



# FREESTYLE SKI NORAM CUP

CLUB DE SKI  
ACROBATIQUE  
NICOLAS FONTAINE

## 2023 NORAM CUP

### Second event

**Centre de Ski Le Relais Lac Beauport  
1084 Boulevard du Lac, Lac-Beauport, QC  
March 2-4, 2023**

### Invitation

The Relais Ski Center Lac Beauport and the Organizing Committee (OC) are pleased to invite all eligible freestyle skiers, coaches to attend the second event 2023 NorAm Cup to be held at Lac Beauport, Quebec, Canada on March 2 to 4, 2023.

The Competition is composed of two (2) Aerials events.

### General Information

#### Date and Location

Aerials (AE) competitions and training will be on run 8C.

#### Rules

The International ski federation ("FIS") is sanctioning this Competition. The OC of the event will host the competition in accordance with the FIS Freestyle Ski Continental Cup rules.

#### 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](#)

#### REGISTRATION

All athletes entered in a NorAm Cup competition must hold a valid FIS License issued under the authority of their national ski association and conform to the rules in the FIS ICR Sections 203 and 204. Entry fees are 180 \$/competition

EVENTS	FEES (\$ CAD)
Base entry fee / 2 competitions	<b>360 \$</b>
Lift tickets for 3 days *	<b>105 \$</b>

\*Unless you have a season pass at Le Relais, lift tickets are mandatory.



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Registration closes February 24<sup>th</sup> Eastern time at 21pm. Below here is the link for your payment and registration.

- **Participants must register and make payments online using this link:**

<https://snowreg.com/#!/events/le-relais-ae-noram-march-3-4>

- **Lift tickets for purchase here:**

<https://snowreg.com/#!/events/le-relais-ae-noram-march-02-03-04-lift-tickets>

Athletes must have current FIS registration and provide verification

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 [martine.delagrave@ccapcable.com](mailto:martine.delagrave@ccapcable.com) and to Freestyle Canada [david@freestylecanada.ski](mailto:david@freestylecanada.ski) by February 24<sup>th</sup> at 21:00 EST.

Upon arrival at Lac Beauport each athlete should present himself or herself at the registration desk located in the Acrobatx water ramp building situated at the bottom of course 8C, use west parking lot.

### **Lift Tickets**

Competitors:

**Your bib and lift tickets will give you access to all the mountain**

Coaches:

**Not necessary for the aerial site**

**Lift tickets needs to be purchased in advance through the link above**

### **Field Size**

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

	<b>AE</b>	
	<b>F</b>	<b>M</b>
<b>Canada</b>	<b>14</b>	<b>14</b>
<b>USA</b>	<b>14</b>	<b>14</b>
<b>Foreign Athletes</b>	<b>40</b>	
<b>Host Nation</b>	<b>3</b>	<b>3</b>
<b>Total</b>	<b>102</b>	

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

### **Bibs**

A bib deposit of **CAD\$ 40.00** is required. **Cash only please.** Bibs must be returned in good condition for a refund at the end of the event on March 4<sup>th</sup>. Please note, we cannot guarantee that a bib deposit made in US dollars will be returned in US currency. All athletes on the course must wear bibs properly during official training and for all competitions as well as for medal ceremonies.

### **Format**

Each athlete in individual NorAm aerial competition will usually be provided the opportunity to perform two jumps in a qualification round of competition. The athletes will be ranked based on their higher total score of the two jumps performed; the top six ranked athletes per gender will move on to the final round of competition (the "finals"). In the final round, each qualified athlete will perform a third jump; the third jump may be a repeat of a jump that was performed in the qualification round. The final results are based solely off the jumps performed in the final round.

### **Athletes' Biographies**

Biography forms will be sent to each competitor or coaches by email. Biographies must be completed and returned to the Organizing Committee.

