

# CROSS COUNTRY SKIING

## AGE GROUP

U12: 11 - 12 years of age - born in 2013\* or 2012 (2 males, 2 females)

U14: 13 - 14 years of age - born in 2011 or 2010 (3 males, 3 females)

U16: 15 - 16 years of age - born in 2009 or 2008 (3 males, 3 females)

\* Athletes must be at least 11 years of age by the opening day of the Alberta Games - Born before February 16, 2013



## ZONE TEAM COMPOSITION

The maximum team size shall be:

16 athletes per Zone (# of females 8 # of males 8 )

4 coaches or chaperones per Zone (max # of females 2 max # of males 2 )

In the case a Zone has less than 10 competitors the Zone will be allocated a maximum of 2 coaches / chaperones: 1 female, 1 male.

Any additional coaching spots, up to a maximum of 24 as per the Multisport Games Unit quota for the Alberta Winter Games, will be allocated to Zones with the largest number of competitors after the fill policy is complete.

## FILL POLICY

1. Cross Country Alberta Sport Manager in conjunction with the Zone Coordinators will regulate fills.
2. Each Zone will forward their official Zone qualifier results to the Nordiq Alberta office by January 8, 2024. The results must clearly indicate which athletes meet eligibility requirements. The list of qualifying athletes will be broken down by category including age group and gender. The list will also include the additional athletes who desire to attend the games, known as fills.
3. The ranking list will also indicate the ranking order of any additional athlete, known as files. This is especially important for Zone qualifiers that are open to athletes from other Zones (such as using an AB Cup for a Zone qualifier).

Deadline date to submit Zone qualifier results and ranking of the additional athletes is by **January 8, 2024** to the Nordiq Alberta office.

Fill spots will be distributed according to the following steps:

1. Automatic qualifier: Each Zone of the 8 Zones is allocated the following number of athletes:
  - U12: 2 males, 2 females
  - U14: 3 males, 3 females
  - U16: 3 males, 3 females
- A. Athletes and Fill Athletes will compete in their own category, (age and gender), for their respective Zone.
- B. A Zone may have more than the standard number of athletes for a category, (eg. more than 2 athletes for U12 females) only if other Zones have fewer than the allocated numbers for the same category.

- C. A Zone may have more than the allocated 3/3/2 (U16/U14/U12) athletes by gender within a Category if other Zones are not able to fill their complement.
  - D. There are a maximum 128 athletes, with 64 male and 64 female athletes competing if all categories are filled.
2. Fills: Each unclaimed spot for each category will be allocated to other Zones based on participation numbers at each Zone qualifier.

Respective Fill Percentages will be calculated and allocated to each Zones (rounded down).

After the initial fills procedure of the rounding down exercise is completed and fill positions are still vacant, the remaining fill positions will be drawn by the way of a double random draw procedure to allocated the next available athlete(s) in that (those) Zone(s).

Example: CATEGORY: U16, automatic qualifying numbers: 3 males per Zone:

	Z1	Z2	Z3	Z4	Z5	Z6	Z7	Z8	
# athletes at Zone qualifier	3	2	8	0	9	2	0	11	Total: 35
Automatic qualifiers	3	2	3	0	3	2	0	3	Missing: 8
Extras	0	0	5	0	6	0	0	8	Total: 19
Respective fill percentages	(0/19) *8 = 0	(0/19) *8 = 0	(5/19) *8 = 2.11	(0/19) *8 = 0	(6/19) *8 = 2.53	(0/19) *8 = 0	(0/19) *8 = 0	(8/19) *8 = 3.37	
Fill numbers rounded down	0	0	2	0	2	0	0	3	Total: 7

Remaining 1 spot in the example above will be a random draw from Zones with skiers still available.

3. In the unforeseen situation where the total number of athletes that participated at trials in a category is less than the available positions, then the remaining positions will be redistributed to a different category (same gender) with the most Zone qualifier athletes.

Example: Only 22 athletes participated in all Zone trials in the U16 women category. The extra 2 positions will be given to the U14 category since they were a bigger field than the U12 category in total numbers from all Zone qualifiers.

*Fills must be submitted for approval to the Multisport Games Unit by **January 16, 2024.***

**ELIGIBILITY**

Athletes

- All athletes must be members of Nordiq Alberta through an affiliated club.
- Athletes nominated to the Alberta Ski team or nominated to attend Canadian National Championships with the Alberta Ski team for the year of and the year prior to the Alberta Winter Games, will be ineligible to compete (Note: Athletes who attend Nationals as a club athlete are still eligible to attend the Winter Games).

- Biathletes nominated to attend Biathlon Nationals with the Alberta Biathlon team will be ineligible to compete in the Cross Country events at the Games.

*Athletes seventeen (17) years of age, or athletes turning seventeen (17) during the Alberta Games, are NOT eligible to attend the Games. For Alberta Games Eligibility Policy information please visit [www.albertawintergames.ca](http://www.albertawintergames.ca)*

### Coaches

- **NCCP Certification** - Each Zone is required to have a minimum of two (2) coaches who are fully certified (theory, technical, and practical) to at least Community Coach in the NCCP program. **Competition-Introduction Learn2 Train Competitive Coach in the NCCP program or higher** is recommended for the Head Coach for each Zone.
- **Screening:** Police Record Check is required for all members of the staff.

