

2020-2021 Season



Cross Country New-Brunswick

NB Cup and NB Roller Cup Series Technical Document

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Cross Country New-Brunswick NB Cup and Roller Cup Series Technical Document

1. Preamble

Nordiq Canada (NC) and their divisions are governed by FIS (Federation International de ski) rules, 2020 Int'l Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2020 Precisions, see the following link: <https://nordiqcanada.ca/document-centre/> under Officials [ICR-CCR – Canadian Competition Rules with Precisions](#) . These are used for all Nordiq Canada sanctioned events and Cross-Country New Brunswick uses these rules for the base of all NB Cup and NB Roller Cup. All Cross-Country New Brunswick events must be sanctioned by either CCNB as a division event or NC as Tier 1 or 2 events. The precisions and procedures in this document will guide clubs on hosting a NB Cup and NB Roller Cup events.

2. Definitions

1. “AGM” means Annual General Meeting of all members of Cross Country NB, usually held in spring after the ski season.
2. “NC” means Nordiq Canada (previously Cross Country Canada)
3. “CCNB” means Cross Country New-Brunswick and, in this document, unless otherwise stated, refers to the association’s Executive committee / High Performance Committee or individual appointed by the Executive to make decisions with respect to a particular rule.
4. “The CCNB Executive Director” means the Executive Director hired pursuant to Policy 210 – Staffing Assistance Program – General. Contact information for the Executive Director is as follows:

Claudette Kavanaugh / Cross Country Ski NB
1421 Route 130, Grand Falls, NB E3Z 1P8
nbxcski@gmail.com
(506)475-5602

5. “Event”, “NB Cup Event”, “NB Roller Cup Event” means a cross country ski competition including one to several races hosted by a CCNB member club.

6. "Race" means a cross country ski competition or a roller ski competition that is one continuous timed race within an event as defined in 2. Definitions, point 5 above. The host club may choose to hold a fun sprint format race after the NB Cup which will not be eligible for NB cup points. Also, the NB Roller Cup will not be eligible for NB Cup Points.
7. "CCNB racer" means a racer belonging to a CCNB member club.
8. "NC racer" means, a racer holding a NC racing license, or a license from another NC Division. It also recognizes licensed racers from a foreign country.
9. "Member club" means a club that is a member in good standing of CCNB.
10. "Racing license" means a NC issued race license.
11. "NB Cup points" mean the points earned by a CCNB racer or NC racer who completes a NB Cup race. Points are based on the table in Appendix E.
12. "NB Cup Points List" means the compilation of "NB Cup points" earned by a racer at selected NB Cup events during the race season.

3. NB Cup Series

1. The NB Cup Series will consist of CCNB and NC sanctioned ski events hosted by member clubs over the course of the ski race season and will include the provincial championships.
2. As much as possible, there should be an equal number of classic and free-style races in the NB Cup Series during the race season.
3. An event may be held over the course of one or two consecutive days and may include one or more "NB Cup" races where racers may earn competitive points toward NB Cup Series awards.
4. An event shall be held on a weekend except in special circumstances, as determined by CCNB.
5. Separate, one-day events may be held on different days of the same weekend at venues in the same geographic area if the separate event venues are close enough together to reasonably allow racers to attend both events with little extra travel. This will be at the discretion of CCNB.

6. Events will be scheduled whenever possible so as not to conflict with the Eastern Canadian Cross-Country Ski Championships, Eastern Canadian Youth Cross Country Ski Championships and the Canadian National Championship.
7. If the NB Cup series does not have an official sponsor; CCNB will provide to the host club an amount of \$500 for a NB Cup event and \$1000 for the NB Cup Provincial Championship. To receive the grant from CCNB for the NB Cup, the event must be sanctioned, and the club must use the CCNB Zone 4 account for the NB Cup event fees. Please contact the CCNB Office for more information. This grant is at the discretion of the CCNB Executive, depending on the Provincial Funding received of the fiscal year. **The support of the events by CCNB will be formalized by the acceptance and publication of the yearly race calendar at the Fall General Meeting.**
8. An Event name should begin with “NB Cup”, followed by assigned race numbers, in the order of the dates on which they occur in the series, and the host club’s name or location. For example, an event hosted by the Dieppe Ski Club that has one race might be referred to as “NB Cup #1 (Dieppe)”

4. NB Roller Cup Series

1. The NB Roller Cup Series will consist of CCNB or NC sanctioned roller ski events hosted by member clubs over the course of the roller ski race.
2. An event may be held over the course of one or two consecutive days and may include one or more “NB Roller Cup” races.
3. The NB Roller Cup races are considered fun roller ski events and will not be eligible for NB Cup points.
4. An event shall be held on a weekend except in special circumstances, as determined by CCNB.
5. Separate, one-day events may be held on different days of the same weekend at venues in the same geographic area if the separate event venues are close enough together to reasonably allow racers to attend both events with little extra travel. This will be at the discretion of CCNB.
6. If the NB Roller Cup series does not have an official sponsor; CCNB will provide to the host club an amount of **\$500** for a NB Cup event. To receive the grant from CCNB for the NB Roller Cup, the club must use the CCNB Zone 4 account for the

NB Roller Cup event fees. Please contact the CCNB Office for more information. This is at the discretion of CCNB Executive, depending on the Provincial Funding received of the fiscal year. **The support of the events by CCNB will be formalized by the acceptance and publication of the yearly race calendar at the Spring General Meeting.**

7. An Event name should begin with “NB Roller Cup”, followed by assigned race numbers, in the order of the dates on which they occur in the series, and the host club’s name or location. For example, an event hosted by the Dieppe Ski Club that has one race might be referred to as “NB Roller Cup #1 (Dieppe)”

5. Application of Nordiq Canada Rules

1. Events shall be conducted according to *Nordiq Canada Cross Country Skiing Rules and Regulations* (“CCC Rules”) FIS (Federation International de ski) rules, 2020 Int'l Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2020 Precisions, see the following link: <https://nordiqcanada.ca/document-centre/> under Officials [ICR-CCR – Canadian Competition Rules with Precisions](#) .
2. The Chief of Competition for an event should make sure that he/she has an up-to-date copy of the NC Rules document and is familiar with its contents. The Executive Director of CCNB will provide a copy of NC Rules documents to chief of competition. The NB Cup and NB Roller Cup Series Technical document is also on CCNB’s web site

6. Cross Country New-Brunswick Authority

1. Notwithstanding anything contained herein, the CCNB Executive has the authority to waive, change, delete or add any NB Cup and NB Roller Cup Technical document to promote the good management of the NB Cup Series and NB Roller Cup Series. However, any such waiver, change, deletion or addition intended to have effect beyond the current or upcoming race season shall be presented to CCNB member clubs at the fall general meeting of the association for approval by the member clubs for the NB Cup Series and at the spring general meeting of the association for the NB Roller Cup Series.
2. The NB Cup and NB Roller Cup Technical document will be reviewed annually by the Events Committee of CCNB. The Events Committee shall update Technical document prior to the start of each race season, and may also recommend other changes of these rules, to the CCNB Executive.

