

# 2024 Cross Country Yukon-AWG Selection Criteria



Including information, entry forms and appeal policy

## **2024 Arctic Winter Games, Mat-Su Valley, Alaska**

***Competition Date:*** March 10-16, 2024

***Team Size:*** Maximum 18 skiers (3 per category, male/female U14, U16, U18 U14 (2010 or 2011); U16 (2008 or 2009); U18 (2006 or 2007).

***Trial Dates:*** December 16-17, 2023; backup dates January 6-7, 2024

**Eligibility:** Athletes must meet the eligibility requirements detailed in the 2024 Arctic Winter Games (AWG) Eligibility Requirements document and in Sections 4 and 5, and Appendix A of the 2024 AWG Technical Package for Cross Country Skiing. If an athlete is unsure if they are eligible, clarification should be sought through the Cross Country Yukon's (CCY) High Performance Selection Committee (HPSC) or through the Games Committee.

- **Age:** Athletes must be at least twelve (12) years old as of December 31, 2023.
- **Event/Rules:** Athletes may compete in only one sport at the AWG. They must comply with all other rules and regulations as outlined in the AWG Eligibility Requirements, the AWG Cross Country Skiing Technical Package and the AWG Staging Manual.
- Athletes must be members in good standing of CCY.

**Trials:** Athletes must participate at the trials races in order to be selected to compete in cross country skiing. Exceptions to this rule will be permitted only upon review and approval by the Games Committee. Exceptions may be granted for the following reasons: injury, significant illness documented by a physician's note, Yukon school program commitments and special family circumstances. In order for an exception to be considered, the attached request form must be submitted to the Chef de Mission either in person at 4061-4th Ave or by email to [trevor.twardochleb@yukon.ca](mailto:trevor.twardochleb@yukon.ca), forty eight (48) hours prior to the start of the cross country skiing trials races.

Once an athlete is selected to the final cross country skiing team roster, they are not eligible for the final roster in any other sport. If a participant is interested in trying out for two different sports, and those sports are having their specific sport trials at the same time, the participant must

choose between the two sports. Conflicting trial dates and times are not grounds for trials exemption.

All trials participants will be required to register online in GEMSPRO as well as to complete the trials waiver prior to the trials. Athletes must also register with CCY for the trials races. The registration form is attached.

**Post Trials:** Following selection to Team Yukon, an athlete must commit to and follow a training program acceptable to their coach and CCY.

All athletes 18 years or older as of March 10, 2024 are required to submit a RCMP criminal record check. Results of checks completed up to one year prior to the start of the Games are considered valid (on or after March 10, 2023).

Athletes must have a valid passport in order to travel to Alaska, USA

**Selection Criteria:**

**Goal:** To provide a northern competitive opportunity for skiers born in 2006 to 2011 and skiing in U14, U16 and U18 categories.

**Selection races:** The AWG Trials will be held on **December 16-17, 2023**.

The temperature cutoff for the trials races is -20 celsius. If the trials races are postponed, the backup trials races will be held on January 6-7, 2024.

***Criteria:***

- Athletes must be at least 12 years old as of December 31, 2023.
- Athletes may compete **up one age group**. If athletes racing up are selected, they must compete at the AWG in the category to which they are selected.
- Selections for each category will be made on the basis of a ranking list comprised of two combined race results (one classic, one skating), converted to percentages as follows:
  - Winners will be scored at 100%.
  - All other finishing times will be calculated as a percentage of the winner's time.
  - The resulting percentages for each athlete in each of the two selection races will be added together.
  - The combined percentages will be ranked for each category.
  - The top three skiers on each category's ranking list will be selected.
- The 4th ranked athlete in each category will be named the alternate. Alternates could be used to fill the team if a selected athlete withdraws due to injury or illness. This alternate skier may also be offered a spot in a higher category if there are vacancies. If a 4th ranked athlete is offered a spot on the team roster, the 5th place athlete in that category will be named the alternate.

