



## SOD U14 OCUP SELECTION GUIDELINES

### SOD U14 OCUP

Will be operated in accordance with [2019-2020 AOA U14 OCUP Selection Guidelines](#), however the start order will differ as they will not be divisional seeding

It is strongly recommended that SOD athletes participating in the U14 OCUP Series athletes meet the following minimum criteria:

- Be enrolled in a structured dryland program including testing.
- Minimum of 10 days on snow by Dec 20<sup>th</sup>.
- Minimum 3 days per week on-snow training during the season.
- Must have a Fitness Test result on record with AOA dated between September 1<sup>st</sup>, 2019 and December 31<sup>st</sup>, 2019

Each member club is responsible to establish and enforce club specific policies.

### Start Order

Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with at minimum a redress required between runs.

- First run start order will be determined by a separate, random draw of girl and boys
- Second run start order will be full reverse of the first run start order
- All athletes will have 2 runs
- e.g. Run 1 Girls (Random), Boys (Random)
- e.g. Run 2 Girls (Reverse incl. DSQ, DNF, DNS), Run 2 Boys (Reverse incl. DSQ, DNF, DNS)

### Results & Awards

- Results will be based on official race format FIS [ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 3 are required to attend in accordance with FIS [ICR reference 205.4](#); clubs will be sanctioned \$25 per infraction for any Top 5 athletes not in attendance
- All athletes will be awarded National Points in U14

### U14 OCUP MID WINTER SERIES

The OCUP Mid-Winters is open to any OCUP registered athlete in Ontario

## Seeding for U14 OCUP Mid-Winter Series

Seeding will be done using National Points.

## SOD U14 OCUP QUALIFIED ATHLETES FOR U14 OCUP FINALS

### Quota

This event will be open with a maximum field size of 180 athletes. If more than 180 athletes qualify for the event, a division quota process will be executed: SOD – 124, NOD - 16, LSDA - 14, NCD -26. From the SOD OCUP quota SOD Cup qualifiers will be included in the 124.

SOD selection for OCUP Finals will be based on a combination of results from the Mid-Winter OCUP race series plus results from the SOD OCUP series.

**Mid-Winter series:** best 4 of 6 runs during series + 2 of 3 combined results (SL, GS & Dual).

**SOD OCUP series:** 2 of 4 runs using the first 2 OCUPs only and 1 of 4 combined results

A spreadsheet using the 500-point system will be posted to the AOA website by **February 10**. after the Mid-Winter series.

### Seeding at the AOA U14 OCUP Finals

Will be based on National Points per discipline. National points for Slalom will be used for Dual seeding and GS will be used for Super G seeding.

## U14 OCUP FINALS QUALIFIERS FROM U14 SOD CUP

The overall winners (one per gender) of each of the SOD Cup series Brackets, selected by the accumulation of SOD CUP points will be given the option of participating in the OCUP Finals (Collingwood) series plus addition of 1<sup>st</sup> place combined winner from Race Fest event.

For a SOD CUP athlete to participate in the OCUP Finals athletes must;

- have won the SOD CUP Bracket group they are competing in (total accumulation of SOD CUP points)
- be registered with Alpine Ontario as a SOD CUP athlete
- have a Fitness Test result on record with AOA dated between September 1st, 2019 and February 24th, 2020
- be recommended by their Head Coach

SOD OCUP athletes who do not qualify or participate for the OCUP Finals can participate in SOD Spring Championships March 19/20 at Craigeith and Alpine Ski Clubs.