



**2019 FIS FREESTYLE NORAM CUP
MOGUL AND DUAL MOGUL GRAND PRIX
APEX MOUNTAIN RESORT
March 2-3, 2019**

Hosted by: Apex Freestyle

Welcome!

Dear Athletes, Coaches, Officials and Parents

On behalf of the Apex Freestyle Ski Club and the Organizing Committee for the 2019 FIS FREESTYLE NORAM GRAND PRIX, it is our pleasure to invite you to Apex Mountain Resort in Penticton, British Columbia, Canada on February 28th through March 3rd 2019.

Following are the event details and registration information.

We look forward to your attendance and wish you the best of luck!

Best Regards,

Evan Phillips
Event Chair



In accordance with the International Freestyle Ski Competition Rules (I.C.R.) of the FIS, the FIS Continental Cup Rules and operated in accordance with the NorAm Standard Operating Procedures

Freestyle Canada (FC) and Apex Mountain Freestyle Club are pleased to invite eligible athletes to the **2019 NORAM CUP Championships** that will be held at Apex Mountain Resort in Penticton, British Columbia, Canada on **March 2th and 3th 2019**. The event is sanctioned by FIS and Freestyle Canada and part of the NORAM Cup.

1. The event is sanctioned by FIS and Freestyle Canada, and is organized by Apex Mountain Freestyle Club in collaboration with Apex Mountain Resort.
2. Rules are based on FIS Rules and Regulations
https://res.cloudinary.com/fis-production/image/upload/v1536918990/fis-prod/assets/Continental_Cup_Rules_Freestyle_Skiing.pdf
3. The Competition is comprised of 2 Moguls events (Single and Dual event)

WED	February 27, 2019	REGISTRATION – 17:00-19:00 BROWN BAG LUNCH ROOM
THU	February 28, 2019	MOGULS (MO) - TRAINING
FRI	March, 1, 2019	MOGULS (MO) - TRAINING
SAT	March 2, 2019	SINGLE MOGULS (MO) – QUALIFICATIONS AND FINAL
SUN	March 3, 2019	DUAL MOGULS (DM)

Please refer to the attached detailed schedule.

Schedules are subjected to change by organizing committee

[Click here for Map and Directions to Apex Mountain Resort](#)

www.apexresort.com/gettinghere/directions/php

Apex Mountain Resort is located in the Okanagan Region of British Columbia, just 30 minutes from the city of Penticton.

If traveling by car from the US, please confirm border crossing locations and hours (not all have 24 hr access) and passport requirements.



Registration –

- Participants must register and make payments online using (PayPal fees will be added at registration check-out).
 - https://freestyleskibritishcolumbia.goalline.ca/register.php?reg_form_id=28777
- Entry fees is 300\$ CAD/participant for Moguls (Both Single and Dual events) (\$180 for first event [plus \$10 toward prize money])\$120 additional for second event [plus \$10 prize money])
- Registration closes **February 18th 2019 at 6pm PST**
- Athletes must have current FIS registration and provide verification
- Waivers must be signed at the event to participate in this event.
- Coaches and/or Team Leaders must provide a TEAM LIST (form on last page) to include all attending coaches, technical support and athletes to the organizing committee at jondasha@hotmail.com by Monday, February 18th, 2019 at 6 p.m. Pacific Standard Time

Field Size

Moguls : Maximum athletes to register as per FIS NORAM rules. The table below describes in detail the distribution:

	MO/DM	
	F	M
Canada	20	20
USA	20	20
Host country	5	5
Foreign Athletes	40 (max 20 per nation)	
Total	130	

Unused spots (max 75%) will be transferred to other gender.

Single mogul format (MO) – Kristi’s Run

Qualifications: single run

Final: Single run. Top 16 athletes of each gender taken from Qualifications

Super Final: Single run. Top 6 athletes of each gender taken from Final



Dual Moguls Format (DM) – Kristi's Run

Final: Dual format seeded from highest rank on either latest available FIS points ranking or last year NORAM cup ranking.

Officials

Chief of Competition	Brian Spence skii.guy54@gmail.com 1-250-490-7927
Chief of course	Adam Todd adamtodd.at@gmail.com 1-250-506-049
Head Judge	TBD
Technical delegate	Andrew Wise andywisequy@gmail.com
Chief of Scoring	Gayle Finlayson gaylefinlayson@gmail.com

Organizing committee

Event Manager	Evan Phillips evan.phillips@hotmail.com 1-250-328-0393
Registration Director	Daria Walker jondasha@hotmail.com 1-604-932-7828
Competition secretary	Daria Walker jondasha@hotmail.com 1-604-932-7828

Licences

Canadian Athletes are required to have a **Can Free 4 FIS License**.

International Athletes must have an active FIS license.

Competition office – The competition office will be located Brown Bag Lunch Room. **ALL Participants must check in** and register on-site to confirm participation in the event and to pick up competition bibs.

