



2025 Nordiq Canada Ski Nationals 2025 Championnat Canadiens De Ski Nordiq Canada

Canadian College and University National Championships
Para Nordic National Championships

Hosted By: **Canmore Nordic Ski Club**



17-23 March 2025

**Canmore Nordic Centre
Version 1**





Version and Name	Date Published	Major Changes
V2	February 10	Entry Fees/Wax Room Fees



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WELCOME AND LAND ACKNOWLEDGEMENT

WELCOME

Dear Skiers and Coaches,

Welcome to the 97th edition of the 2025 Nordiq Canada Ski Nationals (NCSN2025)!

This year's Nationals will take place March 17-23, 2025 at the Canmore Nordic Centre, in Canmore, Alberta. The Nordiq Canada Ski Nationals is a Tier 1- FIS-sanctioned Nordiq Cup Event. The competition also includes the Canadian College and University National Championships (CCUNC) and the Canadian Para Nordic Championships.

The 2025 NCSN is hosted by the Canmore Nordic Ski Club in partnership with the Canmore Nordic Centre, Town of Canmore, Tourism Canmore Kananaskis, Alberta Tourism and Sport, and Alberta Parks and Recreation. We invite Canada's able-bodied and para-nordic cross-country ski racing youth, rising stars, elite athletes and veterans to participate in a seven day competition in one of the world's most beautiful cross-country skiing destinations. A return to Canmore provides this country's cross-country skiers a chance to celebrate the best of our sport and what we hope will contribute to a life-long passion for our sport.

We look forward to welcoming athletes, coaches, officials, and their families.

Hugh Simson

Chair, NCSN2025 Organizing Committee

LAND ACKNOWLEDGEMENT

The 2025 Ski Nationals celebration will take place in Canmore in the Treaty 7 region of Southern Alberta. In the spirit of reconciliation, we respectfully acknowledge that these lands are the ancestral and traditional territories of the Îlethka Nakoda First Nations, comprised of the Chiniki, Bearspaw, and Goodstoney First Nations; the Blackfoot confederacy, made up of the Siksika, Piikani, Amskaapiikani and Kainai First Nations; the Tsuut'ina First Nation, and Rocky View Métis District 4.

We honour these and all other First Nations, Inuit and Metis lands, and are grateful for our relationships with the land and its Peoples.



A MESSAGE FROM CANMORE MAYOR SEAN KRAUSERT



Welcome to Canmore!

On behalf of the Town Council and the entire Canmore community, it's a pleasure to welcome you to the Nordiq Canada Ski Nationals!

Canmore is known for its vibrant sporting community. Thanks to the legacy of the 1988 Olympics, we're home to the Canmore Nordic Centre, a hub for winter activities that showcases our passion for skiing. Our town has nurtured many world-class athletes, both professional and amateur, who call this place home.

While you're here, I encourage you to explore Canmore's rich history, perhaps by visiting the Canmore Museum, and take in the lively atmosphere of our town centre. With unique restaurants, shops, and galleries, our small businesses contribute to a thriving community. We're proud to offer a diverse array of local breweries, bakeries, and eateries that have gained regional and even international acclaim.

Enjoy your time in Canmore, and best of luck to all the competitors!

Best regards,
Mayor Sean Krausert (he/him)

SPONSORS AND PARTNERS

The Canmore Nordic Ski Club would like to thank the growing list of sponsors and partners supporting the Canmore cross-country ski community at the 2025 Nordiq Canada Ski Nationals.





GENERAL INFORMATION

- Dates** Monday, March 17 to Sunday, March 23, 2025
- Host** [Canmore Nordic Ski Club](#)
- Venue** [Canmore Nordic Centre](#) : 1988 Olympic Way, Canmore, Alberta
- Sanctioned By** Fédération Internationale de Ski (FIS) and Nordiq Canada
- Rules** [ICR-CCR \(Canadian Competition Rules\) Precisions 2024](#) (Based on the International Ski Federation ICR November 2023)
[Nordiq Canada Ski Nationals Technical Package 2024-2025](#)

SAFESPORT

Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing abuse, discrimination, violence or other forms of maltreatment, contact the Canadian Safe Sport Helpline (info@abuse-free-sport.ca) or the onsite SafeSport officer (Megan Dunn: info@canmorenordic.com) These individuals can connect you with support and help you file a complaint. For emergencies, call 911.

