

AGE GROUP(S)

U13: Year of birth 2013 or 2014 (4 males, 4 females)

U15: Year of birth 2011 or 2012 (4 males, 4 females)



*Athletes must be at least 11 years of age by the opening day of the Alberta Games
(Born before February 13, 2015)

ZONE TEAM COMPOSITION

The maximum team size shall be:

16 athletes per Zone (# of females 8 # of males 8)

2 coaches and 2 chaperones per Zone (# of females max 2 # of males max 2)

In the case a Zone has less than 10 competitors the Zone will be allocated a maximum of 2 coaches / chaperones: 1 female, 1 male where at least one must be a coach.

Any additional coaching spots, up to the maximum as per the Multisport Games Unit quota for the Alberta Winter Games, will be allocated to Zones with the largest number of competitors after the fill policy is complete.

FILL POLICY

1. Provincial Sport Coordinator in conjunction with the Zone Coordinators will regulate fills.
2. Each Zone will forward their official Zone qualifier results to the Nordiq Alberta office by **January 6, 2026**. The results must clearly indicate which athletes meet eligibility requirements. The list of qualifying athletes will be broken down by category including age group and gender. The list will also include the additional athletes who desire to attend the games, known as fills.
3. The ranking list will also indicate the ranking order of any additional athlete, known as fills. This is especially important for Zone qualifiers that are open to athletes from other Zones (such as using an AB Cup for a Zone qualifier).

Deadline date to submit Zone qualifier results and ranking of the additional athletes is by **January 6, 2026** to the Nordiq Alberta office.

Fill spots will be distributed according to the following steps:

1. Automatic qualifier: Each Zone of the 8 Zones is allocated the following number of athletes:
U13: 4 males, 4 females
 - A. U15: 4 males, 4 females, Athletes and Fill Athletes will compete in their own category, (age and gender), for their respective Zone.
 - B. A Zone may have more than the standard number of athletes for a category, (eg. more athletes for U13 females) only if other Zones have fewer than the allocated numbers for the same category.
 - C. A Zone may have more than the allocated 4/4 (U15/U13) athletes by gender within a Category if other Zones are not able to fill their complement.

**SPORT TECHNICAL PACKAGE
CROSS COUNTRY**

- D. There are a maximum 128 athletes, with 64 male and 64 female athletes competing if all categories are filled.
2. Fills: Each unclaimed spot for each category will be allocated to other Zones based on participation numbers at each Zone qualifier.
Respective Fill Percentages will be calculated and allocated to each Zones (rounded down).
After the initial fills procedure of the rounding down exercise is completed and fill positions are still vacant, the remaining fill positions will be drawn by the way of a double random draw procedure to allocate the next available athlete(s) in that (those) Zone(s)

Example: CATEGORY: U15, automatic qualifying numbers: 4 males per Zone:

	Z1	Z2	Z3	Z4	Z5	Z6	Z7	Z8	
# athletes at Zone qualifier	4	2	8	0	9	2	0	11	Total: 36
Automatic qualifiers	4	2	4	0	4	2	0	4	12
Extras	0	0	4	0	5	0	0	7	Total: 16
Respective fill percentages	(0/16) *12 = 0	(0/16) *12 = 0	(4/16) *12 = 3	(0/19) *12 = 0	(5/16) *12 = 3.75	(0/16) *12 = 0	(0/16) *12 = 0	(7/16) *12 = 5.25	
Fill numbers rounded down	0	0	3	0	3	0	0	5	Total: 12

3. In the unforeseen situation where the total number of athletes that participated at trials in a category is less than the available positions, then the remaining positions will be redistributed to a different category (same sex) with the most Zone qualifier athletes.

Example: Only 22 athletes participated in all Zone trials in the U15 women category. The extra positions will be given to the U13 category since they were a bigger field than the U15 category in total numbers from all Zone qualifiers.

*Fills must be submitted for approval to the Multisport Games Unit by **January 13, 2026**.*

ELIGIBILITY

For complete Alberta Games Eligibility Policy information please visit www.albertawintergames.ca.

Athletes

- All athletes must be members of Nordiq Alberta through an affiliated club.
- Athletes nominated to the Alberta Ski team or nominated to attend Canadian National Championships with the Alberta Ski team for the year of and the year prior to the Alberta Winter Games, will be ineligible to compete (Note: Athletes who attend Nationals as a club athlete are still eligible to attend the Winter Games).
- Biathletes nominated to attend Biathlon Nationals with the Alberta Biathlon team will be ineligible to compete in the Cross Country events at the Games.

