SOD PROGRAM GUIDELINES 2018-19

Appendix A: SOD Divisional Amendments

DRAFT

12/12/2018

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U12 SOD CUP

SOD U12 programming is designed for the, Learn to Train- phase of athlete development (LTAD) and provides the transition from FUNdamentals to learn to train for athletes aged 10 and 11.

- As defined in the ACA LTSD phases of Skier Essentials and Learn to Train.
- In coordination with the ACA SnowStars program
- Focusing on SnowStars skill levels 2 through 4,

SOD U12 programming is intended to build

- A love of Skiing
- Athletic development
- Physical literacy for skiing skills

U12 SOD CUP events are focused on the introduction and development of targeted ski racing skills while continuing to promote overall love of the sport and skiing skills.

U12 SOD CUP event days will pair structured "RACE" events, (i.e. SL/GS/Kombi) with a skills development challenge. These additions are designed to enhance

- Overall skills
- Maintain participant enjoyment,
- Focus on the intrinsic reward of competition, i.e.
    - Challenge
    - Camaraderie
    - Sportsmanship
    - Responsibility.

U12 is regionally driven with the goal of keeping the emphasis on development opportunities over competition, reducing cost, and travel. No AOA/SOD U12 Athletes will be nationally carded, or collect National points.

Eligibility

Athletes must be

- 10-11 years of age as of December 31st of the current season
- A member in good standing with an AOA recognised club

Registration

All U12 athletes must be registered through the AOA online registration system which includes a waiver, to compete in any events or camps.

Race Parameters

- A train to race ratio of 8:1 is strongly recommended to achieve the development objectives
- Starts should be limited to no more than 6 domestic starts including Festivals and Invitationals
- Races will be regionalized to reduce travel time for athletes
- 60 inch, kinder/children's gates or stubbies will be used
- 4 events: panelled SL, SL, Kombi, GS
- Additional AOA sanctioned Invitational events may be added - host club to administer in accordance with AOA Event Invitational Application and Policy
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – see Appendix A

Course Setting

Current course setting guidelines for U12 can be found in Appendix A

Jury

- The Jury will consist of a Regional Technical Delegate, Chief of Race and a Referee (coach selected at Team Captains Meeting), to ensure FIS ICR and ACA National Competition Rules compliance
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSCF horizontal certification pathway)

U12 SOD Cup Start lists

- 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 girls and boys
- Second run start list will be a reversal of the 1st run start order (i.e. 100-1)
- All athletes will have two (2) runs
- e.g. Run 1 Girls (random), Boys (random)
- e.g. Run 2 Girls (reverse in bib order incl. DSQ DNF DNS), Run 2 Boys (reverse in bib order incl. DSQ DNF DNS)

Results & Awards

- Results will be based on official race format FIS ICR 617.3.2
- Top 10 will be recognized with no podium
- 1st – 3rd male and female athletes will receive medals
- 4th – 5th male and female athletes will receive ribbons (bronze coloured medals)
- 6th – 10th male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies.

- Top 5 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.

Equipment

- All athletes must comply with the ACA domestic policy – see Appendix C
- Helmets must comply with event specific rules
- No Go Pro mounts and other modifications permitted
- Athletes are permitted to wear speed suits
- 1-2 pairs of skis

U10/U12 Skills Camps

Each season, SOD hosts a series of U10/U12 skills camps to provide athletes with additional days on snow to help develop strong, basic skiing skills. These skills camps provide

- Love of the sport via Coach lead skiing mileage
- Additional training days in addition to the development home clubs are providing.
- A stimulating, challenging, fun environment
- Basic skills development and reinforcement
- Age/Skill appropriate groups

These two or one day camp(s) are best described as: professional, safe, educational, and FUN. A low coach-to-athlete ratio, combined with trained certified coaches helps to ensure that athletes progress.

Registration for each of these skills camps must be completed through the AOA website and attendees must be registered AOA members in good standing. To register for these camps and to access more information, please visit www.alpineontario.ca.