ABOUT YOUR HOST

The Canadian Pacific was instrumental in the establishment of the town of Canmore. Canmore started as a small coal-mining town in 1887, and the railway was used to transport both workers and coal. Industry in Canmore boomed throughout the 20th Century, until the coal mine was closed in 1979. Following this, the economic future of Canmore was uncertain until it was announced that Calgary would be hosting the 1988 Olympic Winter Games and Canmore would be hosting the Nordic events. The Canmore Nordic Centre was then developed starting in 1986 and is located within Kananaskis Provincial Park. Since the 1988 Olympic Winter Games, Canmore has seen significant residential and commercial growth. Throughout its transition from humble working-class beginnings, to its current eclectic mix, Canmore has managed to retain its small-town wilderness flavor while developing into the recreational tourist, lifestyle and health-and-wellness destination that it is today.



INFORMATION AND CONTACTS

INFORMATION AND COMMUNICATION

Communication during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive email communication during the event must register on Zone4. All official communication will be done in both of Canada's official languages.

Please follow this link to join the WhatsApp NCSN2025 group:

<https://chat.whatsapp.com/FBLgstTQ4iDKvs6oWYSxlv>



WEBSITES

Event Website <https://www.skinationals2025.ca>

Zone4 Event Page <https://zone4.ca/event/2025/pl6NzJ/>

EMAILS

Event Chair/Chief of competition

Race Secretary

Volunteers

Hugh Simson: competitionchief@canmorenordic.com

Meghan Bryant: competitionsecretary@canmorenordic.com

Heidi Chan: volunteercnsc@gmail.com

SOCIAL MEDIA

Facebook <https://www.facebook.com/canmorenordicskiclub>

Instagram <https://www.instagram.com/canmorenordicskiclub/>

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 during your stay with us, please register [HERE](#).

ORGANIZING COMMITTEE

1. Event Chair - Hugh Simson
2. Chair of Athlete Services - Meghan Bryant
3. Chair of Venue Planning and Services - Meghan Bryant



4. Treasurer - Mike Buxton-Carr
5. Chair of Protocol and Hospitality - Geordie Heal/ Rachel Boekel
6. Chair of Communication & Media - Beckie Scott
7. Chair of Fundraising and Sponsorship - Beckie Scott
8. Chair of Volunteers - Heidi Chan

COMPETITION COMMITTEE

Chief of Competition - Hugh Simson
 Assistant Chief of Competition - Kelly Bogle
 Competition Secretary - Meghan Bryant
 Chief of Course - Simon Robins
 Chief of Para Nordic Championships - Hugh Simson
 Chief of Stadium - James Gunn
 Chief of Start - Kyla Conner
 Chief of Timing and Results - Warren Wilson
 Chief of Competition Control - Mike Buxton-Carr
 Chief of Venue and Security - Meghan Bryant
 Chief of Emergency Measures and Medical Services - Jim Baergen

JURY

Technical Delegate - John Aalberg
 Assistant Technical Delegate - Dan Brisbin
 Chief of Competition - Hugh Simson
 Nordiq Canada Race Director - Ilona Gyapay

SCHEDULE OF EVENTS

PRE-EVENT SCHEDULE

Note: All times listed in this document are in Mountain Standard Time (MST)

Now	Time MST	Join the 2025 Nordiq Canada Ski Nationals WhatsApp and follow us on Instagram , Facebook
Monday, Feb 17	12:00	Registration opens for all race events. Athletes must complete the Racer Registration. Coaches must complete the Relay Registration and Coach/Support Staff Registration
Friday Feb 21	23:59	Deadline to Submit Request for Waxing Space/Trailer Space
Thursday March 6	23:59	Registration closes for: 1. Racer Registration 2. Coaches and Support Staff 3. Banquet Tickets Deadline to submit CCUNC eligibility form to Nordiq Canada: Ilona Gyapay: igyapay@nordiqcanada.ca Deadline to purchase Banquet tickets



