

CNCR REGIONAL CHAMPIONSHIPS

January 17th –19th, 2020



HOST: PRINCE GEORGE FIGURE SKATING CLUB

Online registration must be completed by 11:45 pm, FRIDAY, DECEMBER 6th, 2019. Instructions for entering can be found on Page 7 of this Announcement.

NOTE: 48 hours following the closing of online registration, a list of all registrants will be posted on the [CNCR Regionals](#) competition page of Skating in BC website. Everyone then has 48 hours to notify the Registrar of any changes. Beyond this time period, no changes will be permitted. This is to facilitate a faster turn-around time for the competition schedule to be published and for the Tech Rep to organize officials for the competition.

DATE: January 17 – 19th, 2020

HOST: Prince George Figure Skating Club

**VENUE: Kin Centre 1 & 2
2187 Ospika BLVD
Prince George, BC
V2N 6Z1**

ICE SURFACES - Rink Sizes – 200' x 85'

COMPETITION CHAIRPERSON & REGISTRAR – JULIA SHADDICK - pgfsc@telus.net

KARELO REGISTRATION QUESTIONS - [CHERYL WALTERS – kcwalters@shaw.ca](mailto:kcwalters@shaw.ca)

TECH REP: SYD HUGHES – hughessyd@gmail.com

TECHNICAL INQUIRIES: MARILYN KREUZINGER – kreuzfam@gmail.com

EVENTS TO BE HELD & ENTRY INFORMATION

| | | | |
|--|----------------------|---------|-------------------|
| STAR 1* | Girls | Boys | \$55.00 |
| STAR 2* | Girls | Boys | \$70.00 |
| STAR 3* | Girls | Boys | \$80.00 |
| STAR 4* | Girls U10 | Boys | \$80.00 |
| STAR 4* | Girls U13 | | \$80.00 |
| STAR 4* | Girls 13 & O | | \$80.00 |
| STAR 5 | Girls U10 | Boys | \$80.00 |
| STAR 5 | Girls U13 | | \$80.00 |
| STAR 5 | Girls 13 & O | | \$80.00 |
| STAR 6 | Women | Men | \$80.00 |
| STAR 7 | Women | Men | \$80.00 |
| STAR 8 | Women | Men | \$80.00 |
| STAR 9 | Women | Men | \$80.00 |
| STAR 10 | Women | Men | \$80.00 |
| GOLD | Women | Men | \$80.00 |
| Pre-Juvenile | Women U11 | | \$80.00 |
| Pre-Juvenile | Women U13 | Men | \$80.00 |
| Juvenile | Women U12 | | \$80.00 |
| Juvenile | Women U14 | | \$80.00 |
| Pre-Novice Short Program | Women U16 | Men U16 | \$80.00 |
| Pre Novice Free Program | Women U16 | Men U16 | \$80.00 |
| Novice Short Program | Women U17 | Men U17 | \$80.00 |
| Novice Free Program | Women U17 | | \$80.00 |
| STAR 5 Artistic | Combined Women & Men | | \$80.00 |
| STAR 7 Artistic | Combined Women & Men | | \$80.00 |
| STAR 9 Artistic | Combined Women & Men | | \$80.00 |
| GOLD Artistic | Combined Women & Men | | \$80.00 |
| Individual Showcase 1 | Combined Women & Men | | \$60.00 |
| Individual Showcase 2 | Combined Women & Men | | \$60.00 |
| Individual Showcase 3 | Combined Women & Men | | \$75.00 |
| Individual Showcase 4 | Combined Women & Men | | \$75.00 |
| Group Showcase 1 | Combined Women & Men | | \$70.00 per group |
| Group Showcase 2 | Combined Women & Men | | \$70.00 per group |
| Group Showcase 3 | Combined Women & Men | | \$85.00 per group |
| Group Showcase 4 | Combined Women & Men | | \$85.00 per group |
| STAR 2 Elements | Combined Women & Men | | \$40.00 |
| STAR 3 Elements | Combined Women & Men | | \$40.00 |
| STAR 4 Elements | Combined Women & Men | | \$40.00 |
| STAR 5 Elements | Combined Women & Men | | \$40.00 |
| STAR 6 Elements | Combined Women & Men | | \$40.00 |
| STAR 7/8 Elements | Combined Men & Women | | \$40.00 |
| STAR 9/10 Elements | Combined Women & Men | | \$40.00 |
| GOLD Elements | Combined Women & Men | | \$40.00 |
| OPEN Elements (this event will be Offered if not enough entries in STAR 6 & up | Combined Women & Men | | \$40.00 |
| Quad Threat STAR 1 | Combined Women & Men | | \$50.00 |
| Quad Threat STAR 2 | Combined Women & Men | | \$50.00 |
| Quad Threat STAR 3 | Combined Women & Men | | \$50.00 |