### **Officials**

Technical Delegate  
Chief of Competition  
Head Judge

John Gandolfo  
Eric Beauregard  
TBD

**Transportation**

Transportation in and around ski Lac Beauport is the responsibility of the athletes and their coaches. Quebec City Jean Lesage International Airport (YQB) is the closest major international airport to Lac Beauport, Quebec, an approximate 20 – 25 minutes' drive.

**Accommodations**

Lodging is available nearby for the NORAM event.

**Entourage sur le Lac:** <https://entourageresort.com> 2 min (1.5 km)

**Manoir du Lac Delage :** <https://www.lacdelage.com/> 18 min (15.9 km)

**Double Tree by Hilton Quebec resort:** [https://www.hiltonhotels.com/fr\\_FR/canada/doubletree-by-hilton-quebec-resort/](https://www.hiltonhotels.com/fr_FR/canada/doubletree-by-hilton-quebec-resort/) 11 min (9.6 km)

**Liability and Accident Insurance**

All athletes, officials and other members of the teams who attend and participate in the event shall do so at their own risk. Every competitor is required to have his/her own medical and life insurance that is adequate and covers maneuvers being performed in training and competition, as well as a valid membership to their National Association. The Organizing Committee, CFSA, Canadian Snowsports Association, FQSA and the Centre Ski Le Relais Lac Beauport shall not be responsible for accidents, damages to or lost equipment and belongings and/or second or third party claims during the staging of the event.

**IMPORTANT NOTICE**

Please note that there will be **ZERO TOLERANCE** for any offensive language or behavior during the event. Any damages or disruption to hotel, to the Centre Ski Le Relais Lac Beauport facilities or other property related to this event will result in the offender(s) being immediately removed from the event and a complaint will be filed by the Organizing Committee with the offender's National Association.

**Contact:**

Martine Delagrave

418-572-3972

[martine.delagrave@ccapcable.com](mailto:martine.delagrave@ccapcable.com)



## FIS FREESTYLE SKI - NORAM CUP OFFICIAL TEAM INSCRIPTION

**ENTRY FORM (ICR Art. 215)**  
 FORMULAIRE D'INSCRIPTION (RIS Art. 215)  
 ANMELDUNGSFORMULAR (IWO Art. 215)

<b>Competition (Name/Place)</b> <i>Manifestation (Nom/Lieu)</i> Veranstaltung (Name/Ort)		<b>Date of Competition</b>			
<b>Responsible for entry</b> <i>Responsable de l'inscription</i> Für die Meldung verantwortlich		Cat.	EC	NAC	WJC
<b>National Association</b> <i>Fédération Nationale</i> Nationaler Verband		Kat.	FIS	NC	JUN

**PROGRAM/CLUB NAME:** \_\_\_\_\_

Code No. <i>N. de code</i> Code Nr.	Surname <i>Nom de famille</i> Familiennome	First Name <i>Prénom</i> Vorname	Gender <i>Genre</i> Geschlecht	YB AN JG	MO	DM	AE			Arrival <i>Arrivée</i> Anreise	Departure <i>Départ</i> Abreise



# Event Program\* MARCH 2-4 2023

## Freestyle Aerial NorAm Le Relais March. 2-4, 2023

jeudi mars. 2, 2023					
Start		Finish	Duration	Event	Location
15:00	-	15:45	0:45	Group 2 Chop / Hill Prep	Aerial Hill
15:45		16:00	0:15	Speed Check	Aerial Hill
16:00	-	18:00	2:00	Group 2 Train (USA + JAP)	Aerial Hill
18:00	-	18:15	0:15	Group 1 Chop	Aerial Hill
18:15		18:30	0:15	Speed Check	Aerial Hill
18:30	-	20:30	2:00	Group 1 Train (Can + Qc)	Aerial Hill