3. If a host club seeks to have a NB Cup and NB Roller Cup Series Technical document waived, amended or varied, it shall forward its request to the CCNB Executive Director by mail or e-mail at the earliest opportunity. The Executive Director shall then bring the request to the attention of the Executive and the Events Committee.
4. CCNB has the authority to withdraw the CCNB sanction of an event should the host club fail to comply with a CCNB directive, NB Cup and NB Roller Cup Series Technical document, or a NC rule or regulation.

7. Racing Licenses

1. Racers (U-16, U-18, U-20, U-23, Seniors and 31 and older) competing in a NB Cup or NB Roller Cup event sanctioned by NC are required to have a supporting member (day license) or a NC current season race license.

8. Interest in Host Event

1. Any CCNB member club interested in hosting an event during the ski and roller ski season must advise the CCNB Events Coordinator and cc the Executive Director before the AGM meeting (Fall AGM for Roller ski events and Spring AGM for Cross country ski events) by filling out the form in Appendix A.
2. A club presenting an interest to host must fill out Appendix A: *Application form to host a NB Cup or NB Roller Cup*. The club must put forward both a preferred date for an event and one or more alternate dates. CCNB shall assume that the club will be ready and able to host an event on any of the dates put forward.
3. To host the event, the club must be in good standing with CCNB.
4. A schedule of events will be formally presented at the Semi-Annual General Meeting in the fall for the NB Cup Series and the Annual General Meeting in the spring for the NB Roller Cup Series.
5. In certain circumstances, the CCNB Executive may approve an event as a NB Cup Event even though the event was not approved at the Semi-Annual General Meeting. Before granting such approval, the Executive shall consider whether the proposed event is likely to enhance the NB Cup Series and whether it conflicts with another event.

6. In certain circumstances, the CCNB Executive may approve an event as a NB Roller Cup Event even though the event was not approved at the spring Annual General Meeting. Before granting such approval, the Executive shall consider whether the proposed event is likely to enhance the NB Roller Cup Series and whether it conflicts with another event.

9. Event Dates

1. CCNB member clubs shall fix the dates for the upcoming season's race events at the fall Semi-Annual General Meeting for the NB Cup Events and the spring Annual General Meeting for the NB Roller Cup Events.
2. If snow conditions, bad weather or other exigent circumstances force a host club to cancel an event on a certain date, CCNB may re-schedule the event to a date suitable to the host club or move the race to another venue.
3. If an event is cancelled or re-scheduled, it is the responsibility of the host club to give the Executive Director prompt notice of the cancellation and any re-scheduled date for the event.

10. Event Venues

1. CCNB member clubs shall confirm the venues for the upcoming season's race events at the Semi-Annual General Meeting for NB Cup and at the spring Annual General Meeting for the NB Roller Cup.
2. If poor trail conditions or other exigent circumstances make a race venue unsuitable for an event, CCNB may change the venue to a new location suitable to the host club.
3. If an event is moved to a new venue, it is the responsibility of the CCNB Executive Director to give all registrants prompt notice of the change of venue.
4. Host clubs with wheelchair accessible facilities and parking should offer Para-Nordic events. This will be indicated in the Race Notice.

11. Type of Races

1. The NB Cup and NB Roller Cup Series may include distance races, distance pursuit races or sprint races. Please note if a sprint race is the official event, there will be

NB Cup points awarded. Please note that no NB Cup points are awarded at NB, Roller Cup events.

2. Races may require the use of classic technique, free (skate) technique or a combination of the two techniques (skiathlon).
3. Races may be in individual start format, mass start format or pursuit format.
This year is exceptional because of Covid, there will only be individual starts.
4. NB Cup and NB Roller Cup events to the best of their current facilities, shall offer Para Nordic races for Para Nordic racers wishing to compete. The type and distance of races offered shall be determined after consultation with Para Nordic coaches and/or racers wishing to attend the event.
5. If the host club decides to organize a fun event after the NB Cup Race, there will be no NB Cup points awarded and will be held after the main event.

12. Age Categories

1. Able-bodied skiers will compete against other skiers in their own age category. Age categories are based on the most current Nordiq Canada Rules and revised Competition Model. See following Link: [Competition Pathway](#)
2. In designating a skier's age, the Nordiq Canada Rule consider the "competition year" which runs from July 1 prior to the race season until June 30 after the close of the race season. The Nordiq Canada Rules and Competition Model also consider the athlete's chronological age as of December 31st of the competition season. For example, an athlete who was born in 2003 would be categorized as being 18 years of age in the 2020-2021 competition season.
3. Para Nordic (PN) skiers will ski in two age categories for sit, standing and visually impaired Para Nordic ski competitions as follows: PN Development less than or equal to 23 years of age and PN Open older than 23.
4. The table (Appendix B) is taken from the revised Nordiq Canada Competition Model and provides athlete's chronological age as of December 31st of the competition season (e.g. December 31st, 2021 for the 2020-2021 "competition season" or the 2021 "competition year"), plus "Year of Birth" ranges for racers in the current "competition year".

13. Distance Races

1. To support the development of athlete, the High performance committee (HPC) will suggest/recommend or set distance of each distance race to be consistent with the most current Nordiq Canada competition model to be available at the fall general meeting for NB Cup event and spring general meeting for the NB Roller Cup event OR host club to present distance to be raced with application. HPC will then approve or suggest modifications. See APPENDIX C.

14. Sprint Races

1. To support the development of athlete, the HPC will suggest/recommend or set distance of a sprint race to be consistent with the most current NC competition model to be available at the fall general meeting for NB Cup event and spring general meeting for the NB Roller Cup event or host club to present distance to be raced with application. HPC will then approve or suggest modifications. See APPENDIX D.

15. Organizing Committee & Chief of Competition

1. Organizing Committee: See 111.2 of the FIS (Federation International de ski) rules, 2020 Int'l Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2020 Precisions, see the following link: [ICR-CCR – Canadian Competition Rules with Precisions](#)
2. Chief of Competition: See 302.3.1 of the FIS (Federation International de ski) rules, 2020 Int'l Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2020 Precisions, see the following link: [ICR-CCR – Canadian Competition Rules with Precisions](#) The Chief of Competition name, telephone number and e-mail address shall be included in a club's race notice.

16. Technical Delegate

1. CCNB shall, in co-operation with a host club's Organizing Committee, appoint a Technical Delegate (T.D.) to oversee the host club NB Cup or Roller Cup event.
2. The host club is responsible for keeping the Technical Delegate constantly informed of event preparations.
3. The host club is responsible for the T.D. expenses including honorarium, travel, meals and lodging.