Coaches

All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.

- **NCCP Certification** - a minimum of one coach per zone must be fully Trained under the National Coaching Certification Program (NCCP) to at least Train to Train (T2T) level. Additional coaches must be minimally Trained at the Learn to Train (L2T) level. All coaches must also have completed the NCCP Make Ethical Decisions Online Evaluation.
- **Safe Sport** - SafeSport Requirements for all coaches and chaperones must be submitted to the Provincial Sport Coordinator by the time a team is named:
 - Must have a clear criminal records and vulnerable sector check from within the last three (3) years, or less if required by your organization's policies.
 - Must have completed the CAC Safe Sport Training.

Note: Where a coach or chaperone has been substituted after the registration deadline leading into the Games, they must have the above completed and verified with Mission Staff no later than 48 hours prior to the start of the Alberta Games.

AFFILIATION

Athletes and coaches must be members of Nordiq Alberta through a currently affiliated club. For information on clubs, please contact the Nordiq Alberta office at (780) 415-1738 or check out the website at www.nordiqalberta.ca.

ENTRY AND ZONE PLAYOFF PROCEDURES

- One (1) individual race (either Classic or Free Technique) in each Zone on or before **January 5, 2026**, in order to meet the Alberta Winter Games registration deadline.

To determine the date and location of Zone playoffs/selection please visit www.nordiqalberta.ca or www.albertawintergames.ca.

ALBERTA GAMES REGISTRATION FEE AND DEADLINE

All Zone team athletes, who qualify to compete at the 2024 Alberta Winter Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. *Information on the collection of this fee(s) will be updated no later than the fall of 2025.*

Please note the registration deadline for Cross Country Skiing is **January 6, 2026**.

EVENTS

Competition Format:

- Classic Event – Sprint Ladder format

**SPORT TECHNICAL PACKAGE
CROSS COUNTRY**

- Skate Event - Individual Start
- Mixed Technique Relay Event

Class	Day 1 Sprint Classic (Ladder Format)	Day 2 Skate (Individual Start)	Day 3 Relay (Mixed Technique)
U13 Female	600 m	3.0 km	3 x 3.0 km
U13 Male	600 m	3.0 km	3 x 3.0 km
U15 Female	600 m	5.0 km	3 x 3.0 km
U15 Male	600 m	5.0 km	3 x 3.0 km

Relay

- Mixed technique will be set according to conditions at the race site.
- Relay race will be by age-category for U13, and U15.
- Athletes from lower age category are discouraged from racing up unless necessary.
- Athletes will be allowed to race for only one (1) leg and one (1) official relay team per age category.
- Official relay team consists of four (4) athletes for the U13 and U15 categories.
- One official relay team per Zone will be accepted. Extra teams will race unofficially.

Unofficial Relay Teams

- Any relay not filled with a full team (4) from their Zone will be unofficial
- If a Zone has less than the required number of athletes available for the team, athletes from another Zone can ski on their relay team
- Unofficial relays will not be eligible for Alberta Winter Games medals

Sprint Race

- Classic Technique
- Ladder Format
- Each athlete will race all heats in the ladder format
- Competition will be governed by Nordiq Canada rules.

Other Information

Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta.

Waxing protocol:

- Structure tools ARE permitted.
- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted. This includes all types of fluorinated glide wax (e.g. LF, HF, block, powder, liquid).
- Fluorinated Kick Wax IS permitted for all age categories at this time.

*as of 2024, recognition of a potential change to provincial waxing protocol may take place in the future, and could be implemented for this event.

PROTEST PROCEDURES

A protest form must be submitted within one (1) hour of the unofficial results being posted to the Race Secretary who will forward it to the Chief of Competition.

The protest is then decided on by the sport jury consisting of the Chief of Race, Technical Delegate and Provincial Sport Coordinator and one (1) coach pre-selected prior to the event by the Provincial Sport Coordinator.

EQUIPMENT SPECIFICATIONS

N/A

PROVINCIAL SPORT COORDINATOR

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Website: www.nordiqalberta.ca

ZONE SPORT REPRESENTATIVE

Each of the eight (8) Zones has a designated Cross Country Ski representative. To contact your Zone sport representative please see the list below and contact information for each Zone sport representative to be available in late summer 2025.

Zone 1		Phone : Email:
Zone 2		Phone: Email:
Zone 3		Phone: Email:
Zone 4		Phone: Email:
Zone 5		Phone: Email:
Zone 6		Phone: Email:
Zone 7		Phone: Email:
Zone 8		Phone: Email: