

APPENDIX A: Start Order

Except for FIS Masters' races held in Canada, the start order for Canadian Masters' races is recommended as follows:

Start Order	Gender	Age Group
1	F	90+
2	F	85-89
3	F	80-84
4	F	75-79
5	F	70-74
6	M	90+
7	M	85-89
8	M	80-84
9	F	65-69
10	F	60-64
11	M	75-79
12	M	70-74
13	F	55-59
14	F	50-54
15	M	65-69
16	M	60-64
17	F	45-49
18	F	40-44
19	M	55-59
20	M	50-54
21	F	35-39
22	F	30-34
23	F	18-29
24	M	45-49
25	M	40-44
26	M	35-39
27	M	30-34
28	M	18-29

APPENDIX B: Guide for CMAC Organizers

What is Masters Ski Racing?

Masters’ ski racing is for athletes over the age of 18; there is no upper age limit e.g. in 2013, Rolf Hauge (Ontario) competed at the young age of 93! Masters’ events in Canada cover the four alpine disciplines (Slalom, Giant Slalom, Super G and Downhill) and all competitors race the same course regardless of age or gender, with honours awarded for the fastest men’s and women’s times in each age group being 5-year increments. These events take place from Atlantic to Pacific and comprise local club programs, inter-club and other race series, as well as provincial and national championships.

Masters’ racers come from a variety of backgrounds and experience levels, including some directly out of the U18 programs, some who are returning to competition after a period of time, and others, well into their adult years, who are getting involved in racing for the first time. For example, in the 2015 Masters’ racing season, over 650 competitors took part in sanctioned Masters’ races in Canada; that is 650 people with a love for winter, an urge to compete and who revel in the resulting camaraderie.

How Masters’ Racing is organized in Canada

Masters’ ski racing in Canada operates under the large umbrella of Alpine Canada Alpin and the respective smaller umbrellas of the Provincial Ski Associations (PSOs). A Masters’ National Committee oversees the selection of event venues, the scheduling and delivery of events with its host ski area partners, and the annual selection of a national Masters’ team. With responsibility for the business of Masters’ racing, the National Committee draws on the volunteer expertise of local representatives from each ski region.

History and Evolution

Taking place each year, the Canadian Masters’ Alpine Championships (CMAC) is the pinnacle on the Masters’ race calendar. First established in the late 1980s, under the leadership of ski legend Dave Murray, in Whistler. The Nationals moved from Whistler to Sun Peaks Resort in 2001; hosted by Nancy Greene Raine (Canada’s female athlete of the 20th century), her husband Al Raine, the ski area and its racing club, where the event prospered for 11 successive winters. Following expressions of interest from other potential host ski areas and the enthusiasm of Masters’ racers to explore new venues, the National Committee announced that the 2012 National Championships would be held outside of BC, for the first time in its history, at the former Olympic venue of Nakiska, in Kananaskis AB. The Nakiska Ski Area and the Alberta Masters’ Ski Club ably picked up the Nationals torch, hosting both the 2012 and 2013 CMAC. Kimberley Alpine Resort welcomed Masters for the 2014 and 2015 CMAC. The CMAC then went cross country to Stoneham QC for two years, back to the west at Panorama BC for two years, then back to Stoneham QC where it was interrupted in between their 2-year commitment due to COVID-19; CMAC 2021 was cancelled but Stoneham QC is poised to host the CMAC again in 2022.

Pre 2001	Whistler BC	2018-2019 (end March)	Panorama BC
2001-2011 (end March)	Sun Peaks BC	2020 & 2022 (mid-February)	Stoneham QC
2012-2013 (end March)	Nakiska AB	Note: 2021 cancelled due to COVID-19	
2014-2015 (end March)	Kimberley BC	2023 (early February)	Kimberley BC
2016-2017 (mid-March)	Stoneham QC	2024-2025 (early March)	Nakiska AB

The Future

With a number of resorts having hosted the National Championships, the National Committee has established a path forward by rotating the Nationals among interested and qualified Canadian ski resorts. Masters’ racing

in Canada is strong and vibrant, so the National Committee looks forward to continuing that momentum with the addition of new resorts which will attract more local Masters, satisfy the desire for Masters to travel and experience different resorts, and return with friends and family for leisure trips.