17. Race Jury

1. The Competition Committee shall appoint a Race Jury for an event before the coaches meeting for the event. The assigned race jury should be communicated at the coaches meeting (Complete form in APPENDIX G).
2. The Race Jury shall consist of the following:
 - The TD who is chair of the Jury
 - The Chief of Competition
 - Plus one of the following appointments:
 - Visiting Team Coach (appointed by the Team Leaders)
 - CCNB appointee to act as an Assistant TD
3. The Race Jury must ensure that an event is organized and carried out according to the NB Cup and NB Roller Cup Technical document and the Nordiq Canada Rules. The Race Jury's responsibilities begin when the Race Jury is appointed and are ended when protests from the final competition have been decided and all official results for an event have been produced. The Race Jury shall meet to examine the results 15 min after the unofficial results are available.
4. The Race Jury's authority includes the power to disqualify a competitor from a race or an entire event for a failure to comply with the Nordiq Canada Rules or for a failure to act in a sportsmanlike manner during the event.
5. Decisions of the Race Jury are made by majority vote.

18. Race Notices

1. A club hosting an event is responsible for sending an electronic copy of a Race Notice to the CCNB Executive Director, High Performance Committee Chair, Events Chair and the NB team coaches for approval for distances at least six weeks prior to the event. The Zone4 registration and final notice should be at least 4 weeks prior to the event.
2. The CCNB Executive Director will be responsible for e-mailing, and posting on the CCNB website and social media every Race Notice to all club presidents, HPC (High Performance Committee), Events Committee and members who have provided CCNB with an e-mail address.
3. The CCNB Executive Director may forward a Race Notice and Event Registration and Waiver to other Divisions or clubs in other Divisions.

4. Host clubs that maintain a club website are encouraged to post Race Notices on the club website.

19. Publicity

1. Event publicity is the responsibility of the host club.
2. Host clubs are encouraged to send out advance event publicity to local media and put up any event posters at least three weeks prior to an event.
3. Host clubs are encouraged to forward race results, stories and pictures to local media as soon as practicably possible after the event is over.
4. For a sample of a press release, please see APPENDIX H

20. Race Fees

1. The minimum fee a host club may charge at a NB Cup and NB Roller Cup event is \$25.00 per race.
2. All participants in the “Participation” category must be charge the adult fee regardless of age.
3. All NB Cup races are Nordiq Canada sanctioned and skiers must have a Nordiq Canada race license or a Supporting Member Day license to compete in Nordiq Canada sanctioned events. Clubs can purchase day licence in advance at a more economical price during the sanction application. It is recommended that host club charge a minimum fee of \$5.00 per day licence at registration to each participant not possessing a Nordiq Canada race license. This applies to participants in the U- 14 and older categories.

21. Registration

1. All registration will be done thru Zone 4 with a deadline prior to **7:00 pm two days before the event at the latest (ex: Thursday at 7pm for a Saturday event).**
2. If a racer who has paid his/her registration fee for an event and is unable to compete for any reason, it is in the discretion to the club host to issue a refund or not of the said registration fee.

22. Insurance

1. To comply with Nordiq Canada's liability insurance requirements, a host club must insure that every participant in a race event completes a waiver.

23. Cancellations and Postponements

1. A host club, its Organizing Committee or Race Jury may cancel or postpone an event in the case of:
 - a) Cold temperatures or other extreme weather;
 - b) Poor trail conditions; or
 - c) Other good cause.
2. The authority to cancel or postpone an event rests initially with the host club. Once the host club appoints an event Organizing Committee, its authority to cancel or postpone an event passes to the Organizing Committee. Once a Race Jury has been appointed, the authority to cancel or postpone an event rests solely with the Race Jury.
3. A decision to cancel or postpone an event is to be made as soon as possible with every effort being made to avoid racers incurring unnecessary costs for travel and accommodation.
4. A host club shall immediately notify the CCNB Executive Director of any event cancellation or postponement. **Minimum 48 hours** before the start of a NB CUP or NB ROLLER CUP. The CCNB Executive Director shall then forthwith post a notice reporting the cancellation or postponement on the CCNB website, social media and email to all club president, clubs and member who supplied their email address.
5. If an event is to be postponed, a host club and CCNB Events chair and CCNB Executive Director shall mutually agree upon a new date for the event.
6. If an event is postponed, a host club shall e-mail an amended Event Notice reflecting the postponement date to all racers who had originally registered for the event.
7. If an event is postponed, a host club shall also e-mail an amended Event Notice reflecting the postponement date to the CCNB Executive Director. The Executive

Director shall then distribute and publicize the amended Race Event Notice as if it were an original Race Notice.

8. A racer fully registered for an event that is postponed shall be considered registered for the event on its new date unless the racer advises that he/she will not be attending on the new date and venue. Race fees will be remitted if racer is not able to attend on new date.
9. The return of registration fees to racers when an event is postponed or cancelled is encouraged but is wholly at the discretion of the host club holding the fees.

24. Temperature

1. A race distances less than or equal to 15 km shall be postponed or cancelled when the temperature at the coldest point of the course (without wind factor) is colder than minus 20 degrees Celsius.
2. A race with distances greater than 15 km shall be postponed, shortened or cancelled when the temperature at the coldest point of the course (without wind factor) is colder than minus 18 degrees Celsius.
3. For U-6, U-8, U-10 and U-12 age categories, with air temperatures below minus 15 degrees Celsius (the temperature at the coldest part of the course without wind factor), the Race Jury shall postpone or cancel the competition.
4. When making decisions regarding temperatures and cancellation of other age groups, the jury should consider whether it is early season or not, experience level of competitors, exposure of the course, protection in the start and finish area, benefit of changing the order/time of race and other factors that affect the ability of the age group competitors to effectively handle the conditions. Organizers may also consider offering younger skiers an alternate activity in extreme cold weather conditions.
5. If high winds produce significant wind chills on a race day, the Race Jury may, after consulting with team coaches and the event's Organizing Committee, decide to shorten, modify, delay or cancel any or all races set for the day.