| | | | |
|-----------------------------|-----------------------|--------------------|---------|
| STAR 2/3 Solo Pattern Dance | Follow (Lady's steps) | Lead (Man's steps) | \$50.00 |
| STAR 4/5 Solo Pattern Dance | Follow (Lady's steps) | Lead (Man's steps) | \$50.00 |
| STAR 6/7 Solo Pattern Dance | Follow (Lady's steps) | Lead (Man's steps) | \$50.00 |
| STAR 8/9 Solo Pattern Dance | Follow (Lady's steps) | Lead (Man's steps) | \$50.00 |
| STAR 10/Gold Pattern Dance | Follow (Lady's steps) | Lead (Man's steps) | \$50.00 |
| Special O Level 1 | | | \$64.00 |
| Special O Level 2 | | | \$64.00 |
| Special O Level 3 | | | \$64.00 |
| Special O Level 4 | | | \$64.00 |
| Special O Level 5 | | | \$64.00 |
| Special O Level 6 | | | \$64.00 |

***For the 2019-2020 season, STAR 1-4 will continue to be assessed using Gold, Silver, Bronze and Merit assessments**

QUAD THREAT EVENTS – skaters may enter Elements or Quad Threat but not both

Quad Threat Events – Elements will be performed to a selected piece of music that will be electronically sent to all invited Clubs. Elements are performed in a solo type format. Elements may be performed in any order. STAR 1 and STAR 2 Events are to be choreographed on ½ ice. Technical marks will be given for the 3 required Elements and the Program Component “Presentation” will be awarded for the “Theatrical Aspect” of the Program.

Note – the Choreography Sequence elements may be skated in any order. However, they must be skated consecutively – crosscuts and steps may be used between the elements.

All Quad Threat events will be assessed.

STAR 1 Quad Threat

Skating time: 45 secs

Jump: Waltz Jump

Spin: 1 foot spin

Choreographed Sequence: Spiral on an edge followed by a Drag.

STAR 2 Quad Threat

Skating time: 50 secs

Jump: Toe Loop/Toe Loop Combination

Spin: Back spin

Choreographed Sequence: Forward Spiral on and Edge/FWD One Foot Sit Glide.

STAR 3 Quad Threat

Skating time: 1 min

Jump: Loop/Loop Combination

Spin: Sit Spin or Camel spin

Choreographed Sequence: Forward Spiral on a Edge, Spread Eagle & FWD or BWD One Foot Sit Glide.

Entry Information: Entry fees shall be refunded only if the competition is not held or if the entry is withdrawn before the closing date of entry. No refunds will be given after the closing date of entries of the competition (December 6th, 2019) for any reason whatsoever. Competition Surcharge is included in the fees. All payments must be made online at the time of registration.

LATE ENTRIES WILL BE ACCEPTED AT THE DISCRETION OF THE LOC AND TECH REP AND WILL BE CHARGED DOUBLE THE ENTRY FEE.

[Online Registration](#) must be completed by 11:45 p.m. Friday, December 6th, 2019. Instructions for entering online can be found on page 7 of this announcement.

For all categories age shall be the age of the skater before July 1, 2019 and tests passed shall be as of

December 6th, 2019 (closing date of entries). Age categories may be combined if there are insufficient entries in an individual category.