*All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.*

### AFFILIATION

Athletes and coaches must be members of Nordiq Alberta through a currently affiliated club. For information on clubs, please contact the Cross Country Alberta office at (780) 415-1738 or check out the website at [www.nordiqalberta.ca](http://www.nordiqalberta.ca)

### ENTRY AND ZONE PLAYOFF PROCEDURES

- One (1) individual race (either Classic or Free Technique) in each Zone on or before January 8, 2024 in order to meet the Alberta Winter Games registration deadline.

To determine the date and location of Zone playoffs/selection please visit [www.nordiqalberta.ca](http://www.nordiqalberta.ca) or [www.albertawintergames.ca](http://www.albertawintergames.ca)

### PROVINCIAL GAMES REGISTRATION FEE AND DEADLINE

All Zone team athletes, who qualify to compete at the 2024 Alberta Winter Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. This fee is payable to your provincial sport organization and must accompany the athlete's registration form for the Provincial Games.

Please note the registration deadline for Cross Country Skiing is **January 9, 2024**.

### EVENTS

#### Competition Format:

- Sprint Skate Event - King's Court
- Classic Event - Individual Start
- Skate Technique Relay Event

Class	Day 1 Sprint - Skate (King's Court Format)	Day 2 Classic (Individual Start)	Day 3 Relay (Skate Technique)
U12 Female	300 m	2.5 km	4 x 2.5 km
U12 Male	300 m	2.5 km	(2 Males, 2 Female)

<b>Class</b>	<b>Day 1 Sprint - Skate (King's Court Format)</b>	<b>Day 2 Classic (Individual Start)</b>	<b>Day 3 Relay (Skate Technique)</b>
U14 Female	600 m	3.0 km	3 x 3.0 km
U14 Male	600 m	3.0 km	3 x 3.0 km
U16 Female	600 m	5.0 km	3 x 3.0 km
U16 Male	600 m	5.0 km	3 x 3.0 km

**Relay**

- Skate technique will be set according to conditions at the race site
- Relay race will be by age-class for U12, U14, and U16
- Athletes from lower classes are discouraged from racing up unless necessary
- Athletes will be allowed to race for only one (1) relay team
- Official relay team consists of three (3) athletes for the U14 and U16 categories and four (4) athletes (2 male, 2 female) for the U12 category

**Unofficial Relay Teams**

- Any relay not filled with a full complement from their Zone will be unofficial
- If a Zone has less than the required number of athletes available for the team, athletes from another Zone can ski on the relay
- Unofficial relays will not be eligible for Alberta Winter Games medals

**Sprint Race**

- Skating Technique
- Qualification round followed by Kings Court/Ladder Format
- Each athlete will race all heats in the no knockout format Competition will be governed by Nordiq Alberta rules.

**Other Information**

For health and safety reasons as well as “Spirit of the Games”, the use of Fluoro-carbon glide waxes, powders, blocks and liquids will not be permitted at this competition.

**PROTEST PROCEDURES**

A protest form must be submitted within one (1) hour of the unofficial results being posted to the Race Secretary who will forward it to the Chief of Competition.

The protest is then decided on by the sport jury consisting of the Chief of Race, Technical Delegate and Provincial Sport Coordinator and one (1) coach pre-selected prior to the event by the Provincial Sport Coordinator.

**EQUIPMENT SPECIFICATIONS**

As per standard Nordiq Canada rules.

Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta.

Waxing protocol:

- Structure tools ARE permitted.
- Non-flouro (NF) waxes ARE permitted.
- Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted. This includes all types of fluorinated glide wax (e.g. LF, HF, block, powder, liquid).
- Fluorinated Kick Wax IS permitted for all age categories at this time.

## PROVINCIAL SPORT COORDINATOR

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 c/o Nordiq Alberta  
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 Website: [www.nordiqalberta.ca](http://www.nordiqalberta.ca)

## ZONE SPORT REPRESENTATIVE

Each of the eight (8) Zones has a designated Cross Country Ski representative. To contact your Zone sport representative please see the list below and contact information for each Zone sport representative.

Zone	Name	Contact
Zone 1	Caleb Schultz	<a href="mailto:caleb.a.schulz@gmail.com">caleb.a.schulz@gmail.com</a>
Zone 2	Matt DeCarufel	<a href="mailto:tdec2000@gmail.com">tdec2000@gmail.com</a> (403) 688-2314
Zone 3	Katie McMahon	<a href="mailto:clubcoach@foothillsnordic.ca">clubcoach@foothillsnordic.ca</a>
Zone 4	Graeme Thain	<a href="mailto:39thain@gmail.com">39thain@gmail.com</a> (780) 608-6640
Zone 5	Henrik Asfeldt	<a href="mailto:henrik_asfeldt@hotmail.com">henrik_asfeldt@hotmail.com</a>
Zone 6	Ulf Kleppe	<a href="mailto:kleppeu@gmail.com">kleppeu@gmail.com</a> (780) 993-3453
Zone 7	Chris Reitz	<a href="mailto:chris@kippermanagement.ca">chris@kippermanagement.ca</a> (780) 799-5553
Zone 8	Claire Richter	<a href="mailto:clairerichter@me.com">clairerichter@me.com</a> (780) 993-0853