



**2023 FIS FREESTYLE CANADIAN CHAMPIONSHIPS
MOGUL AND DUAL MOGUL EVENTS
VAL ST-CÔME
MARCH 25-26, 2023
Hosted by: CEAVSC**

Welcome Dear Athletes, Coaches, Officials and Parents

On behalf of the Centre d'excellence acrobatique Val St-Côme and the Organizing Committee for the **2023 FIS FREESTYLE CANADIAN CHAMPIONSHIPS**, it is our pleasure to invite you to Val St-Côme in the municipality of Saint-Côme, Québec, Canada on March 25th and 26th, 2023.

Following are the event details and registration information.

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

Best Regards,

The Organizing Committee





In accordance with the FIS Freestyle Ski Competition Rules (ICR-23.), the FIS Freestyle Ski World Cup Rules (where applicable) and the Canada Cup Guidelines.

Freestyle Canada (FC) and Le Centre d'Excellence Acrobatique VSC are pleased to invite eligible athletes to the **2023 FIS FREESTYLE CANADIAN CHAMPIONSHIPS** that will be held at Val St-Côme in the municipality of Saint-Côme, Québec, Canada **March 25th-26th, 2023**. The event is sanctioned by FIS and Freestyle Canada - operated by the Centre d'excellence acrobatique Val St-Côme (CEAVSC) in conjunction with Val St-Côme.

Competition Rules Links:

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

[FC 2023 CANADA CUP GUIDELINES](#)

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

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

Desjardins building

THU Registration 8:00 AM – 12:00PM

THU March 23rd, 2023 MOGULS (MO) - TRAINING

FRI March 24th, 2023 MOGULS (MO) - TRAINING

SAT March 25rd, 2023 SINGLE MOGULS (MO) – QUALIFICATIONS AND FINAL

SUN March 26th, 2023 DUAL MOGULS (DM) – QUALIFICATIONS AND FINAL

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

Location:

<https://www.valsaintcome.com/en/contact-us>





Registration –

- Entry fees:
 - \$260 CAD
- Participants must register and make payments online using this link: [Registration](#)
Or copy this text in your browser:
<https://snowreg.com/#!/events/46113-championnats-canadiens-modm-canadian-championships-modm>
- Registration closes March 16th 2023, at 18:00 PST.
- 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 charles@freestylecanada.ski and to Freestyle Canada david@freestylecanada.ski by March 16th at 6 p.m. Pacific Standard Time.

Field Size

Moguls : Maximum athletes to register as per CANADA CUP GUIDELINES 2023. The table below describes in detail the distribution:

- Field Size: 85
- National Program Athletes have additional reserved spots.
- Athletes are selected on eligibility, no PSO quotas.
- Foreign Quotas: 5 per gender based on NSO approval





Format :

SINGLE:

Qualification #1: Top 8 men and top 8 women go straight to finals

Qualification #2: Remaining athletes ski a second run. The next 8 men and next 8 women ranked from the best of the 2 Qualification runs also go to finals.

Finals: 1 run final (16 men and 16 women – to be confirmed at first TCM)

DUALS:

Qualification: Single Run (ICR 4310.2)

Finals: Dual format for up to top 24 from qualifications. Duals seeded from qualification. When possible. Format will be done according to ICR rules 4310.3

Officials

Chief of Competition	Guy Desharnais
Head Judge	Danielle Gingras
Technical delegate	Andy Stein
Chief of Scoring	Rebecca D'Arcy

Organizing committee

Moguls
Daniel Thibault
 Cell. : 514-757-4100
 Email : dthibault@suncor.com

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 Alphonse Desjardins building right at the bottom of the mogul run. **ALL Participants must check in** and register on-site to confirm participation in the event and to pick up competition bibs. **Exceptionally for the Thursday, Registration office will be located in the gym and gym will not be available before 12pm.**

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 in advance on the registration link and will be picked up at registration at the competition office.**

Discounted tickets as follows:

	Athletes	Coaches
Daily	31,99 \$	Free
Total 4 days	127,96 \$	Free

Please note Lift Tickets are discounted based on daily rates. Taxes are applicable.