25. Race Course

1. Race courses must be approved in advance of competition by the event's Technical Delegate.

2. The marking of the race course must be so clear that a racer is never in doubt as to where his/her course goes.
3. Race course markings shall use color to help show race routes. However, to avoid confusion caused by color blindness, color shall not be the only system used to mark the course. Forms such as circles, squares, etc.... should also be used. Such colors and symbols should be indicated in the race notice. See APPENDIX F
4. Where practical, race course markings should be placed so that they are on the right-hand side of a racer as he/she skis the course in the correct direction of travel.
5. Race courses should be set in a way that avoids or reduces the need for forks or intersections. Forks or intersections on the course must be sensibly marked by clearly visible signage.
6. Any trail adjoining the race course but not being used for a race must be closed off from the race course.
7. A host club must provide the minimum of map hand-outs showing the layout of the event's race courses. A larger map (A-1 sheet size) are encouraged
8. It is the responsibility of every racer and his/her coach to know the layout of the course that the racer will be racing on before his/her race gets underway.
9. A host club should ensure that the race course is prepared for racing and correctly/clearly indicated no later than 2hrs before the first start the day of the event.
10. It would be highly suggested to have a map of the race course posted at the club house/chalet on the day before the event gets underway in order to allow racers to train and familiarize themselves with the course.
11. On the day an event gets underway, racers shall be allowed on all portions of the race course excepting critical areas closed off by officials, such as the Start/Finish area, from the time of their arrival at the venue until 15 minutes before the race gets underway.
12. During the running of the race, if any racers are on the course to encourage other racers must have submitted their bibs or chips at the finish line. They should not be in movement while racers are going by. If racers are not actively racing, the bib should not be visible.

26. CCNB Equipment

1. A host club shall be entitled to the use of CCNB NB Cup Series and NB Roller Cup Series equipment and, upon receiving a request for equipment.
2. Notwithstanding NB Cup and NB Roller Cup Technical document 26.1, a host club shall only have the use of CCNB electronic timing equipment if it can arrange to have properly trained personnel present at an event to operate the equipment.
3. After an event is over, a host club shall return any CCNB equipment (at their cost) to the CCNB Executive Director or a representative of the chip system or forward it to another host club entitled to the use of the equipment.
4. The host club is fully responsible for the CCNB equipment and must return it in the same state as received.
5. If CCNB race bibs are not returned to CCNB after an event, the host club responsible for the bib shall pay CCNB a replacement cost of \$60 for each lost bib. A host club shall be entitled to claim the \$60 replacement cost from any racer responsible for the loss of a bib.
6. The host club is responsible for the T.D. expenses including honorarium, travel, meals and lodging.
7. If CCNB racing chips are not returned to CCNB after an event, the host club responsible for the chips shall pay CCNB a replacement cost of \$60 for each lost chip. A host club shall be entitled to claim the \$60 replacement cost from any racer responsible for the loss of a chip.

27. Medical Considerations

1. A person currently certified with basic First Aid training shall be readily available.
2. A snow mobile, toboggan and /or stretcher, and first aid kit, along with people capable of using this equipment, shall be readily available.
3. All main event officials shall have reasonable access to a working telephone and must have available the telephone numbers for the nearest ambulance service.
4. Course controllers should have some means of communicating quickly to the designated first aider to report any injury or medical emergency.

5. Event officials should be aware of what procedures to follow in the event of an injury or medical emergency.

28. Coaches Meeting & Draw

1. It is recommended that a coaches meeting and any necessary draw be held at a minimum of 1 ½ hour before race start.
2. It is recommended that the time and place of any coaches meeting and any draw be set out in the Race Notice.
3. Attendance at the coaches meeting and any draw shall not be unduly restricted, but only two representatives from each club will be given official recognition at the meeting and draw. These representatives are responsible for making themselves aware of all skiers racing for their club to insure that the interests of those skiers are looked after during the meeting and draw.

29. Result & Protests

1. Unofficial race results for a category shall be posted as soon as practicable. Results shall be posted at the race venue in a conspicuous location accessible to all coaches and athletes.
2. Where possible Para Nordic results should be calculated results based on the level of disability, and not real-time results. If real-time results are used, then a note to that effect should be made.
3. Any coach or athlete protesting an unofficial race result at a Nordiq Canada sanctioned event should refer to the FIS (Federation International de ski) rules, 2020 Int'l Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2020 Precisions, see the following link: [ICR-CCR – Canadian Competition Rules with Precisions](#) *Section F Protest and Appeals*.
4. Please note that For Canadian Tier I & Tier II competitions not sanctioned by FIS, \$100 CAD must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld, otherwise it goes to the account of Nordiq Canada.
5. For Division and Nordiq Canada Tier II sanctioned event the coach or athlete protesting an unofficial race result shall put the protest in writing and file the protest with the event's Race Secretary or another designated official within 15

minutes following the last posting of the unofficial result being challenged. Protests received more than 15 minutes after the posting of the unofficial result being challenged will not be considered.

6. Upon a protest being filed, the person receiving the protest shall bring it to the attention of the Race Jury forthwith. The Race Jury shall then decide the matter as promptly as possible in the manner it sees fit.
7. If the Race Jury determines that a protest has merit, it may choose to take no action, assess a time penalty, and change the order of finish where times have not been recorded, disqualify a racer, issue a verbal or written sanction for one year, or take other appropriate action.
8. Where a significant race irregularity has occurred, the Race Jury may decide to cancel or modify all results from a race or part of a race on such conditions that it deems fair. Where it is desirable to achieve a fair race for all competitors and practicable to do so, the Race Jury may order that a race or part of a race be re-run.
9. When all protests have been determined and all necessary changes to the unofficial results have been made, the official race results shall be posted and copies made for distribution.
10. It is recommended that copying equipment be available at the race venue so that a printed copy of the results may be provided to the club coach at the end of the race day.
11. Notwithstanding the fact that official results have been posted, an event's Race Jury shall have 72 hours after the posting of the official results to correct an obvious and easily proven calculation error in the results.

30. Event Prizes & Awards

1. For each category and gender a medal will be given to 1st, 2nd and 3rd place
2. For each gender, in the U-6, U-8, U-10, U-12, U-14, ribbons will be given to 4th, 5th and 6th place.
3. For 31 and older categories, it is suggested that medals be given only for the photo at the medal ceremonies. These medals are then handed back to the organizing committee.

4. Hosting Clubs must purchase medals and ribbons from CCNB. Please inquire with CCNB ED regarding purchase and delivery. The club is also responsible to indicate on the back side of the medals information regarding the event such as location, date and event number.

31. NB Cup Points List

1. A CCNB racer competing in NB Cup events will earn “NB Cup points” for his/her performance in each NB Cup completed in the category raced. Please note that the “Participation” category is not eligible for NB Cup Points.
2. In the case of a Sprint race being an official NB Cup event and not a fun Sprint; NB Cup Points will be awarded to the final standing after the heats. (This year if we cannot do an official sprint (qualifier follow by heat with several skiers) because of Covid-19, race will not be an official NB Cup event.)
3. The “NB Cup Points List” is the compilation of points earned by a CCNB racer at selected NB Cup races during the race season.
4. The “NB Cup Points List” will be maintained and updated after each event by CCNB High Performance Coordinator.
5. No points will be awarded for NB Roller Cup events.