U14 SOD CUP and SOD U14 OCUP

Race Parameters

SOD - 2 divisions of racing

OCUP is a more intensive provincial race circuit which is operated in full compliance with AOA race parameters - pages 9-12

SOD CUP is a basic competitive race circuit and is offered only within the Southern Ontario Division (SOD)

- Race entries for SOD CUP will be coordinated by AOA on www.alpinepoints.ca
- Only OCUP athletes are permitted to race in OCUP races
- OCUP athletes are not allowed to compete in any SOD CUP events except for SOD OCUP athletes that do not qualify/participate for OCUP Finals can compete in the SOD Spring Championships.

Course Setting

Current course setting guidelines for U14 can be found in Appendix B and apply to OCUP and SOD CUP events.

Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSCF on-line module)

U14 SOD Cup Start Lists

- 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 girls and boys**
- **Second run start list will be a reversal of the 1st run start order (i.e. 100-1)**
- **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
- 1st – 3rd male and female athletes will receive medals on podium
- 4th – 10th 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

SOD U14 Skills Camps

Each season, AOA hosts a series of U14 skills camps to provide athletes with additional days on snow to help develop strong, basic skiing skills. The skills camps provide additional training days to supplement the development that the clubs are providing. The camps focus on creating a stimulating, challenging, fun environment for the athletes to fuel their passion for the sport and improve their basic skills. The camps are divided into three groups for different ages. The one or two-day camps can be best described as: professional, safe, educational, and FUN. A low coach-to-athlete ratio, combined with top level coaches helps to ensure that athletes will progress.

Registration for each of these skills camps must be completed through the AOA website and attendees must be registered AOA members. To register for these camps and to access more information, please visit www.alpineontario.ca.

SOD U14 OCUP Races

Will be operated in accordance with U14 OCUP Program parameters on pages 9-12 AOA Program Guidelines, however the start order will differ as they will not be divisional seeding:

SOD U14 OCUP Start Lists

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)

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 series.

***

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 an SOD CUP athlete
- have a Fitness Test result on record with AOA dated between Sept 1st 2018 and February 24th, 2019
  be recommended by their Head Coach

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

SOD selection for OCUP Finals will be based on a combination of results from the Mid Winter OCUP race series plus results from the Divisional OCUP series 1st two races (Jan 6 and Jan17-18).

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 2 combined results from first 2 OCUPs

A spreadsheet using the 500 point system will be set up after the Mid Winter series to tabulate these points and will be updated Feb 6

SOD U14 OCUP Seeding at the AOA U14 OCUP FINALS

Will be based on National Points from the SOD OCUP series races

The Tie Breaking Protocol (AOA Program guidelines) will be used in the event of a tie.

- Current national points will be used for any athlete without OCUP results ie SOD Cup qualifiers
- SOD Cup qualifiers will be ranked after OCUP athletes
- Seeding will be different for SL, GS, and Super G.
- In the event that a SG result becomes unavailable, SG will be seeded from GS seeding list

SOD OCUP athletes who do not qualify or participate for the OCUP Finals can participate in SOD Spring Championships March 14/15 at Craigleith and Alpine Ski Clubs.

U16 SOD CUP and SOD U16 OCUP

U16 SOD Race Parameters

- SOD - 2 divisions of racing
    - OCUP is a more intensive provincial race circuit which is operated in full compliance with AOA race parameters
    - SOD CUP is a basic competitive race circuit and is offered only within the SOD

U16 OCUP and SOD CUP Eligibility

- Race entries for OCUP will be coordinated by AOA on www.alpinepoints.ca
- OCUP athletes have priority to enter OCUP events
- OCUP athletes are not allowed to compete in any SOD Cup events accept

SOD OCUP athletes who do not qualify or participate for the U16 OCUP Finals can participate in SOD Spring Championships March 14/15 at Craigleith and Alpine Ski Clubs.

Course Setting

Current course setting guidelines for U16 can be found in Appendix B and apply to SOD CUP events.

Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance

- SOD will attempt to pre-assign referees and course setters for AOA events
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSCF on-line module)

Start Lists

- 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
- 1st – 3rd male and female athletes will receive medals on podium
- 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 3 athletes not in attendance

U16 OCUP Series

It is strongly recommended that SOD athletes participating in the U16 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 20th.
- Minimum 3 days per week on-snow training during the season.

