



**Sea to Sky
Nordics**



NOR-AM

**Saut à Ski et
Combiné Nordique**

**MARCH
15-17
2019**



**Ski Jumping and
Nordic Combined**

**WHISTLER
SQUAMISH**

INVITATION

2019 FIS North American Ski Jumping & Nordic Combined Championships

Normal Hill (HS106)

Large Hill (HS140)

Hosted by the Sea To Sky Nordics



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Ski Jumping Canada and Nordic Combined Ski Canada are pleased to invite all North American athletes and other interested nations to join us at Whistler Olympic Park, **March 15-17, 2019** for the North American Ski Jumping and Nordic Combined Championships.

Event Classes (Open) * *Require an FIS license*

- **Open Men LH SJ**
- **Open Women LH SJ**
- **Open Men NH SJ**
- **Open Women NH SJ**
- **Open Men NH NC X 10km**
- **Open Women NH NC X 5km**

Event Classes (U16) *Athletes must be under 16 as of Jan. 1, 2019 and possess a USSA/USANS or SJC/NCSC Competitor License.***

These are not FIS sanctioned classes

- **U16 Men NH SJ**
- **U16 Women NH SJ**
- **U16 Men NH NC X 5km**
- **U16 Women NH NC X 2.5km**

Event Information: noramsj@seatoskynordics.ca

Registration: <https://zone4.ca/register.asp?id=19734>

Web: 2019-fis-north-american-ski-jumping-nordic-combined-championships/



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Schedule

Date	Day	Time	Activity	Location
14-Mar-19	Thur	10:00-13:00	Open training on HS106 and HS140	WOP
		09:00-16:00	Open X-C training	WOP
		18:30	Team Captains Mtg	TBC
15-Mar-19	Fri	10:00-12:00	Open training on HS106 and HS140	WOP
		12:00-1:00	Official Training HS106	WOP
		2:30-3:30	Official Training 5k/10k (2.5km loop)	WOP
16-Mar-19			HS106 and Nordic Combined Competition Day	
	Sat	10:30	Trial Round	WOP
		11:00	Round 1	WOP
		11:30	Round 2	WOP
		12:00	NC round	WOP
		12:30	Flower Ceremony	WOP
		15:00	NC races - 5/10k	WOP
		15:30	Flower Ceremony	WOP
17-Mar-19	Sun		HS140 Competition Day	
		10:00	Training 2 rounds	WOP
		11:00	Trial Round	WOP
		11:30	Round 1	WOP
		12:00	Round 2	WOP
		13:00	Awards all events/club BBQ	WOP

Entry Includes:

Entry in up to 3 events

Hill fees (includes X-C trail passes) – March 15-17

Lunches Mar 15-16, BBQ Mar 17

Group waxing and change facilities

Fee (per competitor)

Early Rate – Before Feb. 15 \$150.00

Regular Rate – Feb 16-28 \$175.00

Late Registration – After Feb 28 \$200.00

Zone 4 <https://zone4.ca/register.asp?id=19734>



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Additional Training Days (Tue-Thur.):

\$35 CDN per athlete/day.

Must be booked by March 1 through Nadine Steenhoek nstenhoek@whistlersportlegacies.com

There is a daily minimum of 12 athletes required for training on additional days (Tue/Thur)

Prize Money/Awards

\$5,000 in total prize money

All classes will receive awards and Open classes will also receive prize money – exact amounts to be finalized.

Competition Rules

FIS International Competition Rules – Ski Jumping and Nordic Combined

Insurance

All athletes must be insured through their National Ski Association. The organizer is not responsible for any injury of any person or damage of property.

All attendants must be covered by an adequate insurance policy against accidents, illness and civil liability.

Race Office/Information

Prior to the event the race office can be reached through the event e-mail: noramsj@seatoskynordics.ca

The race office is in the judge's tower with a sub-race office in the trailer at the base of the chairlift.