**Decision date:** Selected athletes will be notified within two days after the completion of the trials.



## 2024 Cross Country Yukon AWG Trials Race Notice

### Arctic Winter Games Trials

**Saturday December 15, 2023– Classic Technique (individual start) – 12:30 p.m. start**  
**Sunday, December 16, 2023 – Free Technique (individual start) – 12:30 p.m. start**

(Backup dates: Classic Technique – Jan 6, 2024, Free Technique – Jan 7, 2024)

**Entry deadline:** No later than one hour prior to the start of the race

**Draw dates:** One hour prior to the start

**Entry Fees:** Free for all participants

**Rules:** CCY rules and regulations.

**Temperature cut off:** -20c for all skiers

**Location:** 1 Sumanik Drive, Whitehorse (Wax room located in the Mt-McIntyre Rec. Centre)

**Facilities:** Change rooms, showers, saunas, waxing & social areas downstairs in the Mt. McIntyre Rec Centre.

**Chief of Race:**

**Technical Delegate:**

**Timing & Results:**

**Race Secretary:**

**Chief of Course:**

**Trial coordinator:** Graham Nishikawa

**Contact info:** 403-609-5019 – [ccyheadcoach@gmail.com](mailto:ccyheadcoach@gmail.com)

## 2024 Cross Country Yukon AWG Trials



*December 15, 2023: CLASSIC TECHNIQUE*

### **Individual Start, First Start at 12:30 p.m.**

<b>Year of birth</b>	<b>Male Category</b>	<b>Male Distance</b>	<b>Female Category</b>	<b>Female distance</b>
2010-2011	U14 M	5.0 km	U14 F	5.0 km
2008-2009	U16 M	5.0 km	U16 F	5.0 km
2007-2006	U18 M	5.0 km	U18 F	5.0 km

*December 16, 2023: FREE TECHNIQUE*

### **Individual Start, First Start at 12:30 pm**

<b>Year of birth</b>	<b>Male Category</b>	<b>Male Distance</b>	<b>Female Category</b>	<b>Female distance</b>
2010-2011	U14 M	3.75 km	U14 F	3.75 km
2008-2009	U16 M	7.5 km	U16 F	7.5 km
2007-2006	U18 M	10.0 km	U18 F	10.0 km

Maps will be posted in the wax room prior to the event. It is the responsibility of the skiers to make sure they know each race course and the stadium layout prior to the start of the race.

**ENTRY FORM**

**Classic & Free Technique Races    Entry deadline: 11.30 am Saturday December 15, 2023**

**LAST NAME:** \_\_\_\_\_ **GIVEN NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**DATE OF BIRTH:**    **MONTH:** \_\_\_\_\_ **DAY:** \_\_\_\_\_ **YEAR:** \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_ **SEX:**    **F**\_\_\_    **M**\_\_\_

**Registrations can be dropped off at Sport Yukon or with Cross Country Yukon in the WCCSC wax room.**

**\*all squad athletes (Born from 2006 to 2011) willing to participate in the trials will be pre-registered**

**PARTICIPANT INFORMED CONSENT AND ASSUMPTION OF  
RISK AGREEMENT**

Name of Event: 2024 AWG Trials for x-c skiing

Event Date(s): December 15-16, 2023 (Backup dates: January 6-7, 2024)

**NORDIQ CANADA**

By signing this document you will assume certain risks. Please read  
carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Nordic Canada and Canadian Snowsports Association** (hereinafter called **NC/CSA**), Cross Country Yukon (name of Ski Division, hereinafter called the **Division**) and Whitehorse Cross Country Ski Club (name of Club, hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

**Description of Risks**

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **NC/CSA**, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
  - b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
  - c) vigorous physical exertion, rapid movements and quick turns and stops;
  - d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
  - e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
  - f) failing to participate within one's abilities, skill and within designated areas;
  - g) becoming lost or separated from the group or the group becoming split up;
  - h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
  - j) encounters with animals or plants including allergic reactions;
  - k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
  - l) other risks normally associated with participation in the **Activities**.
3. **Furthermore, the Parties are aware:**
  - a) that injuries sustained may be severe, paralyzing or fatal;
  - b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **NC/CSA**, the **Division** and the **Club**;
  - c) that the risk of injury is reduced if the Participant follows all rules established for participation; and d) that the risk of injury increases as the Participant becomes fatigued.

**Disclaimer**

4. In consideration of **NC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **NC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities**

sanctioned by one or more of **NC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

**Acknowledgement**

5. The **Parties** confirm that:
  - a) the Participant’s physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **NC/CSA**, the **Division** and the **Club**;
  - b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
  - c) the Participant agrees to abide by the Rules and Regulations imposed by **NC/CSA**, the **Division** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
  - d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.
  