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

- 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 draw of Men/Women based on current national points rankings
- Start lists will be generated based on ACA Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order (FIS ICR 621.11.1)
- All athletes will have 2 runs
- e.g. Run 1 Women (by ACA points), Men (by ACA points)

- e.g. Run 2 Women (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Men (results from run 1 but flip top 30 followed by DSQ DNF DNS)

Results & Awards

- Results will be based on official race format FIS ICR 617.3.2
- 1st – 3rd male and female athletes will receive medals on podium
- 4th – 10th 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 3 athletes not in attendance

U16 OCUP Finals qualifiers from 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 series.

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

- have won the SOD CUP series Bracket they are competing in (total accumulation of SOD CUP points)
- be registered with Alpine Ontario as an SOD CUP athlete
- have a Fitness Test result on record with AOA dated between Sept 1st 2018 and February 24th, 2019
- be recommended by their Head Coach

U16 OCUP Mid-Winter Selection for SOD OCUP Athletes

This is an open event for all U16 OCUP registered athletes. This applies to SOD athletes who are at US academies or outside the province. Must be registered with an AOA/SOD U16 program.

U16 OCUP Mid-Winter Seeding for SOD OCUP Athletes

Based on SOD World Cup points (500 points system)

- SL – best result from SOD OCUP series
- GS – best result from SOD OCUP series
- Seeding will be different for SL and GS

U16 OCUP Finals Selection for SOD OCUP Athletes

This event will be an open event with a maximum field size of 180 athletes. . If more than 180 athletes qualify for the event, a divisional quota process will be executed: SOD – 124, NOD – 16, LSDA – 14, NCD – 26= 180. Even numbers for gender split.

Athletes will be ranked based from the SOD OCUP series using the following data:

- Best GS result
- Best SL result
- Best Other result *
- Best Run**

*Best Other could be: GS Result, SL Result, SG Result

** Best Run could be any single run from a qualifying tech result (SL or GS)

Point calculation will be based on World Cup 500 point system per result/run if there is a quota selection.

U19/U21 SOD CUP

Since 2017-18 season, registration for SOD CUP U19+ requires a Provincial U19/U21 Registration if the athlete is only racing in Ontario.

Provincial Registration is the only registration needed for SOD CUP plus permits participation in any FIS ski racing event* within any division of AOA. (* that is not restricted by a points quota i.e. FIS University)

National U19/U21 Registration - *for racing in Ontario and other provinces includes Class 3 SAIP Insurance*

International U19/U21 Registration - *for racing or training in Canada and internationally, includes Class 2 SAIP Insurance***)**

This represents a change from years past when a National card registration restricted athletes to only National point events. To race FIS was an addition registration fee.

SOD U19/21 events will consist of SL and GS competitions. (SG and Ski Cross either in competition or at skills camps may be available dependent on scheduling opportunities).

Additionally, all SOD U19/FIS registered athletes can participate in the U19 SOD Cup and FIS races (based on your FIS registration)

Course Setting

Current course setting guidelines for U19/U21 can be found in National Competition Rules page 16 and apply to SOD CUP events.

Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- AOA will pre-assign course setters for AOA events-all course setters must be DL certified to course set OCUP events
- SOD events will follow the same model and course setters must be certified to course set (EL, DL or PL)
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSCF on-line module)

Start Lists

- Events will run gender separated (i.e. Men/Women) 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 draw of Men/Women based on current national points rankings
- Start lists will be generated based on ACA Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order (FIS ICR 621.11.1)
- All athletes will have 2 runs
- e.g. Run 1 Women (by ACA points), Men (by ACA points)
- e.g. Run 2 Women (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Men (results from run 1 but flip top 30 followed by DSQ DNF DNS)

Results & Awards

- Results will be based on official race format FIS ICR 617.3.2
- 1st – 3rd male and female athletes will receive medals on podium
- 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 3 athletes not in attendance

SOD Cup Club Scoring Guidelines – U12/U14/U16

When to use the club scoring component?

These guidelines for a club scoring component are to be calculated after the race results are finalized. This club scoring method must not affect the rules of a ski race and should not otherwise change the structure or operation of a race.

Who is responsible for the club scoring component?

The club scoring component is the responsibility of the hosting club and should be completed and awarded in conjunction with the official race results.

The results of the club scoring component are to be emailed to SOD by Wednesday at 1pm to update the ongoing point totals communicated by SOD to the participating clubs weekly.