32. Overall NB Cup Individual Awards

1. After the final race at the NB Cup Provincial Championship, CCNB High Performance Coordinator will use the NB Cup Points List to determine the overall standings for each CCNB racer participating in the NB Cup Series and identify the racers placement. Only the 1st place in each category will be awarded a medal/trophy. Participants in U-6 up to U-18 will be recognized with a certificate according to their age.
2. The selected NB Cup races used to calculate a CCNB racer’s points for the Overall NB Cup winner per category are as follows:
 - See APPENDIX E
3. A CCNB racer must have the selected races in the same category. If the racer chooses to race in different categories during the season, he/she will be awarded points in different category just like he/she would be 2 different racers. A CCNB

racer cannot be the NB Cup Overall winner for 2 categories. The racer will win the category of his age.

33. Overall NB Cup Club Award

1. The CCNB Cup Points List will be used to determine the overall points for a club. All club racers points in every race will be tabulated toward the Overall Club points during the NB Cup Provincial Championship banquet, the club with the overall highest points during the season will be awarded the NB Cup Club Championship trophy.
2. A club racer must be a paid member of the club for the present season.
3. In case of a tie, both club names will be put on the trophy.

34. LOW FLUORO/NO FLUORO WAXING GUIDELINES

The Nordiq Canada Fluoro policy will apply for this NB Cup event. This means that the following apply for this competition:

- High Fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.
- Grip powders are NOT permitted
- Does not pertain to grip wax

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians. Keep in mind, non-compliance with this protocol is cheating and contravenes the coaching code of conduct. Coaches and skiers will be held accountable, with appropriate disciplinary action through the NB High performance Committee, should non-compliance be observed in wax rooms and out on the course.

This protocol is in effect at all NB Cup events and at the Maritime cup.

“The above information needs to appear on the race notice”

Appendix A: Application form to host a NB Cup or NB Roller Cup

Cross Country New Brunswick is interested in receiving Letters of Interest to host a NB Cup or NB Roller Cup event as well as the following application form. The applicant must be a CCNB Club in good standing. Application for NB Cup events shall be received at the Fall AGM and applications for NB Roller Cup events at the Spring AGM.

Club:	
Preferred dates for the event(s):	#1 _____ #2 _____ #3 _____
Style (classic or free-style) and type of start (i.e. mass start, individual start, pursuit):	
Type of event (i.e. Distance, Sprint, skiathlon, etc.):	
Main contact information:	Name: _____ Phone number: _____ Email: _____
Type of CCNB services needed (i.e. Timing?, T.D.?):	
Zone 4 timing system:	
Assigned T.D.:	

Please forward this application as well as your letter of interest to:

CCNB Events Director, 1421 Route 130, Grand Falls, NB E3Z 1P8, (506)475-5602 or

nbxcski@gmail.com

Appendix B: Racing category for 2020-2021 season

Note: The 2021 Competitive Year runs from July 1st, 2020 to June 30th, 2021

CATEGORY		Age on <u>December 31st, 2021</u>
U-6 (2015 & younger)	Boys	6 and younger
	Girls	6 and younger
U-8 (2013-2014)	B	7, 8
	G	7, 8
U-10 (2011-2012)	B	9, 10
	G	9, 10
U-12 (2009 - 2010)	B	11, 12
	G	11, 12
U-14 (2007-2008)	B	13, 14
	G	13, 14
U-16 (2005-2006)	B	15, 16
	G	15, 16
U-18 (2003-2004)	B	17, 18
	G	17, 18
U-20 (2001-2002)	Men	19, 20
	Women	19, 20
U-23 (1998-2000)	M	21, 22, 23
	W	21, 22, 23
Open – Senior (2000 & before)	M	23 +
	W	23 +
Master (1990-1976)	M	31 to 45
	W	31 to 45
Master (1975-1962)	M	46 to 59
	W	46 to 59
Master (1961 & earlier)	M	60 +
	W	60 +
Para-Nordic – Sit or Standing	M/W	PN Development - less than or equal to 23 years of age
Para-Nordic – Sit or Standing	M/W	PN Open older than 23
Participation	M/W	<i>All ages</i>

Appendix C: Suggested distances for the NB Cup Series

(*Please note that we suggest that the category with the same color should start at the same time and have the same distance to maximize CPL points at the event).

		NB CUP #5 Fredericton	NB CUP #6 Fredericton
		2021-03-6	2021-03-7
		Free Style / Style Libre	Classic / Classique
<i>Categories / Catégories</i>	<i>Age / Âge</i>	<i>individual / individuel</i>	<i>individual / individuel</i>
<i>U-6 (Girls/Filles)</i>	6 and younger	0.5 - 1 km	0.5 - 1 km
<i>U-6 (Garçons/Boys)</i>	6 and younger	0.5 - 1 km	0.5 - 1 km
<i>U-8 (Girls/Filles)</i>	7, 8	0.5 - 1.5 km	0.5 - 1.5 km
<i>U-8 (Garçons/Boys)</i>	7, 8	0.5 - 1.5 km	0.5 - 1.5 km
<i>U-10 (Girls/Filles)</i>	9, 10	1.0 - 2 km	1.0 - 2 km
<i>U-10 (Garçons/Boys)</i>	9, 10	1.0 - 2 km	1.0 - 2 km
<i>U-12 (Girls/Filles)</i>	11, 12	2 - 2.5 km	2 - 2.5 km
<i>U-12 (Garçons/Boys)</i>	11, 12	2.5 - 5 km	2.5-5 km
<i>U-14 (Girls/Filles)</i>	13, 14	5.0 - 7.5 km	7.5 km
<i>U-14 (Garçons/Boys)</i>	13, 14	5.0 - 7.5 km	7.5 km
<i>U-16 (Girls/Filles)</i>	15, 16	5.0 - 7.5 km	7.5 km
<i>U-16 (Garçons/Boys)</i>	15, 16	10 km	10 km
<i>U-18 (Girls/Filles)</i>	17, 18	5.0 - 7.5 km	7.5 km
<i>U-18 (Garçons/Boys)</i>	17, 18	10 km	10 km
<i>U-20 (Femmes/Women)</i>	19, 20	5.0 - 7.5 km	7.5 km
<i>U-20 (Hommes/Men)</i>	19, 20	10 km	10 km
<i>U23 (Femmes/Women)</i>	21, 22, 23	10 km	10 km
<i>U23 (Hommes/Men)</i>	21, 22, 23	15 km	15 km
<i>OPEN - Senior (Femmes/Women)</i>	23 +	10 km	10 km
<i>OPEN - Senior (Hommes/Men)</i>	23 +	15 km	15 km
<i>Master (Femmes/Women)</i>	31 to 45	10 km	10 km
<i>Master (Hommes/Men)</i>	31 to 45	15 km	15 km

