



ALPINE ONTARIO

# OCUP FAQ Sheet

## 1. What is OCUP?

The OCUP is a provincial wide race series that will bring together the best racers from across the province and is the highest standard of competition for these age groups in Ontario.

The OCUP will consist of events specific to U14 – U21 (& up) that align with the train to race ratio (*U14-U16 4-1; eg. 5 competition events would be supported by 20 training sessions, a training session would be equal to 2-3 hrs on snow*) as recommended in Alpine Canada’s AIM2WIN and the NCCP, LTAD documents for each age group.

## 2. Why OCUP?

Athlete retention in our sport is an ongoing problem across the country and the OCUP was created to help address the issue. OCUP is an evolution of our current programming designed to offer a greater ability for coach and athlete to fine tune the athletes needs across the province while still targeting high athletic goals.

Some of the benefits of OCUP include:

- Consistent quality events across the province
- Supports a balanced approach to seasonal planning (ie. academics, other sports etc.)
- No more qualifying to qualify
- Athletically sound programming that promotes development and retention

*One province, one program*

## 3. What is the race format and scoring for OCUP?

### U14 OCUP Start Order

Start lists for U14 OCUP races will be fully randomized for the first run with a full field flip for second run. All athletes will have two runs including those that DNF, DSQ or DNS the first run. As in the past National Points will be running in the background of the race (ie. collected by athletes and assigned to their profiles).

### U16 OCUP Start Order

Start lists for U16 OCUP will be based on national points for first run with the second run start order being based on the results of the first run except for the first 30 places, which shall start in reverse order. Athletes who DNF, DSQ or DNS first run will run in bib order after all first run finishers.

### Scoring

OCUP Points will be awarded to the Top 60 Racers in each race as per the O-Cup Grid. National points will also be collected and assigned to the racers profiles.

Place	Point	Place	Point	Place	Point	Place	Point	Place	Point	Place	Point	Place	Point
1	200	11	94	21	62	31	40	41	20	51	10		
2	180	12	90	22	59	32	38	42	19	52	9		
3	160	13	86	23	56	33	36	43	18	53	8		
4	140	14	83	24	54	34	34	44	17	54	7		
5	125	15	80	25	52	35	32	45	16	55	6		
6	115	16	77	26	50	36	30	46	15	56	5		
7	110	17	74	27	48	37	28	47	14	57	4		
8	106	18	71	28	46	38	26	48	13	58	3		
9	102	19	68	29	44	39	24	49	12	59	2		
10	98	20	65	30	42	40	22	50	11	60	1		



#### **4. When are the OCUP races?**

Alpine Ontario schedules the OCUP races in cooperation with the 4 divisions to best fit the athletic needs of the province.

A draft calendar is currently under review and will be posted at [alpineontario.ca](http://alpineontario.ca) by September 30<sup>th</sup>.

#### **5. Who should register for OCUP?**

Any athlete that has participated in the past or plans to participate in a high performance or extended program should register in OCUP.

OCUP is the most likely pathway to Regional Ski Teams (SODT, NCO etc.) and ultimately presents a pathway to the next level

If you have questions as to whether OCUP is right for you, please check in with your Head Coach.

#### **6. What is the difference between OCUP and divisional race series (ie. SOD CUP /LSDA CUP)?**

OCUP is a Provincial race series that is intended for high performance athletes targeting the Finals (Provincials) and other national and international opportunities. The divisional race series are for those athletes whose focus is more recreational in nature.

#### **7. How do I register for OCUP?**

As in the past those athletes wishing to participate in OCUP should register with their home club as well as online at [www.alpineontario.ca](http://www.alpineontario.ca)

#### **8. Do I have to race all the races to qualify for OCUP Finals (Provincials)?**

No, racers do not have to participate in all OCUP races to qualify for Finals (see above Question #2). To participate in the OCUP Finals athletes must be registered with Alpine Ontario as an OCUP athlete and have a Fitness Test result on record with AOA dated between Sept 1<sup>st</sup> and December 31<sup>st</sup> of the current calendar year.

Please refer to your Head Coach for division specific criteria for Finals qualification.

#### **9. How do athletes qualify for National and International events (CanAm's, Whistler Cup and U16 National Championships)?**

As in past years the Finals will be the data source for selection for CanAm's and Whistler Cup as this is the only event that all OCUP athletes will participate in head to head.

For U16 Nationals each division will have a selection committee that will select athletes based upon their specific criteria to fill their divisional quota. For the 2016/2017 U16 National Championships the provincial quota is 20 females and 20 males.

An FAQ sheet will be developed for each division in the near future.