SOD suggests an RA or volunteer from the series tracks this data. The protest period for club scoring will be the Wednesday following the race at noon. If the host club is unable to produce the club scoring results in a timely manner immediately following the race then they will be communicated by SOD later that week.

Which races are included in the club scoring series?

The first four races of each SOD Cup U12/U14/U16 series scheduled by SOD will score points towards a club total. At the end of these four races each club will have a grand total and an overall rank amongst all the competing teams in the SOD Cup series.

How does the club scoring component work?

Each CLUB team group in each of the series events can consist of up to 25 rostered competitors. The club scoring component uses the finish position of the combined two run times of the top 5 girls and top 5 boys of each club participating in the race. If a team does not have 5 of either gender finish they will score points for the number for each gender that finish to a maximum of five. If they finish outside of the top 60 the competitor will not score points.

What recognition is given from the club scoring component at each race?

- 1 st – 3 rd male and female athletes will receive medals on podium (U12/U14/U16)
- 4 th – 5 th male and female athletes will receive ribbons (U12)
- **Club Scoring Component – total point scores of top 3 teams will be announced**

How are the points assigned to the competitors?

This point system uses ACTUAL RANK. There is no adjustment to ranks for the remaining athletes after a more successful team has finished scoring their 5. Points are awarded as follows; 60 points for first rank, 59 points for 2nd rank…1 point for 60th rank. This system can accommodate a field size of 60 per gender.

Example of point assignment for single gender race and seven club competition with 41 to score;

Rank	Points	Beaver	Glacier	Heights	Batawa	Alpine	Brima	George
1	60	60						
2	59							59
3	58							58
4	57						57	
5	56	56						
6	55	55						
7	54						54	
8	53						53	
9	52							52
10	51			51				
11	50	50						
12	49	49						
13	48			48				
14	47					47		
15	46							
16	45			45				
17	44				44			
18	43					43		
19	42		42					
20	41				41			
21	40				40			
22	39			39				
23	38						38	
24	37					37		
25	36						36	
26	35							
27	34							
28	33		33					
29	32		32					
30	31		31					
31	30							
32	29		29					
33	28							
34	27					27		
35	26							26
36	25				25			
37	24					24		
38	23			23				
39	22							
40	21							
41	20				20			
42	19							
43	18							
44	17							
45	16							
46	15							
47	14							
48	13							
49	12							
50	11							
51	10							
52	9							
53	8							
54	7							
55	6							
56	5							
57	4							
58	3							
59	2							
60	1							
Total		270	167	206	170	178	238	195

Example of Club Scoring Summary

CLUB	GIRLS		BOYS		COMBINED	
	POINTS	RANK	POINTS	RANK	POINTS	RANK
Beaver Valley	270	1	270	1	540	1
Glacier	167	7	233	3	400	4
Heights	206	3	249	2	455	2
Batawa	170	6	171	5	341	5
Alpine	178	5	142	6	320	6
Brimacombe	238	2	198	4	436	3
Georgian	195	4	105	7	300	7

How to assign and calculate point totals for club scoring component?

There are three methods the host club can use to calculate the club point totals for a race;

1. Use a manual scoring spreadsheet
2. Use the national race results and assign points and calculate totals as in the example shown here;

GATES/DIR CHANGES 22/(19) 23/(20)
START TIME 10.00 11.00
WEATHER: SUNNY, COLD, CLEAR SNOW: TEMP. S:-10 C F:-10 C
UNOFFICIAL PENALTY 318.15