Event Guidelines

The Canadian Masters' Alpine Championships runs for a period of four days, consisting of the following:

Day 1: Timed SG training on the race hill (recommended for all participants but not mandatory).

Day 2: SG race in the morning with a second SG race in the afternoon.

Day 3: Two run GS race.

Day 4: Two run SL race (this race should start as early in the day as possible, to allow for an early finish).

The hill used for the events should be accredited and used for National or FIS races; while each resort will have different terrain, we have established a general guideline:

SG: Vertical drop ~400 metres, ideal length of 1-kilometre or greater, 60 second running time or greater and 40-45 metre radius set.

GS: Vertical drop ~350 metres, 60 second running time or greater and 25-30 metre radius set.

SL: Vertical drop ~180 metres, 50 second running time or greater and 11-13 metre radius set.

There should be no air features in any of the events. A couple of warm-up slalom courses (~15 gates) should be available on the morning of the SL race, however, this is not mandatory.

The ideal time for the event would coincide with a convenient time for the host resort. For many years, the event has been held on the last weekend of March or the first weekend in April. More recently it has become advantageous to hold this event in February. The timing of the event is up to the host hill. Considerations for timing of the event include:

- Good snow conditions for consistent racing.
- Scheduling to avoid conflict with the US Nationals.
- Scheduling to minimize the impact of Easter.
- Scheduling to avoid other major Masters' events which have no change flexibility.
- Scheduling to include FIS Masters' Cup races before or after the CMAC.

The host venue should provide all elements of the on-hill event, including safety (netting) and crowd control, an appropriately sized start area (for staging racer equipment), electronic timing, race crew and all volunteers to successfully deliver a championship level event. A reasonable warm up run should also be available for athletes to get themselves ready to race each day.

Racer **results** are to be calculated both by gender (overall) and by five-year age group, within genders. Awards are presented by age group, according to established five-year age bands. However, the National Committee and the Race Organizing Committee of the host venue, may change the CMAC awards from five-year age categories to ten-year age categories and/or other groupings, depending on participant numbers at CMAC. At minimum, CMAC medals must be awarded for **overall combined** (not necessarily for each discipline) in the five-year age categories. The race notice must be very clear that award presentations may change after registration closes and participants will be informed at that time – see Appendix C for sample race notice

Registration

For several years, there have been 75-100 Masters enter the races. A few years have dipped below that due to weather and other mitigating issues. However, not all participants register for all the events. A cost structure should allow for a 'per race fee', as well as a separate fee, per person, for the banquet as there will be several non-racers who attend the banquet with their racing spouse, friend, parent, etc.

Any fees collected related to the races will be kept by the host club in order to cover costs of running the race with any remaining funds to be kept as a profit. If the National Committee is organizing the banquet, the banquet fee will be retained by the National Committee to cover the banquet and other costs built into this fee, but if the host hill is organizing the banquet, they will collect and retain the funds.

The amount of the various fees should be reviewed by the National Committee before being published to ensure reasonableness.

The fee for the banquet should cover the cost of the dinner, the room space rental (if required), and a small take-home token for each Master (racers only). At Sun Peaks and Kimberley this was a shirt emblazoned with the names of the sponsors, the Championship name and the year. At Nakiska, this included a duffle bag or backpack (donated) that included a t-shirt with the names of the sponsors and various other small gifts donated by a local sponsor. The National Committee will endeavour to secure a sponsor to donate or cover the cost of the racer gift. At Stoneham and Panorama, the racers were gifted their racing bibs.

A package of registration forms from prior years will be sent to the host, at their request.

Videos and Photos

A videographer and photographer should be engaged to document the race, runs and events surrounding the Championships. These videos and photos can be sold to the racers and will also be used by the National Committee to further promote this event as an example of the tone and quality of this event.

Social Events

An athletes' banquet should be hosted on the evening after the GS race. During the banquet, awards would be presented for the SG and GS events. A podium should be available during the award presentations. A public address system for announcing the awards is highly recommended. The banquet should be buffet style and a cash bar unless the host obtains a beverage sponsor.