6. In addition, the **Parties**:
  - a) authorize **NC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
  
  - b) grant permission to **NC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **NC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **NC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
  
  - c) understand that they may withdraw such consent at any time by contacting Nordiq Canada at 403678-6791.  
Nordiq Canada will advise the implications of such withdrawal.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***

***I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.***

Name: _____ Date: _____  Signature: _____
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**NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.**

Name of Parent/Guardian: _____ Date: _____  Parent/Guardian Signature: _____
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## 2024 ARCTIC WINTER GAMES TRIALS EXEMPTION REQUEST FORM

**SPORT:** Click or tap here to enter text.

**DATE OF TRIAL:** Click or tap here to enter text.

### ATHLETE

**NAME:** Click or tap here to enter text.

**ADDRESS:** Click or tap here to enter text.

**PHONE:** Click or tap here to enter text.

**EMAIL:** Click or tap here to enter text.

**SIGNATURE:** \_\_\_\_\_

### PARENT / GUARDIAN

**NAME:** Click or tap here to enter text.

**ADDRESS:** Click or tap here to enter text.

**PHONE:** Click or tap here to enter text.

**EMAIL:** Click or tap here to enter text.

**SIGNATURE:** \_\_\_\_\_

### LIST REASON FOR EXEMPTION:

Click or tap here to enter text.

### ADDITIONAL DOCUMENTATION required with application form:

- Letter of support from the YSGB if reason is a special family circumstance.
- Letter of support from your school if the reason is a Yukon school programming commitment.
- Physician's note if reason is due to injury or illness.

***The application and supporting documentation must be submitted to Trevor Twardochleb, Chef de Mission (Government of Yukon - Sport and Recreation Branch) either by hand at 4061 - 4<sup>th</sup> Ave, Whitehorse or via email to [trevor.twardochleb@yukon.ca](mailto:trevor.twardochleb@yukon.ca). 48 hours prior to the start of the sport trial or the request will not be considered.***



## ***CCY SELECTION APPEALS PROCESS***

1. This process is intended to apply only to team selections made prior to a competition. This process does not apply to an in-competition decisions regarding a team or a relay event submitted by coaches; these decisions are final, and non-appealable.
2. Appeal Form (attached) must be completed and submitted to the Cross Country Yukon President ( [purdonmatthias@gmail.com](mailto:purdonmatthias@gmail.com)).
3. Appeals must be submitted by a parent or guardian in cases where the athlete is under 19 years of age (U19).
4. Appeals must be received by the CCY President within 2 days (48 hours) of the announcement of the team.
5. Appeals will be heard by a panel consisting of:
  - a. CCY President (CCY Board Chairperson)
  - b. CCY HPSC Chair
  - c. CCY Head Coach
  - d. 2 *ad hoc* members (CCY members or members of the public with relevant experience, but not on the CCY board and without any direct connection to the appellant)
6. Hearing: The panel will conduct the hearing within 7 days of receipt of the appeal. The athlete, parent (of U19 athletes) and athlete advocate, if desired, will be given the opportunity to explain their rationale for the appeal. This hearing will be facilitated in person or through a conference call. In cases where the resulting decision may affect another athlete's eligibility or selection status, that athlete and their parent/advocate may be invited to attend the hearing as well.
7. Within 2 days of the hearing, the Panel will release a written decision.

***Cross Country Yukon***  
***Request for Appeal of Team Selection Announcement***

This form must be completed and submitted to Cross Country Yukon President Matthias Purdon (purdonmatthias@gmail.com) within 48 hours of team announcement.

Date:

Name of individual requesting the appeal:

Date of Selection Announcement:

Reason for appeal:

Name of parent of athlete appealing decision:

Email address:

Primary phone number:

Signature:

Name of athlete advocate if desired:

Email address:

Primary phone number:

Signature

# ***Cross Country Yukon Team Selection Appeals Committee Decision Report***

Date of Decision:

Committee Members:

Name of Appellant:

Decision of Appeals Committee:

Reasons:



## Cross Country Yukon Athlete in Good Standing Policy

- 1) Registration must be completed and squad fees paid by the registration deadline.
- 2) Amounts owing on athlete accounts must be paid within 30 days of invoice date.
- 3) Trip deposit fees, when required, must be paid by trip confirmation deadline
- 4) Athletes must remain in compliance with Athlete Code of Conduct.
- 5) Athletes must be in good standing in order to participate in the CCY activities.
- 6) Athletes and parents review and agree to YST selection criteria by November 1st 2023