PL	BIB Nr	ACA Nr	COMPETITOR SURNAME+NAME	CLUB/YR	TIME 1stRUN	TIME 2ndRUN	TOTAL TIME	F=980 RACE POINTS
1	4	75700	TAYLOR, Danika	BEAVR/99	31.81	30.64	1:02.45	0.00
2	12	75430	NELLA, Beth	GEORG/99	32.41	31.39	1:03.80	21.18
3	11	75574	KEASON, Gillian	GEORG/99	32.46	31.48	1:03.94	23.38
4	52	75382	MOORE, Carolyn	BRIMA	32.75	31.32	1:04.07	25.42
5	14	78326	CALLAHAN, Victoria	BEAVR/99	33.30	31.59	1:04.89	38.29
6	10	76048	BREMERMANN, Anna	BEAVR	34.17	32.34	1:06.51	63.71
7	35	74864	FINLAY, Renee	BRIMA	34.58	32.33	1:06.91	69.99
8	32	75692	SMAGLINSKIE, Lauren	BRIMA	34.77	32.53	1:07.30	76.11
9	17	75324	MCGOEY, Erin	GEORG/99	34.47	32.88	1:07.35	76.89
10	18	76528	MCLELLAN, Sarah	HEIGH	34.27	33.63	1:07.90	85.52
11	8	78327	NAPRAWA, Adelaide	BEAVR/99	34.93	33.46	1:08.39	93.21
12	33	77161	DUNLOP, Abbey	BEAVR	35.49	33.25	1:08.74	98.71
13	26	76447	COULSON, Kendra	HEIGH	35.64	33.48	1:09.12	104.67
14	24	77113	BRAZIER, Samantha	ALPIN	35.59	33.78	1:09.37	108.59
15	19	74705	COOKE, Adriana	BEAVR/99	35.43	34.11	1:09.54	111.26

25-01-15 / MSLM LIST: NAT1507_15_01_ NAT15.0235GM7 / 1
DATA PROCESSING BY SPLIT SECOND SOFTWARE TIMING ALGE TIMY

Beaver 270
Glacier 167
Heights 206
Batawa 170

Alpine 178
Brimacombe 238
Georg Points 195

Clubs using **Measures scoring software** will have to download the Team Scoring program

Here is the link: http://mectiming.org/Products/Measures/TeamScoring

Link for the documentation:
http://documentation.mectiming.org/Measures/Annex_Q_Team_Scoring

Using **Split Second Club scoring software**

Score the race in the split second CLUB scoring software and sort results and assign points. If you use Split Second Club to score a race, you would then need to export the competitor data to a csv file and then import into a National/FIS software to produce results for xml upload to ACApoints.

1. Example of scoring with split second CLUB scoring software –

SINGLE COURSE - TEAM RACE 22/02/2015 Page 1

Each team must have 5 members and is scored by Total Points

Team : BEAVR	Total Points : 270	Rank : 1st				
Bib Class	Name	Run 1	Run 2	Result	Points	Used
4 U16	TAYLOR Danika	31.81 (1)	30.64 (1)	1:02.45 (1)	60	*
14 U16	CALLAHAN Victoria	33.30 (5)	31.59 (5)	1:04.89 (5)	56	*
10 U16	BREMERMANN Anna	34.17 (6)	32.34 (7)	1:06.51 (6)	55	*
8 U16	NAPRAWA Adelaide	34.93 (11	33.46 (11	1:08.39 (11)	50	*
33 U16	DUNLOP Abbey	35.49 (15	33.25 (10	1:08.74 (12)	49	*
19 U16	COOKE Adriana	35.43 (14	34.11 (15	1:09.54 (15)	46	
22 U16	FREEDMAN Gabriela	41.88 (40	39.85 (41	1:21.73 (40)	21	
34 U16	OLDFIELD Mackenzie	44.55 (42	43.39 (44	1:27.94 (43)	18	
5 U16	THOMSON Melody	DNS	DNS			
42 U16	BURRELL Sarah	DNS	DNS			
13 U16	TERON Hannah	DNF	DNS			

Team : BRIMA	Total Points : 238	Rank : 2nd				
Bib Class	Name	Run 1	Run 2	Result	Points	Used
52 U16	MOORE Carolyn	32.75 (4)	31.32 (2)	1:04.07 (4)	57	*
35 U16	FINLAY Renee	34.58 (9)	32.33 (6)	1:06.91 (7)	54	*
32 U16	SMAGLINSKIE Lauren	34.77 (10	32.53 (8)	1:07.30 (8)	53	*
47 U16	LETOURNEAU Isabell	37.39 (27	34.37 (16	1:11.76 (23)	38	*
29 U16	HUNDT Lauren	37.60 (29	34.56 (20	1:12.16 (25)	36	*
39 U16	SHCHERBAK Victoria	37.20 (25	34.99 (23	1:12.19 (26)	35	
23 U16	PILON Delphine	37.16 (24	35.39 (27	1:12.55 (27)	34	
31 U16	WAGER Nadine	37.61 (30	35.73 (30	1:13.34 (31)	30	
16 U16	GREENWOOD Natasha	38.14 (32	36.14 (34	1:14.28 (33)	28	
40 U16	YEE Lauren	41.40 (39	39.23 (40	1:20.63 (39)	22	

