



**Apex NoRam  
FIS NorAm Cup  
February 15-18, 2024**

*Proudly Hosted by:*  
**Apex Freestyle Club & Apex Mountain Resort  
Penticton, British Columbia**

The Apex Freestyle Club Event Organizing Committee and Freestyle Canada (FC) are pleased to invite eligible athletes to the Apex NorAm February 15-18, 2024. This is a FIS NorAm Cup Series competition. The event is sanctioned by FIS and Freestyle Canada - operated by Apex Freestyle Club Event OC in conjunction with Apex Mountain Resort.

**Location:** Apex Mountain Resort  
1000 Stray Horse Rd, Hedley, BC V0X 1K0  
250.292.8222 - [www.apexresort.com](http://www.apexresort.com)

**MAP:** <https://apexresort.com/getting-here/maps-directions/>  
**Questions:** [admin@freestyleapex.com](mailto:admin@freestyleapex.com)

### Rules

The event is sanctioned by the International Ski Federation (FIS). The event will operate according to the following rules and guidelines:

- FIS Freestyle ICR
- FIS Freestyle World Cup Rules where applicable
- FIS Freestyle NorAm Cup Guidelines
- FIS Freestyle Judges Handbook

These documents may be found here:  
<https://www.fis-ski.com/en/inside-fis/document-library/freestyle-freeski-documents>



## **Operating Schedule:**

The APEX NORAM will take place as follows:

- **Thursday, February 15, 2024 - Official Practice**
- **Friday, February 16, 2024 - Official Practice**
- **Saturday, February 17, 2024 – MOGUL Competition\***
- **Sunday, February 18, 2024 – DUAL MOGUL Competition\***

Detailed Schedule is available here:

<https://www.fis-ski.com/DB/general/event-details.html?sectorcode=FS&eventid=55146&seasoncode=2024>

The Event Jury reserves the right to change the schedule.

## **Registration –**

- Entry fees: \$410CAD/Athlete for both Mogul and Dual Mogul competitions
- Participants must register and make payments online using this link:  
<https://snowreg.com/#!/events/48011-noram-apex>
- Registration closes : February 1st 2024
- 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 admin@freestylecanada.ski and Freestyle Canada julien@freestylecanada.ski two weeks prior to the event.

## **Field Size:**

In accordance with NAC 10.3- Quotas:

Each nation is provided an equal number of quota spots for men and women; each nation is expected to provide equal opportunity per gender to fill spots. The quotas for the NorAm Cup Tour for MO/DM events are as follows:

### **Moguls and Dual Moguls**

CAN 50 - Maximum of 30 per Gender

USA 50 - Maximum of 30 per Gender

Foreign Nations 30

Maximum Field Size 130

23/24 Season Minimum FIS Points = 0

24/25 Season Minimum FIS Points = 5



### Competition Formats:

#### Mogul :

- Qualifications
- Top 16 finals
- Top 6 Super finals  
(for both genders)

#### Dual Mogul :

- Duals from the start

#### Officials

Chief of Competition : Brian Spence CAN

Head Judge : Gerry Benoit CAN

Technical Delegate : Craig Matthews USA

Chief of Scoring : Gayle Finlayson

#### Organizing committee

All registration questions or communications should be sent to:

**Event Secretary/Registrar** – Colleen Rolston (250) 488-8146 [admin@freestyleapex.com](mailto:admin@freestyleapex.com)

**Event Manager** –Evan Phillips(250) 328-0393, [evan@ephillipscontracting.com](mailto:evan@ephillipscontracting.com)

**Chief of Competition** – Brian Spence (250) 490-7927, [ski.guy54@gmail.com](mailto:ski.guy54@gmail.com)

**Chief of Course** – Evan Phillips (250) 328-0393, [evan@ephillipscontracting.com](mailto:evan@ephillipscontracting.com)

**Chief of Scoring** - Gayle Finlayson (250) 490-6289, [gaylefinlayson@gmail.com](mailto:gaylefinlayson@gmail.com)

#### Licenses

Canadian Athletes are required to have a **FC FIS License**.

International Athletes must have an active FIS license.



## Competition office

- Located in the Brown Bag lunchroom on the lower level of the Gunbarrel building.
- The Competition Office will be open Wednesday evening, FEB 14, 2024 at 6:00pm – 8:00pm for check in:
  - o bib pick up
  - o waivers
  - o bios.
- All participants must check in and register on-site at the main desk to confirm participation in the event and to pick up competition bibs.

**Bibs:** Bibs must be returned at the end of course or to the race office, **in good condition.** **Any bibs NOT RETURNED in good condition will result in that athlete being charged a \$45 replacement fee.** 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.

