distances and designate whether the posting is a start list or final result (e.g. Haywood NorAmWJr Trials–Int. 10/15 km Cl Final Results), Note the site is already listed through the club key to Zone4 hence is not required in the file name.

- The Title and Presenting sponsor logos must accompany the Nordiq Canada and OC logos in the Header on each results page. OC sponsors and public partner logos should be placed in the Footer of each results page

- If an event is designated as a CCUNC event or championship, separate results must be produced for the university categories. Those results should show Rank, Bib, Name, University Team, Total time.

- Nordiq Canada currently recognizes one race management software packages - Zone 4 - as being capable of the required formats.

- Start List and Results publications by the OC must include the following:

- On site – hardcopy - published on a notice board in accordance with timing as specified in the Nordiq Canada Rules. As well, final copies are to be supplied to teams and others as required.

- Results should also be printer compliant (pdf or html) on a recognized results system capable of interfacing with the CPL database and FIS event registry.

- Live-streaming of results is expected at all FIS NorAm Canada Cup Race program events. These results should be considered "interim" only and should not be confused with Unofficial or Officials results postings.

7.4 Competition Points

7.4.1 Canada Points list

- Canada Points will be calculated for all competitions and will be entered into the CPL ranking system as per the rules of the CPL.

- Nordiq Canada License numbers must appear on all final results reports in addition to the race distance and courses used.

- Policy and management of the CPL system is the responsibility of the Nordiq Canada High Performance Committee.

- Only races seeded together and starting at a similar time on that day, will be scored as a single race. If race categories are not combined the race will be scored separately using the regular Canada Points protocol.

7.4.2 FIS Points (for CANADA CUP Events Only)

- The TD is responsible for completing the on-line FIS TD Report. Point calculations should be confirmed with the Nordiq Canada Events Director.

- The FIS Timing report must be filed with the FIS prior to the FIS results becoming eligible for FIS points.

- FIS points will be calculated for all individual events (for FIS license holders in the FIS registered category) by the Nordiq Canada Events Director (ED). The ED will ensure that these points are reported in the appropriate format (xml) to the FIS office.

- In stage pursuit races FIS and Canadian Points will be scored based on the racers time on each stage of the race.

7.5 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.

- To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

  — Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.

  — Review medical exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.

  — Do not use supplements or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements

- Review the steps of the doping control sample collection procedures: https://cces.ca/sample-collection-procedures

- For additional resources and general information about anti-doping, please contact the CCES:

  Email: info@cces.ca

  Call toll-free: 1-800-672-7775

  Online: www.cces.ca/athletezone

- The Chief of Competition should contact the Nordiq Canada SDD one month prior to the event to determine the likelihood of a doping control test taking place and the need to make necessary arrangements. The knowledge given to the Chief of Competition on this subject must remain completely confidential. The OC must conform to the following guidelines if doping control is conducted during the event.

7.5.1 Doping Control Facilities

Doping control facilities and proper equipment must be provided in an area within walking distance from the stadium (permanent structure or trailers).

- The doping control area should be divided into three separate areas:

  — Waiting area should be large enough to accommodate athletes, representatives accompanying athletes, representatives of the CCES and doping control personnel.

  — Working room with table for three people.

  — Toilet area with lavatory (at least 1 must be wheelchair accessible with safe catheter and sharp disposal) and room for two people.

- Equipment – lockable refrigerator (if possible), assorted other minor equipment (desks, chairs, etc.).

- Provision of six – eight volunteers to assist with the control, preferably three male and three female to "shadow" the athletes (including warm-downs) prior to their tests. Some of these volunteers must be prepared and able to ski with the athlete if he/she chooses to do a warm-down.

- More specific details will be provided to the LOC by CCES if controls are planned for their event.

8.0 Awards

Awards will be given as follows:

- The top five (Canada Cup) FIS licensed men and women, in the open category plus the top U23 skier (M/W); and

- U20 men and women are permitted to accept both the open/U23 and U20 awards (merchandise) when skiing in the open categories.

- Top three (3) athletes in the Open CCUNC category will receive merchandise awards. In the case of sprints, the sprint qualification rank will determine the CCUNC category winners in order to permit skiers to compete in their designated sub-categories during the heats.

- OC's are encouraged to promote locally produced awards

9.0 Bibs and Sponsors

- The OC is responsible for precuring bibs.