Team : HEIGH	Total Points : 206	Rank : 3rd				
Bib Class	Name	Run 1	Run 2	Result	Points	Used
18 U16	MCLELLAN Sarah	34.27 (7)	33.63 (13	1:07.90 (10)	51	*
26 U16	COULSON Kendra	35.64 (18	33.48 (12	1:09.12 (13)	48	*
1 U16	LOUCKS Gabrielle	35.26 (12	34.43 (17	1:09.69 (16)	45	*
20 U16	HUNTER Taegan	35.87 (19	35.83 (31	1:11.70 (22)	39	*
28 U16	BOWER Emma	39.76 (38	37.12 (38	1:16.88 (38)	23	*

Team : GEORG	Total Points : 195	Rank : 4th				
Bib Class	Name	Run 1	Run 2	Result	Points	Used
12 U16	NELLA Beth	32.41 (2)	31.39 (3)	1:03.80 (2)	59	*
11 U16	REASON Gillian	32.46 (3)	31.48 (4)	1:03.94 (3)	58	*
17 U16	MCGOEY Erin	34.47 (8)	32.88 (9)	1:07.35 (9)	52	*
30 U16	LEONARD Victoria	38.57 (35	36.46 (35	1:15.03 (35)	26	*
21 U16	QUINLAN Olivia	DNS	DNS			
27 U16	WHITE Thea	DNS	DNS			
6 U16	HAUGRUD Emma	DNS				

Ski Club Software from www.SplitSecond.com 01/06/2015 3:30:26 PM

Team : ALPIN	Total Points : 178	Rank : 5th					
Bib	Class	Name	Run 1	Run 2	Result	Points	Used
24	U16	BRAZIER Samantha	35.59 (17	33.78 (14	1:09.37 (14)	47	*
44	U16	FREEDMAN Michal	36.12 (20	34.44 (18	1:10.56 (18)	43	*
2	U16	ABEL Kristen	36.17 (21	35.87 (32	1:12.04 (24)	37	*
38	U16	TURK Jaime	38.17 (33	36.60 (36	1:14.77 (34)	27	*
43	U16	MCILRAITH Morgan	39.62 (37	36.13 (33	1:15.75 (37)	24	*

Team : BATAW	Total Points : 170	Rank : 6th					
Bib	Class	Name	Run 1	Run 2	Result	Points	Used
7	U16	MERJAVEC Hannah	35.42 (13	34.47 (19	1:09.89 (17)	44	*
9	U16	RUSSETT Mirisha	36.77 (22	34.65 (21	1:11.42 (20)	41	*
25	U16	PRESS Julia	36.82 (23	34.83 (22	1:11.65 (21)	40	*
15	U16	MCLEAN Megan	38.21 (34	37.01 (37	1:15.22 (36)	25	*
46	U16	MANDERVILLE Jaclyn	42.12 (41	40.97 (42	1:23.09 (41)	20	*
50	U16	SAUNDERS Hope	46.20 (43	42.68 (43	1:28.88 (44)	17	
45	U16	PEDERSEN Margaret	DNS	DNS			

Team : GLA	Total Points : 167	Rank : 7th					
Bib	Class	Name	Run 1	Run 2	Result	Points	Used
3	U16	NORTON Greer	35.53 (16	35.15 (25	1:10.68 (19)	42	*
48	U16	BIRKER Jamie	37.21 (26	35.37 (26	1:12.58 (28)	33	*
37	U16	MARTYN Rebecca	37.63 (31	35.41 (28	1:13.04 (29)	32	*
41	U16	HOLMES Taylor	37.58 (28	35.54 (29	1:13.12 (30)	31	*
51	U16	DOUGLAS Emma	39.01 (36	35.06 (24	1:14.07 (32)	29	*
49	U16	KIM Candace	47.82 (44	38.73 (39	1:26.55 (42)	19	
36	U16	KIM Hanniel	DNF	DNS			

