



WOMEN'S AND MEN'S SKI CROSS NOR AM CUP FINAL

Nakiska Ski Resort, Alberta

APRIL 6th to 9th, 2023

Course is located on Powderface Run (closed to public) & accessed via the Bronze Chair



THURSDAY, APRIL 6 th , 2023				TRAINING
Program	Duration	Start Time	Finish Time	
Training Bib Pickup	0:30	07:30	08:00	Legacy Room (Race Office)
Volunteers Meeting *Radio & Med. Protocols	0:30	08:15	08:45	Legacy Room (Race Office)
Bronze Chair Opens		09:00		≈6 min. Ride
Jury Meeting @ Start		09:10		
Jury Inspection & Course Setting	0:30	09:15	09:45	
Section Chiefs > Yellow Flags Visible		09:30		Flags On Course
Inspection	0:30	09:45	10:15	BIBS WORN Admission until 10:00
Course Preparation and Dye	0:15	10:15	10:30	Weather Dependent
Nakiska Ski Patrol Staff at Top of Course All Section Chiefs, Jury in Place		10:15		Course Clearance from Bottom -> Up/Radio Check
Training 1	1:30	10:30	12:00	Course Clearance ↓↑
Forerunners in Gate @ 10:25	Doors Operating: NO	Runs / Competitors: UNLIMITED		Start Training: NO
Course Preparation and Re-Dye	0:45	12:00	12:45	Weather Dependent
Training 2	1:30	13:00	14:30	Course Clearance ↓↑
Forerunners in Gate @ 12:55	Doors Operating: YES	Runs / Competitors: UNLIMITED		Start Training: YES
Course Crew Meeting at Start		14:30		
Jury Meeting in Finish Area	0:15	14:30		
Team Captains' Meeting	0:30	15:00		Legacy Room (Race Office)
ROC Meeting	0:30	15:30		Legacy Room (Race Office)

FRIDAY, APRIL 7 th , 2023				QUALIFICATIONS
Program	Duration	Start Time	Finish Time	
Volunteers Meeting *Radio & Med. Protocols	0:30	08:15	08:45	Legacy Room (Race Office)
Bronze Chair Opens		09:00		≈6 min. Ride
Jury Meeting @ Start		09:10		
Jury Inspection & Course Setting	0:30	09:15	09:45	
Section Chiefs > Yellow Flags Visible		09:30		Flags On Course
Inspection Admission until 10:00	0:30	09:45	10:15	BIBS WORN
Course Preparation and Dye	0:15	10:15	10:30	Weather Dependent
Nakiska Ski Patrol Staff at Top of Course All Section Chiefs, Jury in Place		10:15		Course Clearance from Bottom -> Up/Radio Check
Training 1	1:30	10:30	12:00	Course Clearance ↓↑
Forerunners in Gate @ 10:25	Doors Operating: @ 11:00	Runs / Competitors: UNLIMITED		Start Training: @ 11:30
Course Preparation and Re-Dye	0:45	12:00	12:45	
Timing Check	0:15	09:30	09:45	*Also Tested w/ Forerunners
Qualification Race #1 Forerunners in Gate @ 12:55 SEEDING FORMAT *RACE #1 QUALIFICATION BIBS WORN	0:30	13:00	13:30	CODEX: 8507 W APRIL 8, 2023
				CODEX: 8506 M APRIL 8, 2023
Course Preparation & Timing Reset	0:15	13:30	13:45	Course Clearance ↓↑
Bib Re-Sort at Start	0:15	13:30	13:45	
Qualification Race #2 Forerunners in Gate @ 13:40 SEEDING FORMAT *RACE #2 QUALIFICATION BIBS WORN	0:30	13:45	14:15	CODEX: 8509 W APRIL 9, 2023
				CODEX: 8508 M APRIL 9, 2023
Course Crew Meeting at Start		14:15		Course Clearance ↓↑
Jury Meeting in Finish Area	0:15	14:15	14:30	
Team Captains' Meeting	0:30	15:00	15:30	Legacy Room (Race Office)

Program	Duration	Start Time	Finish Time	
Volunteers Meeting *Radio & Med. Protocols	0:30	08:15	08:45	Legacy Room (Race Office)
Bronze Chair Opens		09:00		≈6 min. Ride
Jury Inspect. & Course Setting/Work	0:30	09:00	09:30	
Section Chiefs > Yellow Flags Visible		09:15		Flags On Course
Inspection Admission until 09:45	0:30	09:30	10:00	RACE #1 BIBS WORN
Final Course Preparation and Re-Dye	0:15	09:45	10:00	Weather Dependent
Nakiska Ski Patrol Staff at Top of Course All Section Chiefs, Jury in Place		09:45		Course/Jury Radio Check *Medical In Place
Training 1	1:00	10:00	11:00	Course Clearance ↓↑
Forerunners in Gate @ 09:55	Doors Operating: YES	Runs / Competitors: ONE RUN	Start Training: NO	
Course Preparation and Re-Dye	1:00	11:00	12:00	Athlete/Volunteer Break
NorAm Race #1 Forerunners in Gate @ 11:55	1:35	12:00	13:35	CODEX: 8507 W CODEX: 8506 M
Eights Final Round (8 Heats) Men	Course Clearance ↓↑			Times approximate. Weather/Snow Conditions Dependent. 
Break	0:10	12:15	12:25	
Quarter Final Round (4 Heats) Women	Course Clearance ↓↑			
Quarter Final Round (4 Heats) Men				
Break	0:10	12:40	12:50	
Semi Final Round (2 Heats) Women	Course Clearance ↓↑			
Semi Final Round (2 Heats) Men				
Break	0:15	13:05	13:20	
Small Final - Women	Course Clearance ↓↑			
Small Final - Men				
Big Final - Women				
Big Final - Men			13:35	
Course Crew Meeting at Start		13:30		
Jury Meeting in Finish Area	0:10	13:40	13:50	
Awards	0:30	14:30	15:00	Outside of Legacy Room
Team Captains' Meeting	0:30	15:00	15:30	Legacy Room (Race Office)