Master (Femmes/Women)	46 to 59	10 km	10 km
Master (Hommes/Men)	46 to 59	15 km	15 km
Master (Femmes/Women)	60 +	10 km	10 km
Master (Hommes/Men)	60 +	15 km	15 km
<i>Participation (Femmes/Women)</i>	<i>Tous âges / All ages</i>	6 km	6 km
<i>Participation (Hommes/Men)</i>	<i>Tous âges / All ages</i>	6 km	6 km
<i>Para-Nordic Standing (Femmes/Women)</i>	<i>Tous âges / All ages</i>	1 km to 3 km*	1 km to 7 km*
<i>Para-Nordic Standing (Hommes/Men)</i>	<i>Tous âges / All ages</i>	1 km to 5 km*	1 km to 7 km*
<i>Para-Nordic Sit (Femmes/Women)</i>	<i>Tous âges / All ages</i>	1 km to 2 km*	1 km to 5 km*
<i>Para-Nordic Sit (Hommes/Men)</i>	<i>Tous âges / All ages</i>	1 km to 3 km*	1 km to 7 km*

*Para-Nordic distances depends on skiers' ability/skill (new or experienced). Clubs should verify with Terry Lavoie, terry6491@hotmail.com for guidance on this.

		NB CUP #1 Charlo	NB CUP #2 Charlo
		2021-02-20	2021-02-21
		Classic / Classique	Free Style / Style Libre
Categories / Catégories	Age / Âge	individual / individuel	individual / individuel
<i>U-6 (Girls/Filles)</i>	6 and younger	0.5-1 km	0.5-1 km
<i>U-6 (Garçons/Boys)</i>	6 and younger	0.5-1 km	0.5-1 km
<i>U-8 (Girls/Filles)</i>	7, 8	0.5-1.5 km	0.5-1.5 km
<i>U-8 (Garçons/Boys)</i>	7, 8	0.5-1.5 km	0.5-1.5 km
<i>U-10 (Girls/Filles)</i>	9, 10	1-2 km	1-2 km
<i>U-10 (Garçons/Boys)</i>	9, 10	1-2 km	1-2 km
<i>U-12 (Girls/Filles)</i>	11, 12	2 - 2.5 km	2 - 2.5 km
<i>U-12 (Garçons/Boys)</i>	11, 12	2.5-5 km	2.5-5 km
<i>U-14 (Girls/Filles)</i>	13, 14	5.0 - 7.5 km	7.5 km
<i>U-14 (Garçons/Boys)</i>	13, 14	5.0 - 7.5 km	7.5 km
<i>U-16 (Girls/Filles)</i>	15, 16	5.0 - 7.5 km	7.5 km
<i>U-16 (Garçons/Boys)</i>	15, 16	10 km	10 km
<i>U-18 (Girls/Filles)</i>	17, 18	5.0 - 7.5 km	7.5 km
<i>U-18 (Garçons/Boys)</i>	17, 18	10 km	10 km
<i>U-20 (Femmes/Women)</i>	19, 20	5.0 - 7.5 km	7.5 km
<i>U-20 (Hommes/Men)</i>	19, 20	10 km	10 km
<i>U23 (Femmes/Women)</i>	21, 22, 23	7.5 km	7.5 km
<i>U23 (Hommes/Men)</i>	21, 22, 23	10 km	10 km
<i>OPEN - Senior (Femmes/Women)</i>	23 +	7.5 km	7.5 km
<i>OPEN - Senior (Hommes/Men)</i>	23 +	10 km	10 km
<i>Master (Femmes/Women)</i>	31 to 45	7.5 km	7.5 km
<i>Master (Hommes/Men)</i>	31 to 45	10 km	10 km
<i>Master (Femmes/Women)</i>	46 to 59	7.5 km	7.5 km

Master (Hommes/Men)	46 to 59	10 km	10 km
Master (Femmes/Women)	60 +	7.5 km	7.5 km
Master (Hommes/Men)	60 +	10 km	10 km
<i>Participation (Femmes/Women)</i>	<i>Tous âges / All ages</i>	5 km	5 km
<i>Participation (Hommes/Men)</i>	<i>Tous âges / All ages</i>	5 km	5 km
<i>Para-Nordic Standing (Femmes/Women)</i>	<i>Tous âges / All ages</i>	1 km to 3 km*	1 km to 5 km*
<i>Para-Nordic Standing (Hommes/Men)</i>	<i>Tous âges / All ages</i>	1 km to 7 km*	1 km to 7 km*
<i>Para-Nordic- Sit (Femmes/Women)</i>	<i>Tous âges / All ages</i>	1 km to 2 km*	1 km to 3 km*
<i>Para-Nordic- Sit (Hommes/Men)</i>	<i>Tous âges / All ages</i>	1 km to 3 km*	1 km to 7 km*

*Para-Nordic distances depends on skiers' ability/skill (new or experienced). Clubs should verify with Terry Lavoie, terry6491@hotmail.com for guidance on this.

		NB CUP #3 Tracadie	NB CUP #4 Caraquet
		2021-02-27	2021-02-28
		Classic / Classique	Free style / Style libre
Categories / Catégories	Age / Âge	individual / individuel	individual / individuel
<i>U-6 (Girls/Filles)</i>	6 and younger	0.5 – 1.0 km	1.2km
<i>U-6 (Boys/Garçons)</i>	6 and younger	0.5 – 1.0 km	1.2km
<i>U-8 (Girls/Filles)</i>	7, 8	1.0 - 1.5 km	1.2km
<i>U-8 (Boys/Garçons)</i>	7, 8	1.0 – 1.5 km	1.2km
<i>U-10 (Girls/Filles)</i>	9, 10	2.0 – 3.0 km	1.5 - 2.5 km
<i>U-10 (Boys/Garçons)</i>	9, 10	2.0 – 3.0 km	1.5 - 2.5 km
<i>U-12 (Girls/Filles)</i>	11, 12	2.5-5 km	2.5-5 km
<i>U-12 (Boys/Garçons)</i>	11, 12	2.5-5 km	2.5-5 km
<i>U-14 (Girls/Filles)</i>	13, 14	7.5 - 10 km	5.0 – 7.5 km
<i>U-14 (Boys/Garçons)</i>	13, 14	7.5 - 10 km	5.0 – 7.5 km
<i>U-16 (Girls/Filles)</i>	15, 16	7.5 - 10 km	5.0 – 7.5 km
<i>U-16 (Boys/Garçons)</i>	15, 16	7.5 - 10 km	5.0 – 7.5 km
<i>U-18 (Girls/Filles)</i>	17, 18	7.5 - 10 km	5.0 – 7.5 km
<i>U-18 (Boys/Garçons)</i>	17, 18	10-15 km	10-15 km
<i>U-20 (Women/Femmes)</i>	19, 20	7.5 - 10 km	5.0 – 7.5 km
<i>U-20 (Men/Hommes)</i>	19, 20	10-15 km	10-15 km
<i>U23 (Women/Femmes)</i>	21, 22, 23	10 km	10 km
<i>U23 (Men/Hommes)</i>	21, 22, 23	10-15 km	10-15 km
<i>OPEN – Senior (Women/Femmes)</i>	23 +	10 km	10 km
<i>OPEN - Senior (Men/Hommes)</i>	23 +	10-15 km	10-15 km
<i>Master (Women/Femmes)</i>	31 to 45	10 km	10 km
<i>Master (Men/Hommes)</i>	31 to 45	10-15 km	10-15 km
<i>Master (Women/Femmes)</i>	46 to 59	10 km	10 km
<i>Master (Men/Hommes)</i>	46 to 59	10-15 km	10-15 km
<i>Master (Women/Femmes)</i>	60 +	10 km	10 km
<i>Master (Men/Hommes)</i>	60 +	10-15 km	10-15 km