U10 - U12

Appendix F - Ontario Setting Guidelines for Childrens Alpine Ski Racing - Alpine Ontario - December 2018							
AGE	**DETAILS**	**DUALS (DSL)**	**PANELLED SL (PSL)**	**KINDER KOMBI (KK)**	**SLALOM (SL)**	**GIANT SLALOM (GS)**	**SPEED**
	VERTICAL DROP	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	
	NUMBER OF GATES	SL 15-35 GS 15-20	20-40 Approx.	20-40 Approx.	25-45 Approx.	35 MAX Turns	USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION
U10	VERTICAL DISTANCE (MIN/MAX)	SL 4-10M GS 12-16 M	4-12M	SL 4-10M GS 12-16M	4-10 M	12-16 M PANELS	SKILLS, SNOW PARK FEATURES
9 and	TYPE OF GATE	STUBBIES OR 25mm PANELS	25mm PANELS	STUBBIES AND 25mm PANELS	STUBBIES/ 25mm GATES	25-27mm 60cm PANELS	SECTIONAL TRAINING
	TURN SHAPE	1/2 TO 3/4	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	3/4 TO FULL	STARTS, DH STOPS, TUCKING
	COMBINATIONS	NONE	MINOR RYTHYM CHANGES AND	MIN. 4 RYTHYM CHANGES/ SINGLE	SINGLE GATE RYTHYM/DIRECTION	RYTHYM CHANGES/CHICANES	GLIDING, JUMPING, WAVE TANK
	DELAY GATES	NONE	NONE	NONE	NONE	MAX 1 DELAY (MAX 18 M)	ABSORBTION, SIDEHILLS, DROP OFFS
	NUMBER OF RUNS	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	
	SNOW STARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	2,3,4	SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS
	VERTICAL DROP	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	140 MAX	120 MAX	200 MAX	
	NUMBER OF GATES	SL 15-35 GS 15-20	20-40 Approx.	50 MAX	25-50 MAX	13-18%	USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION
U12	VERTICAL DISTANCE	SL 6-10 M GS 12-18 M	6-12M	SL6-12M GS 14-20M	6-12 M	14-20M	SKILLS, SNOW PARK FEATURES
10-11	TYPE OF GATE	STUBBIES OR 25MM PANELS	25MM PANELS	STUBBIES AND 25mm PANELS	STUBBIES/ 25mm GATES	25-27mm 60cm PANELS	SECTIONAL TRAINING
	TURN SHAPE	1/2 TO 3/4	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	1/2 TO FULL	STARTS, DH STOPS, TUCKING
	COMBINATIONS	NONE	RYTHYM/DIRECTION CHANGES AND	MIN. 4 RYTHYM CHANGES/ SINGLE	SINGLE GATE COMBOS - MAX 2	RYTHYM CHANGES/CHICANES	GLIDING, JUMPING, WAVE TANK
	DELAY GATES	NONE	NONE	NONE	NONE	MAX 1 DELAY (MAX 22 M)	ABSORBTION, SIDEHILLS, DROP OFFS
	NUMBER OF RUNS	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	AOA GUIDELINES	AOA GUIDELINES	
	SNOW STARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	2,3,4	SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS

U14+

Ontario Setting Guidelines for Childrens Alpine Ski Racing - Alpine Ontario - December 2018

