

**CROSS COUNTRY SKI ASSOCIATION OF MANITOBA (CCSAM)
SKI TEAM SELECTION POLICY**

2019 CANADA WINTER GAMES
FEBRUARY 23 – MARCH 3, 2019
RED DEER, AB

PHILOSOPHY

In early January 2019, a Selection Committee assigned by the CCSAM Board of Directors will select a team of the strongest CCSAM Cross Country Ski and Para Nordic athletes. The Cross Country Ski team will consist of 5 male and 5 female athletes who have proven to possess a very high level of fitness and mental preparedness necessary to compete in all 4 events at the Canada Winter Games. Additionally, up to 4 Alternate athletes will be selected and will be asked to join the team if replacements are necessary. One male and one female in the U23 age category (born 1996-1998 inclusive) plus one male and one female age 20 or younger (born 1999 or after).

The Para Nordic team will consist of up to 4 athletes (if more than 1 athlete is selected then at least 1 team member must be of the opposite gender).

The Provincial Development Program Committee recognizes that competing at the Canada Games is challenging, not only because of the race schedule but also because of the demands of travel and communal living in the Athletes' Village. It is strongly recommended that athletes do not compete in another CWG sport in Week 1 of the Games. This is in the best interests of both the athlete and the team.

Athlete maturity and ability to handle one long week of high level racing will be considered and athletes are strongly encouraged to discuss their season priorities with their coaches.

If selection between two or more athletes is close, the selection committee may give priority to an athlete competing only in Cross Country Skiing.

2019 CANADA WINTER GAMES (CWG) EVENTS

CROSS COUNTRY SKI

Male events:

10 km Free technique, interval start (3.3 km x 3)
1200-1600 m individual Sprints (Free technique, top 30 to quarterfinal heats)
15 km Classic technique, mass start
4 x 5 km relay Classic technique

Female events:

7.5 km Free technique, interval start (2.5 km x 3)
1200-1600 m Individual Sprints (Free technique, top 30 to quarterfinal heats)
10 km Classic technique, mass start
4 x 3.75 km relay Classic technique

PARA NORDIC

Male & Female (Sitting) events:

2.5 km Para Nordic, interval start
600-800 m Sprints (to 8 to semi finals)
5 km Para Nordic, mass start

Male & Female (Standing) events:

2.5 km Para Nordic Free technique, interval start

900-1200 m Individual Sprints (Free technique, top 8 to semi finals)

5 km Para Nordic Classic technique, mass start

ELIGIBILITY

All athletes must:

- Be a member of a CCSAM club and be registered in the CCSAM Provincial Development Program.
- Be 23 years of age or younger (in the Games year). Born 1996 or later*.
- **Para Nordic** athletes must be 35 years of age or younger, born 1984 or later**.
- Have a valid CCC racing license
- Not compete for a team position on a CWG team other than Manitoba.

*Only one U23 (born 1996-1998 inclusive) athlete may be selected. All others must be 20 or younger (born 1999 or after)

**Age exceptions for older Para athletes may be allowed. Midget aged athletes are not eligible.

Excluded: Senior National Team athletes and athletes who have competed at Senior World Championships, Olympic/Paralympic Games, World Cups (not including domestic) or medaled at a WPNS World Cup. Eligibility rules are found in the 2019 Technical Package for Cross Country Ski.

SELECTION PROCESS

The Selection Committee will select the 2019 CWG team members as follows:

1. Individual results from 4 selection races will be assigned a point value:
 - 2 selection races in 2017-18 (see below) will be worth 30% of the athlete's total selection score and,
 - 2 selection races in December 2018 (to be scheduled by September 2018) will be worth 70% of the athlete's total selection score.
2. If the selection race results do not allow the selection committee to select a full team to their satisfaction then the selection committee may use other criteria to select the final team. Other criteria may include:
 - CCC or FIS sanctioned race results, particularly in the 2018-19 competitive season. Especially in cases where potential athletes are unable to compete in selection events.
 - Recommendations made by CWG coaches &/or personal coaches.
3. Athlete's training and competing outside of the CCSAM division (e.g. NDC or University athletes attending school outside of Manitoba) will be allowed to substitute the first 2 selection races defined in this document with equivalent races upon approval, in advance, by the Selection Committee.
4. Athletes must apply in writing to the CCSAM Provincial Development Program Committee to request consideration for team selection based on performances other than the 4 selection races defined in this document.
5. If selection between two or more athletes is close, the selection committee may give priority to the athlete(s) competing only in Cross Country Skiing (see "Philosophy" above).
6. Once selected, all athletes are expected to continue at or above the performance level attained at the time of their selection. If an athlete's performance level is not maintained then the Provincial Development Program Committee, in consultation with the CWG coaches, will have the power to reevaluate the athlete's suitability and the athlete may be removed from the team.

Decisions made by the Selection Committee are not subject to appeal.

SELECTION RACES

2017 – 2018

1. Provincial Championship Classic technique race – Feb 10, 2018 – International Peace Garden, Boissevain MB
 - **Or** pre-approved substitute
2. Provincial Championship Free technique race – Feb 11, 2018 – International Peace Garden, Boissevain MB
 - **Or** pre-approved substitute

2018 – 2019

3. Selection Classic technique race – December (TBA), 2018 – Location: TBD
 - **Or** pre-approved substitute
 - Format and distance to closely match CWG2019 events where possible
4. Selection Free technique race – December (TBA), 2018 – Location TBD
 - **Or** pre-approved substitute
 - Format and distance to closely match CWG2019 events where possible

POINT SYSTEM

Individual athlete results in the selection races defined above will be assigned a point value. For selection races 1 & 2 points will be assigned according to the athlete's finishing time in relation to the winning time in their respective age category. The value of selection races 1 & 2 will be worth 30% of the athlete's total selection score. The same method will apply for selection races 3 & 4 when the athletes compete for the final 70% of their selection score, however, there will be no age category separation in the final 2 selection races.

LOW FLUORO GLIDE WAXING PROTOCOL

CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events. This protocol applies to ALL local, regional and provincial events taking place in Manitoba.

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted
- Structure tools ARE permitted

APPEAL PROCESS

Decisions made by the Selection Committee are final and not subject to appeal. Please refer to the CCSAM Alternative Dispute Resolution and Appeals Policy.