The MC for the evening will be chosen by the National Committee. The medal presentations should include the President of Alpine Canada Masters and the Provincial Masters' Representative of the host hill or other member of the National Committee. If the President cannot attend the event for medal presentations, then the President must designate the highest-level Committee member attending the event e.g. Past President or Regional Director. Accommodations will be made, in the case of the attendance of an important figure in the ski community, to be part of the medal presentations at the banquet.

To further engage the athletes, draw prizes should be secured for a draw during the banquet. The draw prize tickets can be distributed based on the goals of the host. In previous years, this included providing a single ticket issued to each attendee, in addition a 50/50 draw from purchased tickets that doubled as a fund raiser for Alpine Canada Masters. Fundraising proceeds will be distributed to the National Committee to cover

expenses such as medals, etc. An athlete gift(s) should be included and available for each athlete at the banquet (or at registration).

Pre-race/team captain meetings should be scheduled for the end of the day prior to each race event or detailed instructions should be sent to each competing athlete by email and/or WhatsApp group. During this time, race rules, bib pickup arrangements, etc. should be reviewed. In prior years, we have assigned one bib to an athlete which they use for all events; this makes the race secretary's job much easier.

After the completion of the slalom races, the slalom and overall combined awards presentation would take place. Again, a podium and PA system should be available. Combined awards are to be calculated on the total time of all four races, in the five-year age categories per gender. There are also some additional awards and recognition, which are handled by the National Committee being the Dave Murray Cup (section 14 above) and Champions of Champions (section 15 above). The awards following the slalom race should be held as early in the day as possible—while allowing time to compile the final results—in consideration of out of province Masters who wish to take an evening or overnight flight home.

Advance Training Option

A popular addition to the event has been the inclusion of a number of training days prior to the Super-G training day; this has included gates as well as free skiing. Each host hill should determine themselves if this is something they would like to offer. This would be an optional extra and has typically drawn 15-25 Masters for the extra days on snow. The cost for this would be the cost of coaching plus any costs associated with on hill training.

Accommodations

Arrangements should be made by the National Committee at a hotel within walking distance of the race hill access point. The facility should include a wax room and ski storage space. Ideally late check out from the hotel on the last day is desirable. A variety of accommodations would be required to satisfy the needs of families, Masters wanting to share, as well as Masters who prefer their own space.

A group rate should be obtained if possible. Typically Masters' racers at the Canadian Masters Championships will require approximately 30+ rooms. If there are a lot of local Masters this number should be adjusted accordingly. In the last 5-8 years we have had roughly 70-100 Masters attend the Canadian Alpine Masters Championships.

Champion of Champions

Each year, the top performing male and female athletes are awarded the title of Champion of Champions. This award includes complimentary entry and lift tickets for the 4-day event. Each year, the host is to honour the Champion of Champions from the previous CMAC and provide them with complimentary entry and lift tickets.

Note: From 2021 onwards, only Canadian citizens or Canadian permanent residents can be awarded the Champion of Champions.

Other

When possible, arranging for a group travel rate on an airline or with a rental car company is a nice touch.

Responsibility of the Host Hill

- All on-hill preparations including safety netting, gates, course safety and maintenance, start area, start racer marshalling area, finish corral, time board, racer results board, etc.
- All volunteers required to run the race including Chief of Race, Chief of Course, Starters, Timers, Gate Keepers, Course Workers, TD, etc.
- Collect all fees for the event including race entry fees, lift tickets, banquet fees, etc.
- Arrange for a group lodging rate at a location very near the hill (preferably ski-in ski-out).
- Arrange for the banquet space, in conjunction with the National Committee.
- Other reasonable miscellaneous items as requested by the National Committee.

Responsibility of the Masters’ National Committee

- Event Promotion. Host hill is also invited to do this as well—especially to their local Masters.
- Banquet coordination with host hill.
- Arrange silent auction for the banquet.
- Arrange for medals and medal sponsor.
- Arrange and put together the athlete gift to be handed out at the banquet.
- Registration fees coordination with host hill.
- Consultation on all activities on-hill and off-hill.
- Arrange for airline discounts if possible.
- Arrange for car rental rates if necessary.
- Prepare registration form and forward to host hill; form prepared in conjunction with host hill.
- Arrange banquet menu in conjunction with host hill.
- Determine banquet format and schedule.
- Miscellaneous items as they arise.