<i>Participation (Women/Femmes)</i>	<i>All ages / Tous âges</i>	5 km	6 km
<i>Participation (Men/Hommes)</i>	<i>All ages / Tous âges</i>	5 km	6 km
<i>Para-Nordic Standing (Women/Femmes)</i>	<i>Tous âges / All ages</i>	1 km to 5 km*	1 km to 7 km*
<i>Para-Nordic Standing (Men/Hommes)</i>	<i>Tous âges / All ages</i>	1 km to 7 km*	1 km to 10 km*
<i>Para-Nordic Sit (Women/Femmes)</i>	<i>Tous âges / All ages</i>	1 km to 3 km*	1 km to 5 km*
<i>Para-Nordic Sit (Men/Hommes)</i>	<i>Tous âges / All ages</i>	1 km to 5 km*	1 km to 10 km*

*Para-Nordic distances depends on skiers' ability/skill (new or experienced). Clubs should verify with Terry Lavoie, terry6491@hotmail.com for guidance on this.

NB CUP #7
Charlo
2021-03-27
Free style / Style libre

Categorie	Age	individual / individuel
<i>U-6 (Girls/Filles)</i>	6 and younger	1.0 km
<i>U-6 (Boys/Garcons)</i>	6 and younger	1.0 km
<i>U-8 (Girls/Filles)</i>	7, 8	1.5 km
<i>U-8 (Boys/Garcons)</i>	7, 8	1.5 km
<i>U-10 (Girls/Filles)</i>	9, 10	2.5 km
<i>U-10 (Boys/Garcons)</i>	9, 10	2.5 km
<i>U-12 (Girls/Filles)</i>	11, 12	2.5 - 3.75 km
<i>U-12 (Boys/Garcons)</i>	11, 12	2.5 - 3.75 km
<i>U-14 (Girls/Filles)</i>	13, 14	7.5 – 10.0 km
<i>U-14 (Boys/Garcons)</i>	13, 14	7.5 – 10.0 km
<i>U-16 (Girls/Filles)</i>	15, 16	10 km
<i>U-16 (Boys/Garcons)</i>	15, 16	10 km
<i>U-18 (Girls/Filles)</i>	17, 18	10 km
<i>U-18 (Boys/Garcons)</i>	17, 18	15 km
<i>U-20 (Women/Femmes)</i>	19, 20	10 km
<i>U-20 (Men/Hommes)</i>	19, 20	15 km
<i>U23 (Women/Femmes)</i>	21, 22, 23	10 km
<i>U23 (Men/Hommes)</i>	21, 22, 23	15 km
<i>OPEN - Senior (Women/Femmes)</i>	23 +	10 km
<i>OPEN - Senior (Men/Hommes)</i>	23 +	15 km
<i>Master (Women/Femmes)</i>	31 to 45	10 km
<i>Master (Men/Hommes)</i>	31 to 45	15 km
<i>Master (Women/Femmes)</i>	46 to 59	10 km
<i>Master (Men/Hommes)</i>	46 to 59	15 km
<i>Master (Women/Femmes)</i>	60 +	10 km

Master (<i>Men/Hommes</i>)	60 +	15 km
<i>Participation (Women/Femmes)</i>	<i>All ages / Tous âges</i>	5 km
<i>Participation (Men/Hommes)</i>	<i>All ages / Tous âges</i>	5 km
<i>Para-Nordic Standing (Women/Femmes)</i>	<i>Tous âges / All ages</i>	1 km to 10 km *
<i>Para-Nordic Standing (Men/Hommes)</i>	<i>Tous âges / All ages</i>	1 km to 15 km *
<i>Para-Nordic Sit (Women/Femmes)</i>	<i>Tous âges / All ages</i>	1 km to 7 km *
<i>Para-Nordic Sit (Men/Hommes)</i>	<i>Tous âges / All ages</i>	1 km to 10 km *

*Para-Nordic distances depends on skiers' ability/skill (new or experienced). Clubs should verify with Terry Lavoie, terry6491@hotmail.com for guidance on this.

Appendix D: Sprints Race suggested distance

Categories / Catégories	Age / Âge	SPRINT
<i>U-6 (Girls/Filles)</i>	6 and younger	100-300 m agility course / course d'habilités or/ou Distance 500m to/à 1500m
<i>U-6 (Garçons/Boys)</i>	6 and younger	100-300 m agility course / course d'habilités or/ou Distance 500m to/à 1500m
<i>U-8 (Girls/Filles)</i>	7, 8	100-300 m agility course / course d'habilités or/ou Distance 500m to/à 1500m
<i>U-8 (Garçons/Boys)</i>	7, 8	100-300 m agility course / course d'habilités or/ou Distance 500m to/à 1500m
<i>U-10 (Girls/Filles)</i>	9, 10	100-300 m agility course / course d'habilités or/ou Distance 1km to/à 3km
<i>U-10 (Garçons/Boys)</i>	9, 10	100-300 m agility course / course d'habilités or/ou Distance 1km to/à 3km
<i>U-12 (Girls/Filles)</i>	11, 12	100-300 m agility course / course d'habilités or/ou Distance 1km to/à 3km
<i>U-12 (Garçons/Boys)</i>	11, 12	100-300 m agility course / course d'habilités or/ou Distance 1km to/à 3km
<i>U-14 (Girls/Filles)</i>	13, 14	Sprints 200-400m
<i>U-14 (Garçons/Boys)</i>	13, 14	Sprints 200-400m
<i>U-16 (Girls/Filles)</i>	15, 16	Sprints 800-1000m
<i>U-16 (Garçons/Boys)</i>	15, 16	Sprints 800-1000m
<i>U-18 (Girls/Filles)</i>	17, 18	Sprints 800-1200m
<i>U-18 (Garçons/Boys)</i>	17, 18	Sprints 800-1200m
<i>U-20 (Femmes/Women)</i>	19, 20	Sprints 1000-1400m
<i>U-20 (Hommes/Men)</i>	19, 20	Sprints 1000-1400m
<i>U23 (Femmes/Women)</i>	21, 22, 23	Sprints 1200-1600m
<i>U23 (Hommes/Men)</i>	21, 22, 23	Sprints 1200-1600m
<i>OPEN - Senior (Femmes/Women)</i>	23 +	Sprints 1200-1600m
<i>OPEN - Senior (Hommes/Men)</i>	23 +	Sprints 1200-1600m
<i>31 and older (Femmes/Women)</i>	31 +	Club Host choice / Choix du club hôte
<i>31 and older (Hommes/Men)</i>	31 +	Club Host choice / Choix du club hôte
<i>Participation (Femmes/Women)</i>	<i>All ages</i>	Club Host choice / Choix du club hôte
<i>Participation (Hommes/Men)</i>	<i>All ages</i>	Club Host choice / Choix du club hôte
<i>Para-Nordic Standing (Femmes/Woman)</i>	<i>All ages</i>	Sprint 600M – 1500M
<i>Para-Nordic Standing (Hommes/Men)</i>	<i>All ages</i>	Sprint 600m – 1500m
<i>Para-Nordic Sit (Femmes/Woman)</i>	<i>All ages</i>	Sprint 400m – 1000m
<i>Para-Nordic Sit (Hommes/Men)</i>	<i>All ages</i>	Sprint 400m – 1000m