Monday March 10	23:59	Late registration deadline. Subject to a penalty of \$100 per registration.
Wednesday March 12	15:00	Final confirmation list posted for review. Submit corrections to the Race Office.
Thursday March 13	15:00	Corrections to Confirmation List Due to Race Office
Friday March 14	15:00	Day 1, 2, 3, 4, 6, and 7 Seeding List available Changes to Seed List must be submitted by 12:00 (noon) prior to race day

EVENT SCHEDULE***

Saturday March 15	10:00 - 16:30 11:00 - 14:00	Race Office Open Unofficial Training Day
Sunday March 16	09:00 - 16:30 10:00 - 14:00 15:00 17:00	Race Office Open Official Training Day Day 1 Start List posted, submit corrections prior to TCM *TCM #1 – Day 1 U16/U18/Para Nordic Sit and Stand - Interval Start - Free Technique
Day 1 Monday March 17 Presented by: 	8:45 **9:00 9:30 15:00 17:00	Interval Start - Free Technique Opening Ceremony Para Nordic Sit - 5km Para Nordic Standing - 5km U16 - 5km U18 - 10km Award ceremonies 45 minutes after final category finisher Day 2 Start Lists posted, submit corrections prior to TCM TCM #2 – Day 2 U16/U18/Para Nordic Sit and Stand - Classic Sprint
Day 2 Tuesday March 18 Presented by: 	9:00 15:00 17:00	Classic Sprint Qualifier followed by Heats Para Nordic Sitting – 800m Para Nordic Standing – 1 km U16/U18 - 1 km Award ceremonies 45 minutes after final category finisher Day 3 Start Lists posted, submit corrections prior to TCM TCM#3 - Day 3 U20/ Senior/CCUNC/Para Nordic Standing - Interval Start - Free Technique



	18:00-20:00	Cross Country Skiing After High School - What's Out There, University and Beyond? @ Canmore Collegiate High School
	19:00-21:00 23:59	Coach Social sponsored by Canmore Brewing Co DIVISION RELAY REGISTRATION DEADLINE
Day 3 Wednesday March 19 Presented by	10:00 15:00 17:00	Interval Start - Free Technique U20/Senior/CCUNC - 10km Award ceremonies 45 minutes after final category finisher Day 4 Start Lists posted, submit corrections prior to TCM Day 5 Seed Lists posted TCM#4 - Day 4 U16/U18/Para Nordic Sit and Stand - Mass Start - Classic
Day 4 Thursday March 20	09:00 15:00 17:00	Mass Start - Classic U16 - 10km U18 - 15km Para Nordic Standing 10 km Para Sitting - 7.5 km Award ceremonies 45 minutes after final category finisher Day 5 Start Lists posted, submit corrections prior to TCM TCM #5 – Division Relay - Mix Gender, Both Techniques - All categories
Day 5 Friday March 21	09:00 15:00 16:00 17:30	Division Relay - Mixed Gender - Both Techniques CCUNC - 4x 5km U16/U18 - 4x 3km U20/Senior - 4x 5km Unofficial Team - 4x 3km Award ceremonies 45 minutes after final category finisher Day 6 Start lists posted, submit corrections prior to TCM TCM #6 – Day 6 U20/ Senior/CCUNC - Sprint - Classic Banquet at Mount Norquay followed by dance w/DJ Aggregate award ceremony U16/U18 presented at Banquet.
Day 6 Saturday March 22	09:00 15:00 17:00	Sprint - Classic Sprint Qualifier followed by Heats U20 / Senior / CCUNC - 1.3km Award ceremonies 45 minutes after final category finisher Day 7 Start lists posted, submit corrections prior to TCM TCM #7 – Day 7 U20/Senior/CCUNC - Mass Start - Classic



Day 7 Sunday March 23	09:00	Mass Start - Classic U20/CCUNC - 20 km Senior/CCUNC - 30 km Age and Aggregate award ceremony for Open categories 60 minutes following each categories race Announcement of Overall 2024 Nordiq Canada Ski Nationals awards will be 60 minutes after the day's final finisher
	11:30-4:00	BBQ @ BWTC Haig Room - Open Athletes/Coaches and Volunteers

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

* All TCMs will be held on Zoom.