### Athlete Bio:

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

## LIFT TICKETS

- Lift tickets will be available for purchase each day of practice and competition at the ticket booth with presentation of competitor bib.
- Each competitor is responsible for the purchase of his or her own lift ticket for each day of the event.
- Apex Mountain Resort offers reduced ticket prices to athletes. Athletes will receive a 25% discount for lift pass (discount applies to single day passes only, multi-day passes not included) or the respective reciprocal season pass discounts to their home mountain (you will need to show your home mountain season pass)
- Athletes must purchase tickets at resort ticket booth.
- Athletes must show/wear their bib
- MC/Visa accepted
- Ticket office opens at 8 am daily
- Complimentary lift tickets for coaching staff, judges, media, officials and volunteers are available at the Competition Office each day, but are limited in numbers.
- COACHES: Please email Event Secretary – Colleen Rolston – [admin@freestyleapex.com](mailto:admin@freestyleapex.com) by February 11th to confirm the number of coach passes required for your team.



### **ACCOMODATIONS & DINING:**

Apex Mountain Resort offers a variety of quality accommodation with something to fit every budget! There are various dining options at the ski hill and a small market and liquor store. Link for dining options: [Apex Dining](#)

**Apex Lodge:** <https://apexmountainlodge.ca/accomodations/>

Apex Lodge provides a variety of comfortable accommodations for individuals, families and groups looking for ski-in/ski-out experience. The in-village Lodge has staff available 24/7 to answer any questions you may have to ensure your stay is enjoyable and memorable. Help is never far away if you have any issues during your stay.

**Contact:** E: [stay@apexmountainlodge.ca](mailto:stay@apexmountainlodge.ca) T: 250 385-6955

**Cahill Cabin:** [john@hwy97brewery.com](mailto:john@hwy97brewery.com).

This 4 bedroom cabin is popular with ski teams and groups. Located at 109 Cahill St. in Apex Resort it features: 4 bedrooms, 3 bathrooms, large living room / dining room with table for 10, full kitchen, 8 person sauna, wood burning fireplace, BBQ, large boot room, garage with ski bench, indoor secure ski storage and lots of parking. Please contact John Kapusty, c-(250)462-4081 or [john@hwy97brewery.com](mailto:john@hwy97brewery.com).

**Stay at Apex:** <https://stayatapex.com/>

We have nine current accommodations that we offer during the ski season up Apex. Ranging from executive cabins to village condos, ski in ski out and private hot tubs that accompany most of our vacation rentals.

**Contact:** T: (250) 328-2186, E: [info@stayatapex.com](mailto:info@stayatapex.com)

### **PENTICTON LAKESIDE RESORT:**

<https://www.pentictonlakesideresort.com/>

Penticton Lakeside Resort is the only full-service hotel in Penticton that offers luxurious amenities, clean, spacious rooms, and a spectacular view of Okanagan Lake.

The rates for the Apex Freestyle Club Canadian Selections start at \$99 for beach view, \$99 for park view, and \$119 for lakeview. Prices are subject to applicable tax and are based on double occupancy. Call for Reservations at 250-493-8221 or 1-800-663-9400 ext.1 or email [lakeside@rpbhotels.com](mailto:lakeside@rpbhotels.com) to book. Quote Apex Freestyle for these rates



## **Volunteers**

The success of these events depends on volunteers. If you feel you can help us out volunteering, please contact the Event Secretary at [admin@freestyleapex.com](mailto:admin@freestyleapex.com) to sign up for volunteering.

We need help with the following:

- Registration (Wednesday Evening & Thursday Morning)
- Course prep/work/Choppers \*most important (all days)
- Timing
- Knoll Masters
- Starters
- Food & Coffee Runners
- Many jobs that help to run a seamless competition

Limited number of volunteer lift tickets will be available to those who sign up.

Email [admin@freestyleapex.com](mailto:admin@freestyleapex.com) or sign up here: [Vounteer Signup](#)

## **Noram 2024 Volunteers**

WhatsApp group



## **Statement of Liability:**

All athletes, officials and other members of the regions 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 the maneuvers being performed in training and competition. All athletes, coaches and officials must have a valid membership. The organizing committee, the PSO, the Canadian Freestyle Ski Association, the resort and the Canadian Snowsports Association shall not be responsible for accidents, damaged or lost equipment and belongings and/or second- or third-party claims during the staging of the event. All participants are urged to protect and safeguard their personal belongings at all times.

## **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 behavior 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



# TEAM ENTRY FORM



## FIS FREESTYLE SKI - NORAM CUP OFFICIAL TEAM INSCRIPTION

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

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

**PROGRAM/CLUB NAME:**

1					1					
Code No. N. de code Code Nr.	Surname Nom de famille Familiennamen	first Name Prénom Vorname	Gender Genre Geschlecht	YB AN JG	MO	DM	AE		Arrival Arrivée Anreise	D'lit e Abreise





**OFFICIALS / OFFICIELS / OFFIZIELLE**

Surname <i>Nom de famille</i> Familiennome	First Name <i>Prénom</i> Vorname	Function <i>Genre</i> Geschlecht	Arrival <i>Arrivée</i> Anreise	Departure <i>Départ</i> Abreise

<p>Place, Date <i>Lieu, Date</i> Ort, Datum</p>	<p>Signature: <i>Signature:</i> Unterschrift:</p>
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