

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

**2023 CANADA WINTER GAMES**  
FEBRUARY 18 – MARCH 5, 2023  
PRINCE EDWARD ISLAND

**TEAM COMPOSITION**

By January 7, 2023, 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 6 male and 6 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 2 Alternate athletes will be selected and will be asked to join the team if replacements are necessary.

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 EXPECTATIONS**

Athlete maturity and ability to handle a physically and mentally demanding week of competition will be considered, and athletes are strongly encouraged to discuss their season priorities with their coaches.

To ensure the strongest teams of athletes from Manitoba, Sport Manitoba will not support high volume competition or camps in the 2 weeks prior to Games. If selection between two or more athletes is close, the selection committee may give priority to an athlete competing only in Cross Country Skiing.

**ATHLETE AGREEMENT**

Athletes (including Alternates) selected to the Cross Country Ski and Para Nordic team must sign an Athlete Agreement accepting their team position and agreeing to CCSAM policies governing athlete selection and conduct. Selected athletes will agree to adhere to a training and competition schedule developed in collaboration with the CWG Team Coaches.

**2023 CANADA WINTER GAMES (CWG) EVENTS**

**CROSS COUNTRY SKI**

**Male events:**

10 km Classic technique, interval start (3.3 km x 3)

1200-1400 m Sprints (classic technique, top 30 to quarterfinal heats)

15 km Free technique, mass start

**Female events:**

7.5 km Classic technique, interval start (2.5 km x 3)

1200-1400 m Sprints (classic technique, top 30 to quarterfinal heats)  
10 km Free technique, mass start

**Mixed events (2 men + 2 women):**

4 x 5 km relay Free technique. Two official teams permitted. Unofficial teams may be formed with extra skiers.

**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, interval start

**Male & Female (Standing) events:**

2.5 km Para Nordic classic technique, interval start  
900-1200 m Sprints (classic technique, top 8 to semi finals)  
5 km Para Nordic free technique, interval start

**ELIGIBILITY**

All athletes must:

- Be a member of a CCSAM club and be registered in the CCSAM Provincial Development Program.
- Be 20 years of age and under as of December 31, 2023. Born 2003 or later.
- Para Nordic athletes must be 30 years of age and under. Born 1993 or later\*.
- Have a valid Nordiq Canada racing license.
- Not compete for a team position on a CWG team other than Manitoba.
- U14 athletes are not eligible.

\*Age exceptions for older Para athletes may be allowed.

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. Full details on eligibility rules are found in the 2023 Technical Package for Cross Country Ski.

**SELECTION PROCESS**

The Selection Committee will select the 2023 CWG team members as follows:

- Individual results from 4 selection races will be assigned a point value:
  - 2 selection races in 2021-2022 (see below) will be worth 30% of the athlete's total selection score and,
  - 2 selection races in December 2022 will be worth 70% of the athlete's total selection score.

If the selection race results do not allow the Selection Committee to select a full team to their satisfaction, the Selection Committee may use other criteria to select the final team. Other criteria may include:

- NC or FIS sanctioned race results, particularly in the 2022-2023 competitive season. Especially in cases where potential athletes are unable to compete in selection events.
- Recommendations made by CWG coaches &/or personal coaches.
- 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.

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. 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).

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.

## **SELECTION RACES**

2021 – 2022

Provincial Championship Classic technique race – February 12, 2022 – Mount Evergreen, Kenora.

Or pre-approved substitute

Provincial Championship Free technique race – February 13, 2022 – Mount Evergreen, Kenora.

Or pre-approved substitute

2022 – 2023

Selection Classic technique race – December (TBD), 2022 – Location: TBD

Or pre-approved substitute

Format and distance to closely match CWG 2023 events where possible

Selection Free technique race – December (TBA), 2022 – Location TBD

Or pre-approved substitute

Format and distance to closely match CWG 2023 events where possible

## **POINT SYSTEM**

Individual athlete results in the selection races defined above will be assigned a point value based on the winning time in each race. Selection races 1 & 2 are worth 30% of the athlete's total selection score and selection races 3 & 4 are worth 70% of their selection score.

## **APPEAL PROCESS**

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