**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.

COMPETITION INFORMATION

DISTANCES BY CATEGORY

Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2025	U16/U18 Interval Start Free	U16/U18 Sprint Classic	U20/Senior Interval Start Free	U16/U18 Mass Start Classic	Division Relay- Mix Gender CL/F	U20/Senior Sprint Classic	U20/Senior Mass Start Classic
	Monday March 17	Tuesday March 18	Wednesday March 19	Thursday March 20	Friday March 21	Saturday March 22	Sunday March 23
U16	5km	1km		10km (2x5km)	4 x 3km		
U18	10km (2x5km)	1km		15km (3x5km)	4 x 3km		
U20/CCU NC			10km (2x5km)		4 x 5km	1.3km	20km (4x5km)
Senior/CCUNC			10km (2x5km)		4 x 5km	1.3km	30km (6x5km)
Para Standing	5km	1km		10km (4x2.5km)			
Para Sitting	5km	800m		7.5km			
Unofficial Team					4 x 3km		
Activities		Cross Country Skiing After High School Chat /Coaches Social			Banquet and Dance @ Norquay		BBQ @ BWTC
Presented By:	ATOMIC	SALOMON					



RACE COURSES AND STADIUM LAYOUT

Stadium layout and course maps for the full slate of races will be available in the 2025 Nordiq Canada Ski Nationals website and in the Zone4 event page no later than one week prior to the start of the event. The Race Committee will endeavor to post the race courses at an earlier date.

FEEDING

There will be energy drinks and water available on self-serve basis at the finish of every race. For the Long Distance Mass Start race there will be OC-provided feeds in the stadium and space identified on the race course for teams to provide feeds to the athletes. This space will be identified at the TCM.

NOTE REGARDING OPEN SPRINTS

- There will be two categories for this event: Senior and U20
- Athletes wanting to race Senior are to register in the Senior race category
- Heats will be separated into:
 - A. Senior (1 – 30) – which will be the Top 30 athletes of the Senior age category
 - B. U20 only (1-30) – which will be the Top 30 athletes of the U20 age category

CATEGORIES AND YEAR OF BIRTH CATEGORIES AND YEAR OF BIRTH

Category	Sub-Category	Year of Birth
U16 Girl	U16 G1 U16 G2	2010 2009
U16 Boy	U16 B1 U16 B2	2010 2009
U18 Girl	U18 G1 U18 G2	2008 2007
U18 Boy	U18 B1 U18 B2	2008 2007
U20 Women	U20 W1 U20 W2	2006 2005
U20 Men	U20 M1 U20 M2	2006 2005
Senior Women/CCUNC	U23 W Senior W	2004, 2003, 2002 2001 and earlier
Senior Men/CCUNC	U23 M Senior M	2004, 2003, 2002 2001 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

SEEDING

Seeding will be in accordance with the section 6.0 of the 2025 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.

The most current Canadian Points List (CPL) will be used to seed athletes. For the Mass Start race for all categories, seeding and bib assignment will be by an ad hoc Distance CPL based on a skier's updated CPL standing which includes the one individual start race earlier in the Nationals. Para-Nordic skiers will be seeded based on a double random draw.

ATHLETE ELIGIBILITY

All competitors at the NCSN2025 must:

- have a valid Nordiq Canada Race Licence or Nordiq Canada Associate Licence
- have points greater than zero on the most current CPL/Para-CPL
 - Athletes who are not on the current CPL/Para-CPL list may request an exemption of the requirement through a written request to the Sport Development Director prior to event registration closing.
- Foreign skiers in the U20 and Senior Category must have a valid FIS Licence

FULL ELIGIBILITY

This category of eligibility allows the competitor to compete for NCSN2025 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 fulfill the following:

- have a valid NC/Para race license from the current season,
- have points greater than zero,
- be a Canadian citizen or hold a Permanent Resident Card (PR Card), and
- if older than U16, is eligible to be issued a current FIS or FIS/Para license by Canada at the time of race registration.

PARTIAL ELIGIBILITY

This category of eligibility allows a competitor to compete in the NCSN2025 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 prior to registering for the Championships. You must have converted points greater than 0. A Nordiq Canada License can be purchased here. See Appendix B for more details.

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

CCUNC ELIGIBILITY

For an athlete to be CCUNC eligible, the athlete must meet the varsity requirements of their institution, (USport member, CEGEP or college), be enrolled in a minimum of three (3) half courses (or the equivalent: nine credit hours) in the term (semester) in which they are competing.

