



Canada



* SNOW * SKATE * SURF *



**S3 CANADIAN SNOWBOARD
ALPINE CHAMPIONSHIP 2013**

EVENT GUIDE

Le Relais, Quebec: March 25-28, 2013











After an exciting and successful season, we will be excited to welcome riders from across the country, as well as international riders to the **S3 Canadian Snowboard Alpine Championships 2013** at Le Relais, Quebec. The event will feature junior PGS and NorAm PGS/PSL races March 25th – 28th, 2013.

We have compiled this Event Guide to ensure that you have all of the information that you need leading up to the event.

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Good luck to all competitors & have fun!

- Association Québec Snowboard and Canada Snowboard



ACCOMMODATION: The Four Points by Sheraton Quebec Resort

ROOM RESERVATIONS

The official Hotel is The Four Points by Sheraton Quebec Resort in Québec city. Rooms are available under the group booking from March 23rd to 28th. The deadline to book rooms is **March 8th**.

Four Points Hotel
7900 du Marigot
Québec City, Québec, Canada
G1G 6T8

Reservations can be made from within Quebec City by calling 1-418-627-8008 or Canada/internationally at 1-866-627-8008.

You must ask in-house reservations (hotel front desk) and mention that you have a group rate and use the code below:

Room Only **LRB01**

Room with Breakfast **LRB01D**

Check-in time is 15:00 a.m. Every effort will be made to accommodate guests arriving before the check-in time, however, rooms may not be immediately available. Check-out time is 12:00 a.m. Requests to retain rooms beyond that hour should be directed to the Front Desk once the delegate is registered. Should it be possible to extend a late checkout, a late departure fee may be applicable.

RATES AND MEAL PLAN

Room Only

Room	Single	Double	Triple	Quadruple
Traditional Room	127\$	127\$	137\$	147\$

Room with breakfast

Room	Single	Double	Triple	Quadruple
Traditional Room	142\$	157\$	182\$	207\$

** Please note that the taxes are not included in our prices and the gratuities should be left to the server for breakfast

AIRPORT SHUTTLE

The closest airport is Quebec International Airport (YQB). All athletes are responsible for their own travel from the airport to Club de Ski Le Relais or Four Points by Sheraton Quebec Resort.

CAR RENTAL

Sauvageau

www.sauvageau.qc.ca 418-681-1729

The prices are between 49,95\$ to 69,95\$ for 250km, depending what type of vehicles you need.

Discount

www.discount.ca 418-529-2811

The prices is 49,43\$ for 250km.

Expedia

www.expedia.ca

Good price are available online when you book the flight at the same time.



GENERAL INFORMATION:

Internet	Included
Parking	Outdoor parking is included
Wax rooms/Storage rooms	Available at the hotel for all teams
Pharmacy	Located within 10 km

PRIZE MONEY

The prize money for **S3 Canadian Snowboard Alpine Championships 2013** will be 3000\$ for Men and Women PGS.

EVENT SCHEDULE: LE RELAIS

OVERALL SCHEDULE

	Junior	NorAm	Off Snow
March 24st	Training 7 to 9 AM	Training 7 to 9 AM	TC Meeting @ 19h
March 25th	Junior 10-14 PGS Junior FIS		TC Meeting @ 19h
March 26th		NorAm PGS - Race	TC Meeting Group Dinner @ 18h
March 27th		NorAm PSL - Race	
March 28th	Weather day in case of cancellation	Weather day in case of cancellation	

** All the TC Meeting will be at Four Points by Sheraton

RACE OFFICE (SKI SCHOOL)

March 24th	8h00-16h00
March 25th	8h30-16h00
March 26th	8h30-16h00

DETAILED SCHEDULE (SUBJECT TO CHANGE)

Sunday, march 24th: Training Day

8h00-16h00	Race Office (Ski School Office)
7h00-9h00	Training day
19h00	TC Meeting

Monday, march 25th: Junior 10-14 and Junior FIS PGS

8h30-16h00	Race Office (Ski School Office)
8h30-9h00	Inspection
9h30	PGS 10-14 Qualifications
10h30	PGS FIS-Junior Qualifications
12h30-12h45	Inspection
13h00	PGS 10-14 & FIS Junior Finales
19h00	TC Meeting

Tuesday, march 26th: NorAm PGS

8h30-16h00	Race Office (Ski School Office)
8h30-9h00	Inspection
9h30	PGS Qualifications
11h30-11h45	Inspection
12h00	PGS Finales
16h00	Medals Ceremony and banquet

Wednesday, march 27th: NorAm PSL

8h30-9h00	Inspection
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9h30	PSL Qualifications
11h30-11h45	Inspection
12h00	PSL Finales

EVENING EVENTS

Workshops: Workshops are available for athletes, coaches and officials to attend for free.

March 25th, 26th: Yoga (45 min)

March 25th: Physical training – kinesiology (1 hour)

March 26th: Managing Concussions (1 hour)

End of Season Party: To celebrate the end of the 2013 season and its successes, there will be an event held the evening of March 26th so we can celebrate together. Details will be coming soon.

LIFT TICKET PRICES

On race days, lift tickets for racers are included with the registration fees. During the training, the lift ticket is 20\$.

On training days, lift tickets are free ONLY for certified coaches. On race days, lift tickets are free for ALL coaches.

TEAM INFORMATION AND REGISTRATION

REGISTRATION FEES AND PAYMENT:

Spots in the competitions are not limited. PTSO should inform "Canada Snowboard" about the number of athletes by March 4th. All entries must come from the PTSOs, but registered athletes can pay for their own registration on-line. Registration fees are as follows:

Payments should be made through the online system found at: <https://snowboard.sportingdna.ca/fr/users/login>. Enter your username and password. Click on Event at the top of the page. Select the event. Follow the directions from there and Paypal will issue a receipt at the end. **On-Line Registration for this event closes on March 23th at 11:59pm EST.**

Note: A valid and current FIS License, SAIP Insurance and Provincial Membership are required to register. Without all three, athletes are unable to participate at this event.