- OC-sponsored bibs must conform to the standards described in the Nordiq Canada Officials' Manual and the FIS rules for Competition Equipment & Commercial Markings (see FIS web site).

10.0 Signage/Banners

- When there is a Title Sponsor for the Event, the start/finish banners, "Welcome/Bienvenue" banners and snow fence banners in the primary stadium area are the exclusive right of the Title Sponsor. The Title Sponsor must make positioning requirements known to the OC. Nordiq Canada banners will also be in the stadium area.

- Other Nordiq Canada sponsorship banners are to be placed in the stadium area as coordinated with Nordiq Canada through the SDD in consultation with the OC.

Appendix A – Sample Official Results Format – Individual Field Settings Legacy System

Club Logo

Championnats Haywood 2012 Int Cl Final
Sample Final Results

Points to remember:

Short forms should always be used when identifying categories in your race registration programme
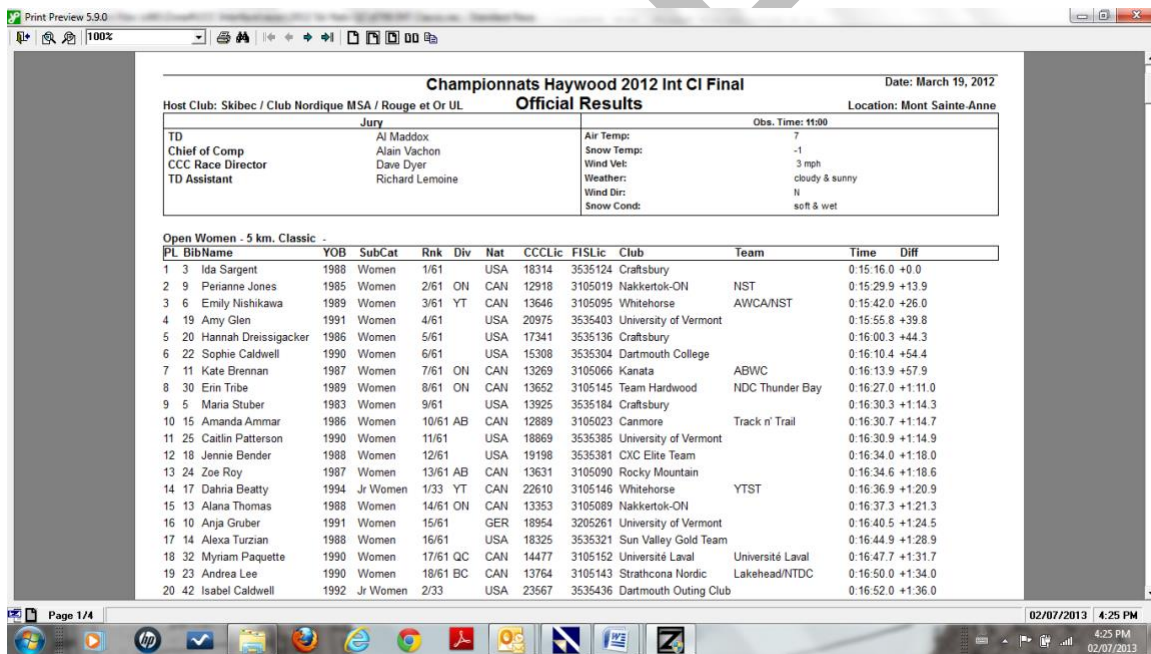
i.e. Sr W / U20 W; Sr M/U20 M

Do not include U23 or YoB sub-categories in your file structure – Zone 4 will only accept one sub-category level, any additional sub-categories will become a liability when setting up your sprint files.

OC's have used creative ways to identify U23 skiers including a separate field check box, beside the YoB field i.e. 1991 –u23 or written designation beside the skier's name i.e. Heidi Widmer (U23), the last option must be manually input by the OC

University names should be captured under the Team field; hence a university skier will always have their club and university recognized; a third level "team" can be included in the team field i.e. Lakehead/NDCTBay

Legacy Zone4 Windows Timing Software
Official Results – Individual Competition Format

Championnats Haywood 2012 Int Cl Final
Official Results
Date: March 19, 2012
Host Club: Skibec / Club Nordique MSA / Rouge et Or UL
Location: Mont Sainte-Anne