Athletes must complete the [CCUNC Eligibility form](#) available on the Zone4 Event Page and submit it to [Nordiq Canada Events Manager](#) no later than the close of Regular Registration, Thursday, March 6, 2025 at 23:59 (Midnight).

CCUNC athletes must 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. A skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points for their school if they are officially registered by the Canadian institution on the [CCUNC Eligibility Form](#).

PARA NORDIC ELIGIBILITY

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 when registering in zone4.

RACING OUT OF CATEGORY: “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.

NOTICE OF DOPING CONTROL

Participants in the NCSN2025 may be subjected to random doping control tests conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program and section 11.7 of the Nordiq Canada Ski Nationals Technical Package.

For further information including medication review, medical exemptions, and procedures, please visit the CCES Athlete Zone.



NOTICE OF WAXING PROTOCOL

Fluorinated ski wax prohibition: Use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels. Fluorinated wax can be a competitive advantage and its use in competition will result in a sanction.

PROTESTS

A payment of \$155 CAD will be required for each protest filed. The amount will be retained by the Organizing Committee if the protest is rejected by the Jury. Coaches may file a protest until 15 minutes after the posting of unofficial results for each category. The Jury must render a decision as soon as possible after the end of the competitions of the day.

WARM-UP

The warm-up loops 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. Other non-race trails will be available but will not be prepared in the same manner as the race trails.

Under normal conditions, the courses will be closed 10 minutes prior to the first start as follows before the races, specific times will be in the TCM presentation.

Date	Format	Closing Time
March 17	Interval Start	8:50
March 18	Sprint Qualifier	8:50
March 19	Interval Start	9:50
March 20	Mass Start	8:50
March 21	Division Relay	8:50
March 22	Sprint Qualifier	8:50
March 23	Mass Start	8:50

Skiers, coaches, and wax techs must ski in the direction of the racecourse. Skiers who do not respect the warm-up guidelines will be sanctioned.

The Jury reserves the right to limit or restrict use of the racecourse if conditions warrant.



REGISTRATION INFORMATION AND EVENT FEES

The following table outlines the various fees related to the races and the Athlete Banquet:

Fees – All Athletes	Register by March 6 to avoid late registration penalties
Regular Registration (closes March 6 at 23:59) All Categories including Division Relay Banquet Tickets (non refundable) (closes March 6 at 23:59) Registered athletes All others	\$55 per day \$55 per person \$55 per person
Late Registration (closes March 10 at 23:59 MST) All Categories Late Registration Penalty	\$55 per day \$100 per registration

ATHLETE REGISTRATION

Online Registration on [Zone4](#) is the only method of registration available. There will be two registration forms to complete, individual registration for athletes, coaches and team support personnel and a Division Relay registration for Coaches to submit.

Registration will open by February 17, 2025. All registration fees are payable at the time of online registration.

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

REFUND: Refund requests will be processed as follows:

- 100% of the registration fee and taxes received up to the close of registration.
- No refund for a race day canceled for cold or adverse weather conditions.
- No refund of Zone 4 and online banking transaction fees.
- No refunds for the banquet tickets

COACH, TEAM SUPPORT PERSONNEL AND PARA NORDIC GUIDE REGISTRATION

Coaches and support personnel must register in [Zone4](#) for identification, to provide an email address and cell phone number for event communication, to request coach bibs and to purchase banquet tickets.

Para Nordic Guides will not pay registration fees, however all guides must register in [Zone4](#) and sign the Nordiq Canada Informed Consent and Assumption of Risk form.



REGISTRATION DEADLINES

2025 NORDIQ CANADA SKI NATIONALS REGISTRATION

Regular Registration Deadline (for individual): Thursday, March 6 at 23:59 MST.

Late Registration Deadline: Monday, March 10 at 23:59 MST, subject to a late registration penalty of \$100 per athlete.

Waxing Space Deadline: Friday February 21st at 23:59 MST.

DIVISION RELAY PARING REGISTRATION

Team Relay Registration Deadline: Tuesday, March 18 at 23:59 (Midnight) MST.

Late substitution for DNS athletes deadline: Friday, March 21 at 7:00 MST Late substitutions may be allowed under the following circumstances:

TEAM CAPTAINS' MEETINGS

- The Team Captains' Meetings will be held virtually per the event schedule above.
- Other communication with coaches will be done by WhatsApp and through the event page on Zone4.