	On line	On site
Junior 10-14 PGS (March 25) Banquet included	100\$	120\$
Junior FIS PGS (March 25-26-27) Banquet included	275\$	300\$
NORAM PGS/PSL (March 26-27) Banquet included	200\$	230\$


**** Tickets for the banquet will be on sale at the race office Monday, between 8h30 and 12h00 for parents and coaches. The price for the banquet is 25\$.**


International Athletes (Outside of Canada):

In order to confirm your registration, the Event Organizers need to receive written confirmation from your National Snowboard Association that you are in good standing prior to your arrival at the event. The confirmation letter can be submitted by e-mail to: evenements@quebecsnowboard.ca

AGE REQUIREMENTS

Competitors must meet the following criteria to compete:

 Competitors must hold a valid FIS License (this does not apply for U14 Junior nationals), SAIP insurance and Provincial Membership before registering

 To compete in each category, athletes must fit in a certain age category:

	Open	15-19 Juniors (FIS event)	10-14 Juniors (not a FIS)
PGS/PSL	15 years and over: (born before December 31 st , 1997)	15-19 years: (Born between January 1 st , 1993 and December 31 st , 1997)	10-14 years: (Born between Jan 1st, 1998 and Dec 31, 2002)

Ages of athletes are based on their age on December 31st. For example, if 'Athlete X' turns 15 years old on January 3rd he must still compete in the 10-14 category since on December 31st he was 14.


CANADIAN JUNIOR NATIONAL CHAMPIONS


The Junior National Champions will be held as separate events from the Open Championships. Champions will be determined by the winners in the Junior events and not from a sort of the Open events. There will be one category with the 15-19 years old and one category for the 10-14 years old for both men and woman.


START LIST DISTRIBUTION

Start lists will be available on-site following the Team Captains meeting and will be posted in the Race Office.

RESULTS DISTRIBUTION

 *Unofficial* results will be available on the mountain as soon as possible following the completion of the event and will be posted in the finish corral

 *Official* results will be posted in the Race Office

 *Complete Result Packages* will be available on-line at www.canadasnowboard.ca/tour


TEAM CAPTAIN'S MEETINGS


Each PTSA must provide at least one Team Captain to represent their team of athletes at the competition and at the TC Meetings. Team Captain's Meetings will be held each night. The time for the TC meetings will be listed in the detailed event schedule that will be available 1 month prior to the event. Once on site, please refer to the daily official event program that you will receive at registration for daily times. It is up to each team to ensure that the appropriate officials attend the meetings each evening.

One part of the Team Captain's role is to ensure that all of their athletes are on the Registration List. The Team Captain is also required to pick up their team's bibs after the bib draw and check the bib numbers for accuracy before leaving the meeting.

SANCTION

Canada~Snowboard and FIS sanction the **S3 Canadian Snowboard Alpine Championships 2013**. For the FIS points scale, the competitions are categorized as:

 Senior PGS/PSL – NorAm Cup Finals

 Junior PGS – FIS Junior Nationals

RULES

Certified helmets are mandatory for all training and competitions. **S3 Canadian Snowboard Alpine Championships 2013** will be organized and run in accordance with the FIS Rule Book. The FIS points system will be used for all calculations during the event and all results will be posted as part of the FIS points list.

ANTI-DOPING

Canada~Snowboard enforces the guidelines set by the World Anti-Doping Agency (WADA) in accordance with FIS regulations. If doping control occurs at this event, it will only concern Canadian PGS Athletes competing in the Senior

Open Division. For more information on anti-doping procedures and guidelines, check out <http://www.wada-ama.org/> and <http://www.fis-ski.com/uk/medical/fisanti-doping/>.

VOLUNTEERS AND OFFICIALS

S3 Canadian Snowboard Alpine Championships 2013 will be at the Le Relais Ski Resort, March 25-28th, 2013, and we need your support! There are a number of on-snow and off-snow positions available throughout the event week. Positions available include Assistant Starter, Finish Referee, Marshalls, Course Maintenance, Gate Judges and more! This is a great opportunity for to further advance your skills and to support your Canadian National Team, as they compete in the final event of the season.

Volunteers and Officials are vital to the success of this event. We highly value the time volunteers donate to the event and aim to provide a fun, community experience for all who join our team. Volunteers will be provided with lunch on the days that you work and there will be a perk gift those who volunteer for a certain amount of days. Discounted accommodation is available at the Four Points by Sheraton Quebec Resort for those who need it.

For more information, email: evenements@quebecsnowboard.ca

Officials

Each PTSA is required to bring/assign a minimum of **two** events official to fill an on-hill position during each day of Nationals. It is recommended that the person(s) that you assign have their Canada~Snowboard Officials Certification. There are a number of Officials training opportunities across Canada this winter. For details, check out the officials tab under Events on the C~S Website.

ABOUT THE LE RELAIS AREA:

Le Relais held in 2005 a World Cup PGS race that was used as the qualifying event for the 2006 Olympics Games. Every year since 2006, Le Relais hold a Noram weekend which is considered as one of the best Alpine events every year. Easy access, professionally managed and friendship characters has created the reputation for those events.

LE RELAIS SKI CENTER

1084, Boulevard du Lac
LAC-BEAUPORT (Québec)
G3B 0X5

For more information about the resort and to check current conditions, check out www.clubskirelais.org/.