vendredi mars. 3, 2023					
Start		Finish	Duration	Event	Location
10:00	-	10:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom
14:00	-	14:30	0:30	Course Prep	Aerial Hill
14:30	-	14:45	0:15	Men's Aerial Speed Checks	Aerial Hill
14:45	-	15:45	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
15:45	-	16:00	0:15	Course Prep	Aerial Hill
<b>16:00</b>	-	<b>16:30</b>	<b>0:30</b>	<b>Men's Aerial Qualifications (Q1)</b>	<b>Aerial Hill</b>
<b>16:30</b>	-	<b>17:00</b>	<b>0:30</b>	<b>Men's Aerial Qualifications (Q2)</b>	<b>Aerial Hill</b>
17:00	-	17:10	0:10	Course Prep	Aerial Hill
<b>17:10</b>	-	<b>17:25</b>	<b>0:15</b>	<b>Men's Aerial Final (F1)(6)</b>	<b>Aerial Hill</b>
15:45	-	17:00	0:30	Coach Chop/Athlete Warmup	Aerial Hill
17:00	-	17:15	0:15	Ladies' Speed Checks	Aerial Hill
17:00	-	18:35	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
18:35	-	18:45	0:10	Course Prep	Aerial Hill
<b>18:45</b>	-	<b>19:10</b>	<b>0:25</b>	<b>Ladies' Aerial Qualifications (Q1)</b>	<b>Aerial Hill</b>
<b>19:10</b>	-	<b>19:30</b>	<b>0:20</b>	<b>Ladies' Aerial Qualifications (Q2)</b>	<b>Aerial Hill</b>
19:35	-	19:45	0:10	Course Prep	Aerial Hill
<b>19:45</b>	-	<b>20:00</b>	<b>0:15</b>	<b>Ladies' Aerial Finals (F1)(6)</b>	<b>Aerial Hill</b>
20:15	-	20:30	0:15	Awards	Aerial Hill



samedi mars. 4, 2023					
Start		Finish	Duration	Event	Location
10:00	-	10:30	0:30	Aerial Draw/ Team leaders	TCM - via Zoom
14:00	-	14:30	0:30	Coach Chop/Athlete Warmup	Aerial Hill
14:30	-	14:45	0:15	Ladies' Speed Checks	Aerial Hill
14:45	-	15:30	0:45	Ladies' Aerials Training - Max 4 jumps in run order	Aerial Hill
15:30	-	15:40	0:10	Course Prep	Aerial Hill
<b>15:40</b>	-	<b>16:00</b>	<b>0:25</b>	<b>Ladies' Aerial Qualifications (Q1)</b>	<b>Aerial Hill</b>
<b>16:00</b>	-	<b>16:20</b>	<b>0:20</b>	<b>Ladies' Aerial Qualifications (Q2)</b>	<b>Aerial Hill</b>
16:20	-	16:30	0:10	Course Prep	Aerial Hill
<b>16:30</b>	-	<b>16:45</b>	<b>0:15</b>	<b>Ladies' Aerial Finals (F1)(6)</b>	<b>Aerial Hill</b>
16:45	-	17:00	0:15	Course Prep	Aerial Hill
17:00	-	17:15	0:15	Men's Aerial Speed Checks	Aerial Hill
17:15	-	18:15	1:00	Men's Aerial Training - Max 4 jumps in run order	Aerial Hill
18:15	-	18:30	0:15	Course Prep	Aerial Hill
<b>18:30</b>	-	<b>19:00</b>	<b>0:30</b>	<b>Men's Aerial Qualifications (Q1)</b>	<b>Aerial Hill</b>
<b>19:00</b>	-	<b>19:30</b>	<b>0:30</b>	<b>Men's Aerial Qualifications (Q2)</b>	<b>Aerial Hill</b>
19:30	-	19:40	0:10	Course Prep	Aerial Hill
<b>19:40</b>	-	<b>19:55</b>	<b>0:15</b>	<b>Men's Aerial Final (F1)(6)</b>	<b>Aerial Hill</b>

Schedule subject to change until TCM

« **GOOD LUCK TO EVERYONE** »