	Jury					Obs. Time: 11:00	
TD	Al Maddox				Air Temp:	7	
Chief of Comp	Alain Vachon				Snow Temp:	-1	
CCC Race Director	Dave Dyer				Wind Vel:	3 mph	
TD Assistant	Richard Lemoine				Weather:	cloudy & sunny	
					Wind Dir:	N	
					Snow Cond:	soft & wet	

Open Women - 5 km. Classic -

PL	Bib	Name	YOB	SubCat	Rnk	Div	Nat	CCCLic	FISLic	Club	Team	Time	Diff
1	3	Ida Sargent	1988	Women	1/61		USA	18314	3535124	Craftsbury		0:15:16.0	+0.0
2	9	Perianne Jones	1985	Women	2/61	ON	CAN	12918	3105019	Nakkertok-ON	NST	0:15:29.9	+13.9
3	6	Emily Nishikawa	1989	Women	3/61	YT	CAN	13646	3105095	Whitehorse	AWCA/NST	0:15:42.0	+26.0
4	19	Amy Glen	1991	Women	4/61		USA	20975	3535403	University of Vermont		0:15:55.8	+39.8
5	20	Hannah Dreissigacker	1986	Women	5/61		USA	17341	3535136	Craftsbury		0:16:00.3	+44.3
6	22	Sophie Caldwell	1990	Women	6/61		USA	15308	3535304	Dartmouth College		0:16:10.4	+54.4
7	11	Kate Brennan	1987	Women	7/61	ON	CAN	13269	3105066	Kanata	ABWC	0:16:13.9	+57.9
8	30	Erin Tribe	1989	Women	8/61	ON	CAN	13652	3105145	Team Hardwood	NDC Thunder Bay	0:16:27.0	+1:11.0
9	5	Maria Stuber	1983	Women	9/61		USA	13925	3535184	Craftsbury		0:16:30.3	+1:14.3
10	15	Amanda Ammar	1986	Women	10/61	AB	CAN	12889	3105023	Canmore	Track n' Trail	0:16:30.7	+1:14.7
11	25	Caitlin Patterson	1990	Women	11/61		USA	18869	3535385	University of Vermont		0:16:30.9	+1:14.9
12	18	Jennie Bender	1988	Women	12/61		USA	19198	3535381	CXC Elite Team		0:16:34.0	+1:18.0
13	24	Zoe Roy	1987	Women	13/61	AB	CAN	13631	3105090	Rocky Mountain		0:16:34.6	+1:18.6
14	17	Dahria Beatty	1994	Jr Women	1/33	YT	CAN	22610	3105146	Whitehorse	YTST	0:16:36.9	+1:20.9
15	13	Alana Thomas	1988	Women	14/61	ON	CAN	13353	3105089	Nakkertok-ON		0:16:37.3	+1:21.3
16	10	Anja Gruber	1991	Women	15/61		GER	18954	3205261	University of Vermont		0:16:40.5	+1:24.5
17	14	Alexa Turzian	1988	Women	16/61		USA	18325	3535321	Sun Valley Gold Team		0:16:44.9	+1:28.9
18	32	Myriam Paquette	1990	Women	17/61	QC	CAN	14477	3105152	Université Laval	Université Laval	0:16:47.7	+1:31.7
19	23	Andrea Lee	1990	Women	18/61	BC	CAN	13764	3105143	Strathcona Nordic	Lakehead/NTDC	0:16:50.0	+1:34.0
20	42	Isabel Caldwell	1992	Jr Women	2/33		USA	23567	3535436	Dartmouth Outing Club		0:16:52.0	+1:36.0

2017 Web Based Zone 4 System Results Format
Official Results – Individual Competition Format

Ski Nationals 2017 Day 4: Medium Interval Classic – Results

2017-03-21 – Canmore Nordic Centre

Jury

Technical Delegate	Pierre Millette
Assistant Technical Deleg...	Dirk Rohde
Chief of Competition	Mike Norton
CCC Race Director	Dave Dyer

Weather

Conditions	Partly Cloudy
Air Temperature	1.6
Snow Conditions	Transformed
Snow Temperature	-2

Open Men – Official

15km (4 x 3.75km)