AGE	DETAILS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SG
	VERTICAL DROP	100M MAX	200M SL 250M GS MAX	Min 100m- Max 140m	Min 150m- Max 300m	Min 200m- Max 350m
	NUMBER OF GATES	20-30	10-12% GS/SG	32-38% +/- 3	13-18%	8-12%
U14	VERTICAL DISTANCE	SL 8-13M GS 18-20M	SEE ICR 608.12	Open gates (8-10m)recommended,(7-11m) Min-Max	Open gates(15-25m)recommended, (27m)Max	25-40m recommended, (15m) Min
12-13	TYPE OF GATE	FULL GATE OR PANELS	SUBBIES, FULL AND PANELS	27mm reg. (73" off snow) or Jr. (60" off snow) GATES	27mm FULL GATES	27MM FULL GATES
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	3/4 - FULL	SPEED CONTROL
	COMBINATIONS	NONE	MIN 5 (SL) 3-5 (SG)	4-6m vert dist. Min 1 / Max 3 HP & 1-2 3 gate flush	vert distance should be no less than 10m	1 Jump recommended
	DELAY COMBINATION			1-2(Max) Delay, Max 15m turning- turning	0-3 Max Delay, (Max 35m turning to turning)	Delay, Min-15m
	NUMBER OF RUNS	MULTI WITH TIMING	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	MULTI (2) IF POSSIBLE
	SNOW STARS LEVEL	6,7	6,7	6,7	6,7	6,7
	SAFETY	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED
	VERTICAL DROP	100M MAX	120-200M	Min 100m- Max 160m	Min 150m- Max 350m	Min 225m- Max 450m
	NUMBER OF GATES	20-30	10-12%	32-38% +/-3	13-18%	8-12%
U16	VERTICAL DISTANCE	SL 8-15M GS 18-20M	SEE ICR 608.12.3.3	Open gates 8-11m recommended, (7-11M) Min Max	Open gates(20-27m)recommended, (27m)Max	25-40m recommended, (20m) Min
14-15	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27mm FULL GATES	27mm FULL GATES	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	ALL	SPEED CONTROL
	COMBINATIONS	NONE	MINIMUM 5 SECTIONS	4-6m vert. Min 2/ Max 4 HP & Min 1/ Max 3 3-4 gate flush	vert distance should be no less than 10m	1 Jump recommended
	DELAY COMBINATION			1-3(Max) Delay, Max 15m turning- turning	Min 1- Max 3 Delay, (Max 35m turning to turning)	Delay, Min-15m
	NUMBER OF RUNS	MULTI WITH TIMING OR KNOCKOUT	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	MULTI (2) IF POSSIBLE
	SNOW STARS LEVEL					
	SAFETY	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED	HEAD MOUTH AND SPINE RECOMMENDED

***ONTARIO SPECIFIC RULES FOR SETTING AND SAFETY AT EVENTS:**

U10/12 The setting of delay gates in GS competitions is not recommended but is allowed if terrain requires

U12 SL will use stubbies for SL events. Stubbies and GS panels for KK events. GS panels for GS events. Junior gates are allowed for GS if available by the ROC.

U14 SL will use only full 27 mm gates. KK (SL/GS format) events will use a combination of stubbies, full gates and panels.

U14 SL will use only single gate combinations for the AWG trials, AWG and COP SL races. Standard verticals will be used at the Pano Finals and SZ/NZ open events.

NUMBER OF RUNS - AOA GUIDELINES - 1 RUN TIME FOR 1 RUN RACE - 2 RUN COMBINED TIMES FOR A 2 RUN RACE

ALL RACE SLOPES SHOULD BE ADEQUATELY NETTED FOR SKIER PROTECTION (SEE RUN HOMOLOGATION REPORTS)

EVENTS SHOULD BE RUN WITH FIS APPROVED TIMING SYSTEMS (PORTABLE TIMING SYSTEMS WITH ENTRY LEVEL ONLY)

SNOW SURFACE SHOULD BE MAN MADE SNOW OR HEAVILY WORKED NATURAL SNOW

TECHNICAL EVENT SLOPE WIDTH 30M INSIDE SAFETY. SPEED EVENT SLOPE WIDTH 40M INSIDE SAFETY

ALPINE ONTARIO ALPIN
Provincial Governing Body for Alpine, Para-Alpine & Ski Cross Racing

2018/19 Equipment Guide

2018/19 AOA Equipment Reference Sheet		Snow Jacket/Pants	Race Suit	Slalom Helmet with soft ear guards	Helmet with hard ear guards	FIS approved helmet with hard ear guards	Slalom chin guard	Shin guards	Pole guards	Mouth guard	Back Protector	Skis - *See relevent age group page for details
U8-U10	Slalom			✓			✓	✓	✓			Recommended: 1 Pair - Wood Core Kombi
	Giant Slalom											
	Kombi						✓	✓	✓			
	Dual											
U12	Slalom			✓								Recommended: 1 - 2 Pairs
	Giant Slalom											
	Kombi						✓					
	Dual											
U14	Slalom			✓	✓	✓						Recommended: 1 Pair - SL, 1 Pair - GS
	Giant Slalom											
	Super-G											
	Dual											
U16	Slalom			✓	✓	✓						Recommended: 2 Pairs - SL, 1 Pair - GS, 1 Pair - SG
	Giant Slalom											
	Super-G											
	Dual											

Legend				
	Permitted	Recommended	Mandatory	Not Permitted