General Notes/Reminders:


- ✓ **Nakiska Ski Patrol:**
 - ❖ Not Present During Inspection
 - ❖ Patrollers Stationed In Section 1 At Top Of Course
 - ❖ In Place 10 Minutes Prior To Training, Qualifications and Races
 - ❖ Training and Qualification Day -> 2 Patrollers and 1 Tobagan
 - ❖ Race #1 and Race #2 -> 4 Patrollers and 2 Tobaggans
 - ❖ **Once Ski Patrol is dispatched they are in charge of the Athlete's care**
- ✓ *Training & Race Schedules/times may change due to changing weather patterns/snow conditions > will be done in consultation with connection coach and jury > decision and will be communicated out in person & WhatsApp*
- ✓ Will begin with 25sec. interval for Training and 35 sec. interval for Qualies
- ✓ Athletes are NOT allowed into the Legacy Room/Race Office; ROC and volunteers only. Team Captains' meetings will occur here.
- ✓ Chairlift safety bars must be lowered for all Race Participants
- ✓ Race Bibs MUST be worn at all times during Inspections and Qualifications (*not on arms or tucked into pants*)
- ✓ Race bibs may have to be picked up the morning of, if not returned in time for Team Captains' meeting.
- ✓ **Please encourage and show respect for all Nakiska staff & guests, AND Race Volunteers**



NorAm Finals April 2023
WhatsApp group





SUNDAY, April 9 th , 2023				NORAM RACE #2
Program	Duration	Start Time	Finish Time	
Volunteers Meeting *Radio & Med. Protocols	0:30	08:15	08:45	Legacy Room (Race Office)
Bronze Chair Opens		09:00		≈6 min. Ride
Jury Inspect. & Course Setting/Work	0:30	09:00	09:30	
Section Chiefs > Yellow Flags Visible		09:15		Flags On Course
Inspection Admission until 09:45	0:30	09:30	10:00	RACE #2 BIBS WORN
Final Course Preparation and Re-Dye	0:15	09:45	10:00	Weather Dependent
Nakiska Ski Patrol Staff at Top of Course All Section Chiefs, Jury in Place		09:45		Course/Jury Radio Check *Medical In Place
Training 1	1:00	10:00	1 1:00	Course Clearance ↓↑
<i>Forerunners in Gate @ 09:55</i>	Doors Operating: YES	Runs / Competitors: ONE RUN	Start Training: NO	
Course Preparation and Re-Dye	1:00	11:00	12:00	Athlete/Volunteer Break
NorAm Race #2 Forerunners in Gate @ 11:55	1:35	12:00	13:35	CODEX: 8509 W CODEX: 8508 M
Eights Final Round (8 Heats) Men		Course Clearance ↓↑		Times approximate. Weather/Snow Conditions Dependent. 
Break	0:10	12:15	12:25	
Quarter Final Round (4 Heats) Women		Course Clearance ↓↑		
Quarter Final Round (4 Heats) Men				
Break	0:10	12:40	12:50	
Semi Final Round (2 Heats) Women		Course Clearance ↓↑		
Semi Final Round (2 Heats) Men				
Break	0:15	13:05	13:20	
Small Final - Women		Course Clearance ↓↑		
Small Final - Men				
Big Final - Women				
Big Final - Men			13:35	
Athlete Tear Down of Course	0:25	13:35	14:00	
Jury Meeting in Finish Area	0:10	13:40	13:50	
Awards	0:30	14:30	15:00	Outside of Legacy Room
Reminder To Return All Race and Heat Bibs To Race Office. Thank You For Coming - Safe Travels!				

Many Thanks to all the Volunteers and Nakiska Ski Resort



ALPINE CANADA ALPIN



Nakiska is an official Alpine Canada Alpin
National Training Centre

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NORAM APRIL 2023
NAKISKA, AB





NOR AM CUP
April 6th to 9th, 2023

Section 1

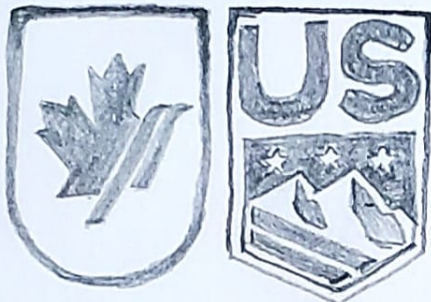
Section 2

Section 3

Section 4

Section 5

Section 6



**Course will not be exactly as depicted*



Jordan Williams
Alpine Canada
April 2022