	Name	Nation	Province	Time	Diffs
1	Devon Kershaw Bib: 589 1982 6521 3100006 Ontario Onaping Falls Nordic CNST	CAN	ON	0:45:05.3	
2	Dag Frode Trolleboe Bib: 607 1993 25050 3421788 University of Denver	NOR		0:45:49.9	+44.6
3	Moritz Madlener Bib: 609 1993 23184 3200426 University of Denver	GER		0:45:52.1	+46.8
4	Graeme Killick Bib: 596 1989 14133 3100175 Alberta Ptarmigan Nordic AWCA	CAN	AB	0:46:14.5	+1:09.2
5	David Palmer Bib: 592 1993 18506 3100292 British Columbia Black Jack Ski Club	CAN	BC	0:46:27.8	+1:22.5
6	Eivind Romberg Kvaale Bib: 586 1994 27236 3422243 University of Denver	NOR		0:46:30.3	+1:25.0
7	Graham Nishikawa Bib: 591 1983 12673 3100034 Yukon Whitehorse Ski Club CPNST	CAN	YT	0:46:31.8	+1:26.5
8	Michael Somppi Bib: 612 1988 13526 3100160 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:46:44.8	+1:39.5
9	Thomas Hardy Bib: 554 1995 23611 3100244 British Columbia Telemark Nordic	CAN	BC	0:47:10.5	+2:05.2
10	Evan Palmer-Charrette Bib: 590 1994 22598 3100283 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:47:10.8	+2:05.5
11	Russell Kennedy Bib: 611 1991 25625 3100268 Alberta Canmore Nordic Team R.A.D.	CAN	AB	0:47:13.0	+2:07.7
12	Julien Lamoureux Bib: 602 1994 21454 3100301 Quebec Montériski CNEPH	CAN	QC	0:47:39.8	+2:34.5
13	Jack Carlyle Bib: 593 1993 19782 3100266 Ontario Soo Finnish AWCA	CAN	ON	0:47:52.6	+2:47.3
14	Rogan Brown Bib: 606 1991 22919 3530550 Sun Valley SEF	USA		0:47:58.7	+2:53.4
15	Gareth Williams Bib: 613 1997 25705 3100351 British Columbia Telemark Nordic BCST Junior: 1/48	CAN	BC	0:48:01.6	+2:56.3
16	Kevin Sandau Bib: 600 1988 13504 3100128 Alberta Foothills Nordic	CAN	AB	0:48:05.5	+3:03.2
17	Ryan Jackson Bib: 575 1997 28149 3100380 Ontario Team Hardwood Junior: 2/48	CAN	ON	0:48:12.2	+3:06.9

Appendix B – Sample Sprint Heat Start List for FIS NorAm/Canada Cup Series

3 Minute Heats with B Final					4 Minute Heats with No B Final				
Heat	Start	Finish	Gap	Rest	Heat	Start	Finish	Gap	Rest
U18 Girls Q1	12:00	12:03	0:03		Sr Women Q1	12:00	12:04	0:04	
U18 Girls Q2	12:03	12:06	0:03		Sr Women Q2	12:04	12:08	0:04	
U18 Girls Q3	12:06	12:09			Sr Women Q3	12:08	12:12		
U18 Girls Q4	12:09	12:12			Sr Women Q4	12:12	12:16		
U18 Girls Q5	12:12	12:15			SR Women Q5	12:16	12:20		
U18 Boys Q1	12:15	12:18			Sr Men Q1	12:20	12:24		
U18 Boys Q2	12:18	12:21			Sr Men Q2	12:24	12:28		
U18 Boys Q3	12:21	12:21			Sr Men Q3	12:28	12:32		
U18 Boys Q4	12:24	12:24			Sr Men Q4	12:32	12:36		
U18 Boys Q5	12:27	12:30			Sr Men Q5	12:36	12:40		
U18 Girls S1	12:33	12:36	0:03	0:18	Sr Women S1	12:44	12:48	0:04	0:24
U18 Girls S2	12:36	12:39	0:03		Sr Women S2	12:48	12:52	0:04	
U18 Boys S1	12:42	12:45		0:12	Sr Men S1	12:54	12:58		0:14
U18 Boys S2	12:45	12:48			Sr Men S2	13:02	13:06		
U18 Girls BF	12:51	12:54	0:03	0:12					
U18 Girls AF	12:54	12:57	0:03		Sr Women A-F	13:06	13:10	0:04	0:14
U18 Boys BF	13:00	13:03		0:12					
U18 Boys AF	13:03	13:06			Sr Men A-F	13:18	13:22		0:012

This pattern can be adjusted if Open and Junior heats are run in conjunction with selection events. If significant change of course is required, the pairings could be changed.

The Gap between heat starts depends on the length of the course and comfort level of the start, finish and timing officials.