BIB AND TRANSPONDER PICK-UP

Bib pick-up will take place in Meeting Room "B" (Above the Race Office). Bibs will be available for pick up at 07:30 Bibs will be sorted by Team or Club as identified during registration.

- For sprint heats, bibs and leg stickers will be picked up in the race office by each individual athlete
- Relay bibs (Day 5) will be issued to each division with leg stickers for the 4th (finishing) athlete of the relay team.

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

GoChip transponders will be used for all the distance races and the Sprint Qualifiers and we may consider their use for the sprint heats. Transponders will be distributed at the entrance to the start corral. Distribution will begin 15 minutes before first start time. Clubs, teams and training centres will be charged a transponder replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

COACH BIBS

Only Nordiq Canada issued coach bibs will be accepted on course. Two bibs will be issued to each club from the race office beginning Saturday, March 15 and must be returned at the end of the event. Non-returned bibs will be subject to a fine. 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.



PRIZES AND AWARDS

Prizes and awards will be determined as per section 12 of the 2025 Nordiq Canada Ski Nationals Technical Package.

DAILY AWARDS

Daily award ceremonies will take place 45 minutes following completion of category races. Prize winners are expected to attend the award ceremonies.

Individual races will award medals to the top 3 athletes and merchandise to the top 6 athletes in each category, including CCUNC. The top U23 athlete will be recognized daily and prize awards to the top sprint qualifier on sprint days.

For Para Nordic Individual races will award medals and merchandise to the top 3 athletes.

Division Team Relay will award medals to the top 3 teams and merchandise to the top 6 teams in each category.

AGGREGATE AWARDS AND NORDIQ CANADA ANNUAL TROPHIES:

Aggregate awards will be presented per the 2025 Nordiq Canada Ski Nationals Technical Package. Junior Aggregate will be presented at the Banquet and Open Aggregate Awards will be presented 60 minutes after each category

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.

The Malcolm Hunter Trophy is presented annually to the Senior Aggregate winners at the Cross Country Ski Championships. The award was established in 1999 in recognition of the contribution made to the sport by Malcolm Hunter, 1970 Olympian and past Cross Country Canada Treasurer, Coach and Executive Director.

ANNUAL JUNIOR TROPHIES:

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 FIS OPEN CATEGORIES

The cash purse for each Senior category race, per gender in Canadian Dollars is as follows: Rank Purse Rank Purse

Rank	Purse	Rank	Purse
1st	\$500	5th	\$100
2nd	\$300	6th	\$75
3rd	\$200	Top U23	\$75
4th	\$150	Top Sprint Qualifier	\$100

The cash purse for Para Nordic categories, per gender in Canadian Dollars is \$100 for the top skier.

AGGREGATE AWARDS AND NORDIQ CANADA ANNUAL TROPHIES

Aggregate awards will be presented per the 2024-2025 Nordiq Canada Ski Nationals Technical Package. At the completion of Day 4 (Para Nordic Sitting, Para Nordic Standing), Day 5 (U18/U16) at the Banquet and Day 7 (U20/Senior/CCUNC).

To recognize performance within age groups, year of birth (YOB) subcategory aggregate awards will be provided to athletes including:

-U16 B1, U16 B2, U18 B1, U18 B2, U20 M1, U20 M2, U23M, Senior M
-U16 G1, U16 G2, U18 G1, U18 G2, U20 W1, U20 W2, U23 W, Senior W

Aggregate Awards will be given to the top three aggregate skiers in each of the YOB U16, YOB U18, and YOB U20 categories. Recognition will include medals and merchandise prizes.

Individual Aggregate Awards will be given to the top three (3) aggregate skiers in each of the U23 and Senior categories. Recognition will include medals, merchandise, and cash prizes.

The cash purse for the top 3 aggregate Senior athletes per gender in Canadian Dollars is as follows:

Rank	Purse
1st	\$250
2nd	\$200
3rd	\$150

The cash purse for the top 3 aggregate U23 athletes per gender in Canadian Dollars is as follows:

Rank	Purse
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1st	\$150
2nd	\$100
3rd	\$75

An Individual Aggregate Award will be given to the top (1) Para Sit Ski and Para Standing categories. Recognition will include medals, merchandise, and cash prizes. A \$200 cash prize will be awarded for top Para Sit and Para Standing skiers per gender.