Fees must be clearly defined on the race notice for each event – see Appendix C for sample race notice

Day	Event	Fee
Thursday	SG training day	CAD___ (includes 2 timed training runs)
Friday	SG race #1	CAD___
Friday	SG race #2	CAD___ if registered in race #1; CAD___ if not registered in race #1
Saturday	GS race	CAD___
Saturday evening	Banquet	CAD___ (additional tickets may be purchased)
Sunday	SL race	CAD___

Lift tickets: Offered at a discount from regular priced lift tickets of the host hill; this should be made available to competitors and coaches.

There has typically been a registration deadline date. After such date, the fees can be increased at the discretion of the host hill.

Eligibility

- Competitors must be 18 years of age or older.
- Age for all age categories is determined as of 31 December of the year prior to the CMAC.
- Competitors must hold a valid ACA Master’s National competitor card, a Master’s FIS competitor card (for international racers), or an ACA Master’s weekend event competitor card if available in the host hill

province. Canadians not on the current [National points list](#) must obtain National competitor status from their provincial or divisional organization.

- Entries may be limited dependent on the host venue but if there is a limit, this must be specified in the race notice.

Masters' Specific Guidelines:

- There are not enough Masters competitors in Canada to justify having separate courses for men and women as outlined in the FIS Masters' regulations. To overcome the differences in age and gender we have developed a start order which works well and is used across the country. (See Appendix A.)
- In all our competitions across Canada, we flip the start order—within an age category—for the second run of a combined time run. Masters themselves are used to this and are adept at executing this.
- In all our competitions across Canada, where there is a DNF or DSQ in the first run of a combined time race, the competitor does not need to run at the end of the field of competitors in their second run. They also do not have to run at the end of their age group field of competitors in their second run. They are permitted to race in order as if they had not had a DNF or DSQ in their first run. This is to:
 - Maintain the 'fun' in Masters' racing.
 - None of us will be moving on to the Canadian Alpine Ski Team (CAST) although sometimes I think some believe they could be!
 - All the Masters have paid out of their own pockets to attend the race so let them race.
 - MOST IMPORTANTLY it is safer to have older racers race within their age category than at the back of the start order.

Sample Schedule of CMAC

Super G training day:

07:30 – Bib pick up
08:30 – Chair lift opens
08:30 – Course set (night before if possible)
08:45 – Jury inspection
09:00 – Course inspection by racers
09:30 – Course closed for entry by racers
09:45 – Gatekeepers in position for race
09:55 – First forerunner on course
10:00 – First racer on course

After the final racer, the Jury inspects the course to determine if the entire course or just key gates require reset. The second run can be run back-to-back with the first run in order to limit sun damage to the course conditions. The Race Organizing Committee (ROC) can determine if they would like to offer more than two training runs.

Super G race day:

07:30 – Bib pick up
08:30 – Chair lift opens
08:30 – Course set
08:45 – Jury inspection
09:00 – Course inspection by racers
09:30 – Course closed for entry by racers
09:45 – Gatekeepers in position for race

09:55 – First forerunner on course

10:00 – First racer on course

Course reset during lunch break, followed by Jury inspection. A reset is optional if the course has held up and only a couple of gates need to be moved.

12:00 – Course inspection by racers

12:30 – Course closed for entry by racers

12:45 – Gatekeepers in position for race

12:55 – First forerunner on course

13:00 – First racer on course

GS race day – same schedule as Super G race day

Slalom race day – earlier start requested with course set prior day if possible

07:00 – Bib pick up

07:30 – Chair lift opens for jury

08:00 – Jury inspection

08:00 – Chair lift opens for competitors, coaches, volunteers

08:30 – Course inspection by racers

09:00 – Course closed for entry by racers

09:15 – Gatekeepers in position for race

09:25 – First forerunner on course

09:30 – First racer on course

Course reset during morning break, followed by Jury inspection.