Appendix E : 2021 NB Cup Championship Point System

1. Eligible Races

- NB Cup #1: Charlo, February 20, 2021 Classic
- NB Cup #2: Charlo, February 21, 2021 Free Style
- NB Cup #3: Tracadie, February 27, 2021 Classic
- NB Cup #4: Caraquet, February 28, 2021 Free Style
- NB Cup #5: Fredericton, March 6, 2021 Free Style
- NB Cup #6: Fredericton, March 7, 2021 Classic
- NB Cup #7: Charlo, March 27, 2021 Free Style

2. Eligible Skiers

The racer must be a member of a NB club that is member of Cross Country NB.

3. Point Calculation

Each racer's points (U-6 – 60 & older) will be calculated using the best classic race, the best free style race and the third best race in section 1.

4. Tie break

In the event where 2 racers from the same category/gender are tied in points, it has been decided by the High Performance committee that the total time of common races of the tied contenders will be used. The racer with the fastest time will be the overall champion. A mention will be given to each age year position per gender.

5. The points awarded are as follows:

1 – 100 pts	2 – 95pts	3 – 90pts
4 – 85pts	5 – 80pts	6 – 77pts
7 – 74pts	8 – 71pts	9 – 68pts
10 – 65pts	11 – 63pts	12 – 61pts
13 – 59pts	14 – 57pts	15 – 55pts
16 – 54pts	17 – 53pts ...	And so on, down to 69 – 1pts

6. Overall Club Championship Trophy: All points accumulated by a racer (all categories included) at any event in section 1 will be calculated for the overall Club Championship. Please note, the racer must be a member of the club and the club must be a member of Cross Country NB.

Appendix F: Example of Race Course Markings

		date
<u>Categories</u> (B) Boys (G) Girls (M) Men (W) Women	Genre	Style Distance km Individual Start
<u>U-6</u> B 2XXX-2XXX G 2XXX-2XXX	B G	Start Time : 10:00 1 x 0.5 km = 0.5 km 1 x 0.5 km = 0.5 km
<u>U-8</u> G 2XXX-2XXX F 2XXX-2XXX	B G	2 x 0.5 km = 1.0 km 2 x 0.5 km = 1.0 km
<u>U-10</u> G 2XXX-2XXX F 2XXX-2XXX	B G	1 x 1.5 km = 1.5 km 1 x 1.5 km = 1.5 km
<u>U-12</u> G 2XXX-2XXX F 2XXX-2XXX	B G	1 x 2.4 km = 2.4 km 1 x 2.4 km = 2.4 km
<u>U-14</u> G 2XXX-2XXX F 2XXX-2XXX	B G	1 x 2.4 + 1 x 0.5 km = 2.9 km 1 x 2.4 + 1 x 0.5 km = 2.9 km
<u>U-16</u> G 2XXX-2XXX F 2XXX-2XXX	B G	2 x 2.4 km = 4.8 km 2 x 2.4 km = 4.8 km
<u>U-18</u> G 2XXX-2XXX F 2XXX-2XXX	B G	1 x 5.0 + 1 x 1.5 km = 6.5 km 1 x 5.0 + 1 x 1.5 km = 6.5 km
<u>U-20</u> M 2XXX-2XXX G 2XXX-2XXX	M W	1 x 5.0 + 1 x 1.5 km = 6.5 km 1 x 5.0 + 1 x 1.5 km = 6.5 km
<u>Para-Nordic</u> Sit Standing	M/W M/W	2 x 1.5 km = 3.0km 1 x 5.0 + 1 x 1.5 km = 6.5 km

Appendix G: Assigned Jury for the event

Event:	
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Technical Delegate (chair of the jury):	
Chief of Competition:	
Visiting Team Coach (appointed by the Team Leaders)	
CCNB Appointee to act as an Assistant TD:	

Appendix H : Sample Press Release

(Suitable for newspapers)

FOR IMMEDIATE RELEASE

Somewhere, N.-B. – February X, 2021 – On February ____, the _____ Ski club is hosting the ____th NB Cup. This race will be a _____ style race with ski racers from all age. The competition starts at ____ a.m., ____ day, February ____, 2021 at (location) with registration available thru Zone4.

The _____ NB Cup is part of the Cross Country Ski New Brunswick NB Cup Series and will accommodate _____ style cross-country skiers. Although, this is a competitive race, a participation category is available for registration of skiers wanting to try this race for fun and participation. Everyone is welcome!

Skiers will have the unique opportunity to race on the famous _____ trails where (famous racers) have raced before.

The _____ NB Cup is an excellent chance to view the best skiers in NB.

After the event, _____ will be presented at the ski shelter (OR OTHER LOCATION).

For more information on the NB Cup, please contact _____, by calling _____ or emailing _____.

-30-

Name of contact

Telephone #

Email

(Suitable for radio or television)

FOR IMMEDIATE RELEASE

Somewhere, N.-B. – February X, 2021 – On February ____, the _____ Ski club is hosting the ____th NB Cup. This race will be a _____ style race with ski racers from all age. The competition starts at ____a.m., ____day, February ____, 2021 at (location) with registration available thru Zone4.

The _____ NB Cup is part of the Cross Country Ski New Brunswick NB Cup Series and will accommodate _____ style cross-country skiers. Although, this is a competitive race, a participation category is available for registration of skiers wanting to try this race for fun and participation. Everyone is welcome!

For more information on the race, please contact _____, by calling _____ or emailing _____.

-30-

Name of contact

Telephone #

Email