Individual Aggregate Awards will be given to the top five (5) aggregate skiers in each gender of the CCUNC category. Recognition will include medals (Top 3 only), and merchandise.

FACILITY INFORMATION - See Appendix “C” Venue Map

PARKING

The Canmore Nordic Centre is located within Kananaskis Provincial Park and requires a [Park Pass](#) for entering the Park. This [Kananaskis Park Pass](#) requires the License Plate number of the vehicle you will be driving to the Venue. This Park Pass will be best purchased [online](#) once you know your license plate number. It cannot be purchased from the CNC Day Lodge staff. Parking is limited, please carpool as much as possible.

ADMISSION TO SKI TRAILS

A five day trail pass (1 training day, 4 race days) for registered athletes is included in the registration fees for the official training day and race days, from Sunday, March 16 to Sunday, March 23, inclusive. A coach pass is available for \$50 for the entire event.

Athletes and Coaches without a Canmore Nordic Centre pass who want to ski outside of these days must purchase additional day passes in the Race Office at the special event price of \$10. Non-racing family members and attendees that are skiing on the trails must purchase a day ticket from the Day Lodge ticket counter at the Canmore Nordic Center. Access to the racing trails on race days will be restricted.

RACE OFFICE LOCATION AND HOURS

The competition office is located on the main floor of the Day Lodge in Meeting Room “A”. Opening hours will be as follows:

March 14	12:00-15:00
Training Days - March 15,16	9:00-16:30
Race Days - March 17-22	7:30-17:00
Race Day, March 23	7:30-16:00



NOTICE BOARDS

All communication will be done electronically via WhatsApp, social media, the event website and on the Zone4 event page.

ATHLETE LOUNGES AND CHANGE ROOMS

Indoor space is available in the day lodge with change rooms and coin showers in the west end of the day lodge washroom.

WAX TRAILERS AND SKI TESTING

Heated waxing facilities with power will be available for rent. As per the Technical Package, we are committed to providing a heated wax space 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)
- 16 – 24 athletes = 3 tables (6 forms)
- 24 athletes = 4 tables (8 forms)

Teams will be charged a rental cost of \$140 + tax + Zone4 processing fee per 8 athletes (1 table) for wax space.

For clubs, teams and training centres using the on-site waxing facilities, your wax space request including the number of skiers and fee should be submitted via the [Google Form](#) by February 5th at the latest to ensure appropriate space allocation.

Waxing pits for individual sprints 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. Only one service team person and one wax bench per club is permitted per FIS rules to adjust grip wax zone only. The location of the waxing pits will be confirmed at the TCM.

FIRST AID AND EMERGENCY SERVICES

Qualified first aid attendants will be onsite for all race days and official training day. The First Aid room is located at the east end of the Day Lodge.

PUBLIC HEALTH PROTOCOLS

The event will follow local and provincial public health guidelines regarding event hosting.

LOST AND FOUND

Lost items will be kept in a labeled bin in the Race Office and can be claimed in person. If you have lost an item, please send an email to competitionsecretary@canmorenordic.com. Additional Lost and Found items may be in the Canmore Nordic Center Day Lodge Lost and Found bins.



WEATHER

The best source for race site weather is [Environment Canada](#) or [SpotWx](#). Current venue weather data is available on the [Trail Sports Webcam](#). Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Trail conditions are available on [Nordic-Pulse](#) or on the [Canmore Nordic Centre](#) website. Updates will be available at the TCM and on the 2025 Nationals [WhatsApp](#) group.

ECO-FRIENDLY EVENT

The Town of Canmore and the Canmore Nordic Centre Provincial Park have the objective and mandate to present events that are as eco-friendly as possible. We ask all participants to reduce usage of single use plastics, styrofoam, packaging and containers they will bring on the competition site. We ask that you sort and dispose of all waste in the proper recycling, composting and waste bins located at several locations on site. We also encourage teams to carpool as much as possible. We thank you for helping make a greener planet.

TEAM SERVICES

TRAVEL AND TRANSPORTATION

The closest airport is the [Calgary International Airport \(YYC\)](#). The Banff Airporter is offering a discount on transportation from the Calgary Airport to Canmore.

Receive a **15% discount** on the Banff Airporter's daily shuttle service between the Calgary Airport and the Coast Hotel. Click [Banff Airporter](#) and then Book Now. Proceed through the reservation and type - **SkiNationals2025** - in the "Promo Code" section on the final payment page to receive the discount. The discount code works up to 2 weeks before the event starts. To guarantee availability, make a reservation at least a month prior to travel.

ACCOMMODATION

The Organizing Committee would like to urge any teams planning to attend our event to arrange their accommodations in Canmore as soon as possible. Our accommodation partner is [Base Camp Resorts](#) Discount Code: NORDIQPLUS It is valid at all Basecamp properties in Canmore and gives a 25% discount off the Nightly Rate.

FOOD / WATER

There is a bottle filler and water fountain located in the Day Lodge. There is a cafe onsite open from 9am-5:00pm in the Day Lodge. Food Trucks will also be set up during the event.



HOSPITAL

The closest hospital to the venue is the Canmore General Hospital (6km away):
1100 Hospital Place Canmore, Alberta T1W 1N2, (403) 678-5536

SOCIAL EVENTS

ATHLETE BANQUET

Date: Friday, March 21, 2025

Time: 5:30-10pm

Location: [Mount Norquay Ski Resort](#)

Theme: Denim and Diamonds

18:00 pm : pasta buffet dinner with gluten free and vegetarian options, cash bar

19:00 pm: awards presentations for the Junior Aggregate Awards

19:30 pm: dance with DJ

Tickets: \$55 available at the time of coach or athlete registration on Zone 4 and available directly through a link to Zone4 on the event website. The tickets for coaches and athletes will be delivered to the head coach at the first coaches meeting. Other registrants will be able to pick theirs up at the door. The awards presentation is open to all. Please note that the tickets are not refundable.

Deadline: last day for ticket purchases is March 6, 2025.

COACHES SOCIAL

Coaches are invited to come and chat with other coaches in a relaxed, "Happy Hour" style setting. Last chance to organize your Division Relay Teams.

Light Snack and drinks provided

Date: Tuesday March 18, 2025, from 18:30-21:00

Location: Canmore Brewing Co, 1460 Railway Ave, Canmore, AB T1W 1P6

TOURISM INFORMATION

The Bow Valley and Banff National Park have many social, cultural and outdoor attractions to explore during your stay at the Nordiq Canada Ski Nationals. For more information visit:

[Tourism Canmore Kananaskis.](#)



APPENDIX A - DIVISION RELAY INFORMATION

- Division Relay teams will consist of skiers from the same Division (ie. province or territory) based on your Nordic Canada Racing Licence or in the case of the CCUNC category, the same educational facility (college/university).
- Division Representatives must work with their division club's to create and submit teams (both official and unofficial) on Zone 4 by 23:59 Tuesday, March 18, 2025
- Foreign skiers may enter the Unofficial Relay Category
- Start List will be based on the combined teams CPL distance points
- Racer Order will be Female, Male, Female, Male
- Technique Order will be Classic, Classic, Skate, Skate
- Athletes may "race up" to create an official team.
- Substitutions are permitted as per ICR 313.4
 - After the draw a competitor can only be substituted if they cannot start due to Force Majeure (injury, illness, etc) This has to be certified by a Medical Doctor and communicated to the Jury at least 2 hours before the start.
- The teams racing order cannot be changed by substitution
- The team's starting position in the grid will remain the same

CATEGORIES

CCUNC	4 skiers (2 male, 2 female) 1 lap each (CL,CL,FR,FR) 5km Distance
U16	4 skiers (2 male, 2 female) 1 lap each (CL,CL,FR,FR) 3km Distance
U18	4 skiers (2 male, 2 female) 1 lap each (CL,CL,FR,FR) 3km Distance
Open (U20/Senior)	4 skiers (2 male, 2 female) 1 lap each (CL,CL,FR,FR) 5km Distance
Unofficial	4 skiers 1 lap each (CL,CL,FR,FR) 3km Distance



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 NCSN2025.

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".

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

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.



APPENDIX “C” VENUE MAP