11:30 – Course inspection by racers

12:00 – Course closed for entry by racers

12:15 – Gatekeepers in position for race

12:25 – First forerunner on course

12:30 – First racer on course

15:00 – Awards presentation: Slalom, Combined, Dave Murray Cup & Champion of Champions*

If weather conditions require back-to-back execution, this is not a problem. Sufficient notice prior to the first run should be given if the day's schedule is amended. An announcement in the finish area, and a notice should be posted in the start area with the new second run inspection and start times.

* From 2021 onwards, only Canadian citizens or Canadian permanent residents can be awarded the Champion of Champions.

APPENDIX C: Sample Race Notice & Check List

 20nn Canadian Masters Alpine Championships			
Location & Host:	Resort, Province & Host		
Dates:	From/to		
Race Headquarters:	Location for Team Captain's Meeting and/or Race Office		
Events & Entry Fees:	Day	Event	Fee
	Thursday	SG training day	CAD___ (includes 2 timed training runs)
	Friday	SG race #1	CAD___
	Friday	SG race #2	CAD___ if registered in race #1; CAD___ if not registered in race #1
	Saturday	GS race	CAD___
	Saturday evening	Banquet	CAD___ (additional tickets available)
	Sunday	SL race	CAD___
	Daily	Lift ticket	CAD___ per day
Sanction:	Alpine Canada Alpin		
Eligibility:	<ul style="list-style-type: none"> Competitors must be 18 years or older on 31 December. All racers must hold a current ACA Master's National or ACA Weekend Event competitor card or FIS Master's competitor card (international 30+ racers) or USSA Masters' competitor card (USA 18-29 racers). 		
Age Categories:	18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+		
Bibs:	A single bib will be assigned to each participant & must be worn for the entire event.		
Protests:	CAD100 cash non-refundable - to be submitted according to FIS rules.		
Equipment Notes:	A FIS RH2013 compliant helmet is required for the SG & GS races; a soft-eared helmet may be permitted for the SL dependent on the host venue.		
Awards:	<ul style="list-style-type: none"> Location and time of daily awards. Awards are on placing or ranking per the race results and not type of card i.e. a first, second and third placing or ranking is exactly per the race results. CMAC medals awarded for overall combined, by 5-year age category and gender. CMAC medals for each of the four events (SG1, SG2, GS, SL) may be awarded by 5-year age category & gender. However, dependent on participation numbers at registration close, the medal awards may be presented in 10-year age categories and/or other grouping that will be communicated to participants, by the National Committee and ROC, before the first race. Champion of Championship trophy awarded to first female and first male overall. Dave Murray Cup awarded to the top region or province, only if a fair balance of participants across regions or province at registration close; the National Committee will advise the ROC and participants if not awarded for that year. 		
World Cup Points:	Canadian Masters' World Cup Points awarded in 5-year age categories for each of the four events: SG1, SG2, combined times of GS & combined times of SL races.		
Entry Deadline:	Time, day, date.		

	<h2 style="text-align: center;">20nn Canadian Masters Alpine Championships</h2>
<p>Registration:</p>	<ul style="list-style-type: none"> • Register at URL • State minimum and maximum number of entries for the event to go ahead. • Out of country entries must be sent by your PTSO to raceentries@alpinecanada.org
<p>Cancellation Deadline:</p>	<p>Time, day, date. 15% administration cancellation fee of the total of your registration</p>
<p>Communications:</p>	<ul style="list-style-type: none"> • eMail using address at registration. • WhatsApp group.
<p>Race Organizing Committee:</p>	<p>Technical Delegate Chief of Race Chief of Course Race Administrator</p>
<p>Wax Facilities:</p>	<p>Daily time & venue.</p>
<p>Banquet:</p>	<p>Time, day, date.</p>
<p>Hospitality:</p>	<p>Daily time & venue.</p>
<p>Accommodation:</p>	<p>Hotel discounts.</p>
<p>Transport:</p>	<p>From airport and/or directions by car.</p>