Hours: Fri. Mar 15 – 09:00-15:30, Sat. Mar 16 – 09:00-15:30, Sun Mar 17 – 09:00-14:00

Venue

Waxing/Changing facilities

The organizing committee has booked shared waxing and change facilities adjacent to the cross-country stadium and approximately 400m from the jump site. Additional team wax/change facilities can be reserved for \$35.00/day through Nadine Steenhoek nstenhoek@whistlersportlegacies.com

Whistler Olympic Park Day Lodge

Located approximately 200m from the Olympic ski jumping facilities and includes the following amenities:

- Guest Services
- Rental Shop/Retail Shops
- Café – fully licensed
- Outdoor Deck
- Washrooms and Change Rooms
- Day Use Lockers – Locks not included
- Showers – Free! Towels and soap not provided
- Ski Patrol

Parking:

Please park in the designated lots as directed upon arrival at the Whistler Olympic Park ticket office



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Accommodation Suggestions

Whistler

Whistler Athletes Centre

Kyle Lang, Manager Sport Services 604 964-0056

klang@whistlersportlegacies.com

Front desk at the lodge 604 964-0052

See information sheet- rates/meal packages (attached)

Tourism whistler - Accommodations

<https://www.whistler.com/accommodation/>

Squamish

Executive Suites Squamish

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

Special Event Rates with ski jump code – details coming

Tourism Squamish – Accommodations

<https://www.exploresquamish.com/lodging>

Transportation

Teams are responsible for their own transportation.

Activities

This is a great time of year to visit the west coast with snow and good skiing in Whistler and snow-free conditions in Squamish for hiking, biking, climbing, golf and water sports. Enjoy the morning events and follow up with some end of season recreational fun.

<https://www.whistler.com/activities/winter/>

<https://www.exploresquamish.com/explore>



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Organizing Committee

Chairman of the Organizing Committee

John Heilig

General Secretary

Jim Woolsey

Chief of Competition

Rick Smith

Officials Liaison
(SJC Board Rep)

Susanne Pelly

Marketing/Public Relations

Antje Cavanagh

Volunteer Coordination

Peter Lang

Accommodations

Bill Cavanagh

Finances

Muff Hackett

Competition Committee

Chief of Competition

Rick Smith

Chief of Hill

Andreas Andresen

Chief of Race Office

Yvonne Smith

Chief of Stadium

Jim Vanderhook

Event Officials

To be confirmed



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Whistler Athletes' Lodge SJ/NC Nor Am Championships



Accommodation

The Whistler Athletes' Lodge was constructed to provide accommodation for teams visiting Whistler for training camps and competition events in both winter and summer. As an Athlete & Coach you too can enjoy this 2010 Olympic Winter Games legacy!

- Located in Cheakamus Crossing, Whistler's newest neighborhood across the Highway from Function Junction
- The Lodge features 80 rooms containing 160 beds.
- Free WiFi
- Fully-accessible bathrooms are located on each floor shared between two rooms
- Common room perfect for relaxing, watching TV, or surfing the wireless connection
- Tuning rooms
- Free Parking

Performance Meals

Dietitian designed meal plans – Chef prepared meals

- The Whistler Food Company provides meals tailored to meet your athlete's specific training, competing and recovery needs.
- Have your team fueled with a balanced athlete focused meal per day.

Package Rates

Full Breakfast and Dinner daily plus accommodation

- \$107.00 + tax (Single Occupancy)
- \$156.00 + tax (Double Occupancy)
- 2 night stay for rates to apply

Room Rates

- \$75.00 + tax (Single Occupancy)
- \$111.00 + tax (Double Occupancy)
- 2 night stay for rates to apply

Group discounts apply for bookings of 8 rooms or more inquire within

Whistler Athletes' Lodge at Whistler Athletes' Centre

Address: 1080 Legacy Way, Whistler, BC, Canada V0N 1B1 | Email: lodge@whistlersportlegacies.com

Group Sales & Sport Services: Please contact Kyle Lang (Email: klang@whistlersportlegacies.com • Phone: 604-964-0056)

