



**2023 FIS FREESTYLE SKI NORAM CUP
MOGUL AND DUAL MOGUL EVENTS
APEX MOUNTAIN RESORT
JANUARY 21- 22, 2022
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 **2023 FIS FREESTYLE SKI NORAM CUP**, it is our pleasure to invite you to Apex Mountain Resort in Penticton, British Columbia, Canada on January 21st and 22nd, 2023.

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 FIS Freestyle Ski Competition Rules (ICR-23.), the FIS Freestyle Ski World Cup Rules (where applicable) and the FIS Freestyle Ski Continental Cup Rules.

Freestyle Canada (FC) and Apex Mountain Freestyle Club are pleased to invite eligible athletes to the **2023 FIS FREESTYLE SKI NORAM CUP** that will be held at Apex Mountain Resort in Penticton, British Columbia, Canada **January 21-22nd, 2023**. The event is sanctioned by FIS and Freestyle Canada - operated by the APEX Mountain Freestyle Club in conjunction with APEX Mountain Resort.

Competition Rules Links:

[FIS Freestyle Ski Competition Rules - ICR-23](#)

[FIS Freestyle Ski World Cup Rules](#) - Where Applicable

[FIS Freestyle Ski Continental Cup Rules](#)

[FIS Freestyle Ski Judges Guidelines and Handbook](#)

The Competition comprises 2 events Moguls and Dual Moguls. Operating Schedule:

WED January 18th, 2023 REGISTRATION

– 18:00-20:00 BROWN BAG LUNCH ROOM

THU January 19th, 2023 MOGULS (MO) - TRAINING

FRI January 20th, 2023 MOGULS (MO) - TRAINING

SAT January 21st, 2023 SINGLE MOGULS (MO) – QUALIFICATIONS AND FINAL

SUN January 22nd, 2023 DUAL MOGULS (DM)

Please refer to the attached detailed schedule. Schedules are subjected to change by organizing committee and/or jury.

Apex Mountain Resort is located in the Okanagan Region of British Columbia, just 30 minutes from the city of Penticton. <https://apexresort.com/getting-here/>

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



Registration –

- Entry fees:
 - 180CAD - Moguls
 - 180CAD - Dual Moguls
- Participants must register and make payments online using this link: <https://snowreg.com/#!/events/45276-apex-noram-modm>
- Registration closes January 6th 2023, at 18:00 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 colleenr@telus.net and to Freestyle Canada david@freestylecanada.ski by Friday January 14th 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	25	25
USA	25	25
Host country	Up to remaining total field size	
Foreign Athletes	15	15
Total	130	

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



Single mogul format (MO) – Mogul Course

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) – Mogul Course

Final: Dual format seeded from highest rank on latest available FIS points ranking.

Officials

Chief of Competition Brian Spence skii.guy54@gmail.com 1-250-490-7927

Head Judge **TBD**

Technical delegate TBD

Chief of Scoring Gayle Finlayson gaylefinlayson@gmail.com

Organizing committee

Event Manager Evan Phillips evan.phillips@hotmail.com 1-250-328-0393

Competition secretary and registrar Collen Rolston 250 488-8146 colleenr@telus.net

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 in the 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 staff 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 the 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 Event Secretary & Registrar – Colleen Rolston at colleenr@telus.net 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 the 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 2023 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.

Apex Mountain Resort offers a variety of accommodations within snowballs throw of the village and run.

On Hill Accommodations:

Cahill Chalet... 4 bedroom cabin (sleeps 10) and 2 bedroom suite (sleeps 4) ... can be linked to sleep 14. Has been enjoyed over the years by Olympic, National and Development teams from many countries. 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.

BC Vacation Property Management John and Krista Redenbach 250-498-0942

Stay At Apex Stay at Apex accommodations - Michelle (250)282-8256 email at okanagan@skyrun.com



SkyRun Vacation Rentals Okanagan SkyRun Vacation Rentals including Apex lodge – footsteps from the village center 778-760-9101 Skyrun Vacations Manages multiple properties around Apex Mountain including Apex Lodge and Apex Mountain Inn - Email: okanagan@skyrun.com

TOURISM PENTICTON VISITORS CENTER Toll free: 1.800.663.5052, www.visitpenticton.com
For hotels and motels in Penticton (30 minute drive from Apex)

Dining and Catering:

There are two restaurants and The Edge coffee shop at the ski hill and a small market and liquor store. Contact Colin 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 cooperation 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 volunteer sign up sheet link or contact event secretary Colleen Rolston at: colleenr@telus.net

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



THANK YOU APEX FREESTYLE CLUB
SPONSORS



*Penticton Lakeside Resort
Convention Centre & Casino*





Canada 