 20nn CMAC & FMC Check List				
#	Item	Details	CMAC	FMC
1	Location & Host:	State resort, province & host	<input type="checkbox"/>	<input type="checkbox"/>
2	Dates:	State from/to dates	<input type="checkbox"/>	<input type="checkbox"/>
3	Race Headquarters:	Location for Team Captain's Meeting and/or Race Office	<input type="checkbox"/>	<input type="checkbox"/>
4	Events & Entry Fees:	State daily events, entry fees, lift tickets & banquet	<input type="checkbox"/>	<input type="checkbox"/>
5	Sanction:	Alpine Canada Alpin & FIS	<input type="checkbox"/>	<input type="checkbox"/>
6	Eligibility:	18+ with ACA National or ACA Weekend card or USSA Master's competitor card	Required <input type="checkbox"/>	n/a
		30+ with FIS Master's Card	n/a	Required <input type="checkbox"/>
7	Age Categories:	18-29; 30-34; 35-39; ... 85-89; 90+	18+ - 90+ <input type="checkbox"/>	n/a
		30-34; 35-39; ... 85-89; 90+	n/a	30+ - 90+ <input type="checkbox"/>
8	Bibs:	Single bib for entire event or different daily	<input type="checkbox"/>	<input type="checkbox"/>
9	Protests:	CAD____ cash non-refundable, submitted according to FIS rules.	<input type="checkbox"/>	<input type="checkbox"/>
10	Equipment Notes:	• FIS RH2013 compliant helmet for all events or different for SL	<input type="checkbox"/>	<input type="checkbox"/>
		• Other equipment	<input type="checkbox"/>	<input type="checkbox"/>
		• Wax type not allowed	<input type="checkbox"/>	<input type="checkbox"/>
11	Awards:	Race notice must state medal & trophy awards by 5-year age categories or other grouping:		
		• First, second & third per results and not by type of card		5-years <input type="checkbox"/>
		• Individual SG1, SG2, GS combined, SL	TBD <input type="checkbox"/>	5-years <input type="checkbox"/>
		• Overall combined	5-years <input type="checkbox"/>	n/a
		• Champion of Champions male & female	Overall <input type="checkbox"/>	n/a
		• Dave Murray Cup – dependent on # participants per region or province for fair balance otherwise not awarded for that year & to be communicated after registration closes.	TBD <input type="checkbox"/>	n/a
12	World Cup Points:	• Individual SG1, SG2, GS combined, SL	TBD <input type="checkbox"/>	n/a

 20nn CMAC & FMC Check List				
#	Item	Details	CMAC	FMC
13	Entry Deadline:	Time, day, date.	<input type="checkbox"/>	<input type="checkbox"/>
14	Registration:	<ul style="list-style-type: none"> State URL for registration. 	<input type="checkbox"/>	<input type="checkbox"/>
		<ul style="list-style-type: none"> State minimum and maximum number of entries for the event to go ahead. 	<input type="checkbox"/>	<input type="checkbox"/>
		<ul style="list-style-type: none"> Out of country entries must be sent by your National Ski Association to raceentries@alpinecanada.org 	Required <input type="checkbox"/>	Required <input type="checkbox"/>
		<ul style="list-style-type: none"> Canadian FMC entries (FIS Entry Form ICR 215) must be sent by your PTSO to raceentries@alpinecanada.org 	n/a	Required <input type="checkbox"/>
15	Cancellation Deadline:	<ul style="list-style-type: none"> Time, day, date. 	<input type="checkbox"/>	<input type="checkbox"/>
		<ul style="list-style-type: none"> State refund policy & administration cancellation fee if applicable. 	<input type="checkbox"/>	<input type="checkbox"/>
16	Communications:	State by eMail, by WhatsApp group or other.	<input type="checkbox"/>	<input type="checkbox"/>
17	Race Organizing Committee:	State: Technical Delegate, Chief of Race, Chief of Course, Race Administrator etc.	<input type="checkbox"/>	<input type="checkbox"/>
18	Wax Facilities:	Daily time & venue.	<input type="checkbox"/>	<input type="checkbox"/>
19	Banquet:	Time, day, date.	<input type="checkbox"/>	<input type="checkbox"/>
20	Hospitality:	Daily time & venue.	<input type="checkbox"/>	<input type="checkbox"/>
21	Accommodation:	Hotel discounts.	<input type="checkbox"/>	<input type="checkbox"/>
22	Transport:	From airport and/or directions by car.	<input type="checkbox"/>	<input type="checkbox"/>