Bibs: \$20.00 CAD cash bib deposit is required at registration. Bibs must be returned at the end of course or to the race office, in good condition. If a bib is lost or forgotten there will be an additional \$20 CAD deposit. It is important that your bib number matches your event registration for judging and scoring, if you need to replace your bib please ensure the on-site registration staffs updates your entry information. Bibs **must** be worn properly for all on-site training, for the competitions and for awards ceremonies. Please note there is only one cash machine at the resort and it can be unreliable.

Athlete Bio:

To be completed upon check in at registration office. Announcers will use this information when introducing each competitor.



Lift Tickets

Athletes must purchase tickets from the resort ticket booth

- Athletes must show/wear bib when purchasing tickets for discount
- MC/Visa accepted for lift ticket purchase
- Ticket office opens daily at 8 a.m.

Discounted tickets as follows:

Ski tickets	daily
Adult	63.75 +tx
Teen	52.50+ tx

Please note Lift Tickets are discounted based on daily rates.

Complimentary lift tickets for coaching staff, judges and officials are available at the competition office each day. Coaches please email Daria Walker jondasha@hotmail.com before February 18th to request passes.

Basic Event Program:

Athletes will compete in two NorAm events on Kristi's Run located within walking distance of the Apex village. Athletes will access the venue from the t-bar. **Athletes must ride t-bar to the top...** athletes who unload early risk disqualification. Spectators and media are encouraged to watch these young athletes on their way to become Olympians. Medal ceremonies will take place at the end of each competition in front of the Gunbarrel Saloon.

Accommodations:

Teams are responsible for booking and paying directly for their own accommodations. Please check the terms of cancellation before confirming your reservation.

We are proud to announce our 2019 Hotel Sponsor with special pricing for the NorAm Cup! The Penticton Lakeside Resort is an easy 30 minute drive to the ski hill, is located on the shores of Okanagan Lake and is close to nearby shopping in downtown Penticton:



Reservations 250.493.8221
Toll Free: 1.888.249.7967
lakeside@rpbhotels.com
www.pentictonlakesideresort.com

Penticton Lakeside Resort is a full service hotel in Penticton that offers luxurious amenities, clean, spacious rooms with balconies, and spectacular views of Okanagan Lake and mountains. We offer a number of dining options including the Hooded Merganser Bar, Grill & Marina, the Bufflehead Pasta and Tapas Room or the Barking Parrot Lounge - all offering apres ski food

temptations that will satisfy all palates. Room accommodations include Standard Rooms, Business Class Rooms, Executive Suites, Jet-Tub Suites, Penthouse Suite and Pet Friendly Rooms & Suites. The Resort is at the foot of Main Street and includes a Casino,

In addition, Apex Mountain Resort offers a variety of accommodations within snowballs throw of the village and runs.

SkyRun Vacation Rentals including Apex lodge - footsteps from the village center
Web: www.okanaganskyrun.com email: Okanagan@skyrun.com phone: 778-760-9101

Skyrun Vacations Manages multiple properties around Apex Mountain including Apex Lodge and Apex Mountain Inn - All property pricing and reservations visit the website above or email or call.

Apex Team Cabin: Has been enjoyed over the years by Olympic, National and Development teams from many countries. Sleeps 15 in 6 bedrooms. 2 full kitchens. 2 large living rooms. 4 bathrooms. 8 person Sauna. BBQ. Large Boot Room. Work Bench. 2 Fireplaces. Full Laundry. All Linens and Towels included. Call John for details. 250-462-4081.

APEX PLACES

<https://www.apexresort.com/accommodations/apex-places/>

APEX WHITETAIL CHALET Toll Free 1.888.699.APEX

<http://www.apexwhitetailchalet.com>

(Can sleep up to 42 people in separate units)

CAHILL CHALET (2 bedroom suite and/or 4 bedroom Chalet; can be linked to sleep 14)

250.462.4081 johnecm@shaw.ca

TOURISM PENTICTON Toll free: 1.800.663.5052

For hotels and motels in Penticton (30 minute drive from Apex)

<http://tourismpenticton.com/places-to-stay?tid=61>

Dining and Catering:

There are two restaurants (Gun Barrel and Longshot Tapas) and a coffee shop at the ski hill and a small market and liquor store.

Contact Chad Henderson at the Edge Bistro for Team meals. Breakfast, lunch and dinner plans available. theedge@nethop.net or 250-490-6585

Scoring and Results:

Start lists will be computer generated. Scoring will be done by FREESTYLE SOLUTIONS Live link will be shared at Team Captains meetings

Statement of Liability:

All athletes, officials and other members of their National Association who attend and participate in the event shall do so at their own risk. Apex Freestyle Club (organizing



committee), Apex Mountain Resort, the Canadian Freestyle Ski Association, Canadian Snowsports Association, sponsors and suppliers, their agents, employees and volunteers shall not be held responsible for any losses or injuries incurred or suffered by any athlete, official or other person in conjunction with the organization or staging of the event. All participants are urged not to be negligent in safeguarding their personal belongings at all times. The aforementioned parties will take no responsibility for missing belongings.