Complimentary lift tickets for coaching staff, judges and officials are available at the competition office each day.





Accommodation – Teams are responsible for booking and paying directly for their own accommodations. Please check the terms of cancellation before confirming your reservation. The Auberge Val St-Côme is our preferred partner. Please check with the Auberge for room rates, occupancy conditions and special team dinner rates. We advise that you book early.

200 Rue de l'Auberge
Saint-Côme, Québec
J0K 2B0
(450) 883--0701

Please visit <http://lanaudiere.ca/en/accommodation-lanaudiere/> for other accommodations in the Saint-Côme area.

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. Centre d'Excellence Acrobatique Val St-Côme (organizing committee), Val Saint-Côme, 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, Val Saint-Côme, 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





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.

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

Whatsapp

Please join the event Whatsapp group through this link:

<https://chat.whatsapp.com/LcfqZyKAyiU78KDKoBfZuS>





#BIB _____

National Championships – Athlete Bio

First Name	
Last Name	
Nickname	
Actual Team	
Origin ski club	
Best results in 2019	
Best career results	
Other Interests	

Please complete this bio and submit to race office at registration.
 Provide as much information as possible.
 Announcers will use this information when introducing each competitor.





Detailed Schedule

Thursday March 23rd 2023

8:00 - 12:00	Registration at CEAVSC (in the gym)
9:45 - 10:00	Men Inspection
10:00 - 11:30	Men Training
12:00 - 12:15	Course Maintenance
12:15 - 12:30	Women Inspection
12:30 - 14:00	Women Training
14:00 - 14:15	Team Captain Meeting at bottom of the course

Friday March 24th 2023

8:00 - 14:00	Registration at CEAVSC
9:45 - 10:00	Women Inspection
10:00 - 11:30	Women Training
12:00 - 12:15	Course Maintenance
12:15 - 12:30	Men Inspection
12:30 - 14:00	Men Training
14:30 - 15:00	Team Captain Meeting and Draw at CEAVSC

Saturday March 25th 2023

8:30	Lifts open
8:35 - 8:50	Women Inspection
8:50 - 9:20	Women Training
9:20 - 9:30	Course Preparation
9:30 - 9:35	Fore runners
9:35 - 10:50	Women Qualifications (2 qualifying runs)
10:50 - 11:00	Course Preparation
11:00 - 11:15	Men Inspection
11:15 - 11:45	Men Training
11:45 - 11:55	Course Preparation
11:55 - 13:25	Men Qualifications (2 qualifying runs)
13:25 - 13:35	Course Preparation
13:35 - 13:50	Inspection for Final – Women and Men
13:50 - 14:05	Training for Final – Women and Men (1 run)
14:05 - 14:15	Course Preparation
14:15 - 15:00	Final – Women and Men (Top 16 Men and women)
15:15	Awards ceremony – Finish area
16:00	Team Captain Meeting and Draw at CEAVSC

Canada **TOYO TIRES** AUCLAIR Québec





Sunday March 26th 2023

8:30	Lifts open
8:35 - 8:50	Inspection - Women
8:50 - 9:20	Training - Women
9:20 - 9:30	Course preparation
9:30 - 9:35	Fore runners
9:35 - 10:35	Qualifications - Women
10:35 - 10:50	Course preparation
10:50 - 11:05	Inspection - Men
11:05 - 11:35	Training - Men
11:35 - 11:45	Course preparation
11:45 - 13:00	Qualifications - Men
13:00 - 13:15	Course preparation
13:15 - 13:30	Inspection – Men & women
13:30 - 13:50	Training for Final - Men & women
13:50 - 14:00	Course preparation
14:00 - 15:00	Dual moguls event
15:15	Award ceremony – Finish area

Note: The organizing committee reserves the right to change the schedule of events from those stated in the program. A more detailed schedule will be presented at the daily team captains' meetings.

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COMPEX 

 **Desjardins**