Accident Insurance:

Every competitor must have his/her own medical insurance in accordance with FIS ICR Rule 204.2. The Organizing Committee, Sponsors, Suppliers, Apex Mountain Resort, the Canadian Freestyle Ski Association, Canadian Snowsports Association and the FIS decline any responsibility for accidents, damaged equipment and second and third party claims during the event.

Accident Protocol:

In the case of accidents on courses during the event, medical personnel from the Organizing Committee and Ski Patrol personnel will be responsible for any medical decision or evacuation to the local hospital in co-operation with the National Associations' medical personnel identified on the entry form.

Statement of Medical Plan:

Copies of the Event Medical Plan are available at the Race Office or upon request.

Volunteers needed:

Your help is greatly appreciated. Please sign up <https://www.freestyleapex.com/events/>

IMPORTANT NOTICE

Please note that there will be **ZERO TOLERANCE** for any offensive language or behaviour during the event. Any damages or disruption to hotel, facilities or other property related to this event will result in the offender(s) being immediately removed from the event.



SCHEDULE

Wednesday 27 2019						
	Start	Finish	Duration			Location
MO	17:00	- 19:00	2:00		Registration Office	Brown Bag Rm
Thursday Feb 28 2019					MOGULS- Unofficial Training	
	Start	Finish	Duration			Location
MO	9:00	- 9:45	0:45		Course Prep/Chop	Mogul Course
	9:45	10:00	:15		Womens Course Inspection	
	10:05	11:50	1:45		Women's Training	
	11:50	12:20	0:30		Course Work	
	12:20	12:35	0:15		Men's Inspection	
	12:40	- 14:25	1:45		Men's Training	
Corral	14:30	- 15:00	0:30		Corral Meeting	Finish Corral

Friday March 1st 2019						
	Start	Finish	Duration			Location
MOGULS- Official Training						
MO	9:00	- 9:45	0:45		Course Prep/Chop	Mogul Course
	9:45	10:00	:15		Womens Course Inspection	
	10:05	11:50	1:45		Women's Training	
	11:50	12:20	0:30		Course Work	
	12:20	12:35	0:15		Men's Inspection	
	12:40	- 14:25	1:45		Men's Training	
TCM	16:00	- 16:30	0:30		Team Leader's Meeting	Brown Bag Room
Saturday March 2, 2019						
	Start	Finish	Duration			Location
MOGULS - Qualifiers and Finals						



MO	7:45	-	8:30	0:45	Course Prep/Chop	Mogul Course
	8:30	-	8:45	0:15	Women Course Inspection	
	8:50	-	9:20	0:30	Women's Training	
	9:20	-	9:30	0:10	Forerunners	
	9:30		10:30	1:00	Women's Mogul Qualification	
	10:30		10:45	0:15	Course Maintenance	
	10:45		11:00	0:15	Men's Course Inspection	
	11:05		11:35	0:30	Men's Training	
	11:35	-	11:45	0:10	Forerunners	
	11:45	-	13:00	1:15	Men's Mogul Qualification	
	13:00		13:20	0:20	Course Maintenance	
	13:20		13:35	0:15	Women and Men's Single Training Run	
	13:45		15:00	1:15	Women's and Men's Finals	
TCM	16:00	-	16:30	0:30	Team Leaders Meeting	
AWARDS	17:00		17:30	0:30	MOGULS AWARDS	Gun Barrel Podium

Sunday March 3, 2019					MOGULS - Qualifiers and Finals	Location
	Start	Finish	Duration			
DM	7:45	-	8:30	0:45	Course Prep/Chop	Mogul Course
	8:30	-	8:45	0:15	Women's and Men's Course Inspection	
	8:50	-	9:50	1:00	Women and Men's Dual Mogul Training	
	10:00	-	12:00	2:00	Women and Men's Round of 32 Duals	
	12:00		12:20	0:20	Course Maintenance(prior to round of 8)	
	12:20		13:20	1:00	Women and Men's Dual Finals	
AWARDS	2:30	-	3:00	0:30	MOGULS AWARDS	Gun Barrel Podium

* Schedule subject to change. Changes and updates to the schedule will be posted at the race office. The comp office will open each day from 8-10am and relocate to the event site. The resort ticket office opens daily at 8:00a.m



TEAM ENTRY

Country:

Team:

Coaches/Medical Staff Attending:



Athlete Name / USSA or CFSA# / FIS#	Female	Male	Moguls	Dual Moguls

Please email form to Daria Walker at jondasha@hotmail.com



THANK YOU APEX FREESTYLE CLUB
SPONSORS



*Penticton Lakeside Resort
Convention Centre & Casino*