For event requirements and specifications, please refer to the 2019-2020 Skate Canada Technical Requirements Guides for STAR and Competitive, posted on the Technical page of the [Skating in BC website](#).

PLANNED PROGRAM SHEETS for ALL Free Skate events except STAR 1, 2, 3 and 4 are to be entered through Karelo when entering the Freeskate Event. **You will not be able to complete your Registration without entering the Planned Program Sheet.**

A tentative schedule of events and groups will be posted on the [CNCR Region Championships](#) page of the BC/YK Section and on the [CNCR](#) website. Any last-minute changes to schedules will be posted on the websites and also at the arena. **Please note that events may start up to one hour earlier than scheduled.**

Starting orders will be posted a minimum of 24 hours prior to the start of the competition.

ADDITIONAL INFORMATION

1. Skaters may enter only one event per discipline of singles, pairs, dance and artistic. If short and free programs are listed as separate events, then one short and one free program category may be entered. Depending on scheduling, skaters should be prepared to skate two programs on the same day. Skaters choosing to enter more than one event do so with the understanding that there may be scheduling conflicts that are unable to be resolved.
2. Should entries in an event be exceedingly large, the event will be divided into smaller group according to age. Each group will be considered a final.
3. If there is only one entry in any event, the competitor may skate for an evaluation*, skate up one level, or withdraw and the entry fee will be refunded. *Skating for an evaluation is only applicable to competitive categories and STAR Freeskate categories. If a technical panel is not available, the evaluation will be for Program Components only.

4. ON-SITE REGISTRATION: Skaters must register at least one hour before they are scheduled to skate.

5. WARM-UP TIMES:

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|------------------------------|--|
| STAR 2 | 3 minutes |
| STAR 3,4 & 5 | 4 minutes |
| STAR 6 -Gold, Pre-Juvenile | 5 minutes |
| Juvenile, Pre-Novice, Novice | 6 minutes |
| Artistic | 3 minutes |
| Showcase | 3 minutes |
| Elements & Team Elements | 3 minutes |
| All Pattern Dances | 30 seconds without music, then 2 minutes 30 seconds with music |
| Quad Threat | 3 minutes |
| Special O | 5 minutes |

The warm-up time may be reduced to 3 minutes at the discretion of the Chief Referee.

All warm-up periods for one event must be equal.

6. COACHES: It is mandatory for all participating coaches to register at competitions and show their accreditation at all times during the competition in order to be at ice level during the events.

Temporary accreditation will be issued for \$25.00 by showing current Skate Canada membership and First Aid information.

7. ADMISSION will be free to all
8. AWARDS will be presented every hour on the hour.
9. Tests: Tests will not be offered at this competition.
10. Protests: [Skate Canada Protest Rule](#) will be followed. In addition, if there is an event using manual calculation where the results are not posted within one hour of the completion of the last event of the day, the protest must be made to the Event Referee within the first hour of the following day's competition. If the Event Referee is unavailable, the protest may be made to the Technical Representative.

MUSIC REQUIREMENTS

- ALL SKATERS with the exception of STAR 1 must submit music online as part of the Online Music Registration.
- Quad Threat music will be supplied by the host club.
- Music will only be accepted electronically via MP3 format. Do not begin the registration process until you have your music file ready to load.
- All mp3 files to be uploaded, must include the **skater's first name, last name and the event the music is for** in the file name. e.g. Cheryl Walters – PreNovice Women U16.mp3. Questions can be directed to Cheryl Walters - [kcwalters @shaw.ca](mailto:kcwalters@shaw.ca)
- Music files are not kept for the next competition. Skaters must submit their music for each individual competition.
- Competitors must hand in their back up file – either USB flash drive or CD - at the registration desk at least one hour prior to the start of their event. The Organizing Committee will accept no responsibility against damage but will take every precaution to safeguard each USB/CD.
- Alternate electronic items such as iPhones, tablets, mp3 players etc. will not be accepted for playing music.
- The preferred backup format is a USB flash drive. If submitting a backup CD, the following requirements must be met: Only one program shall be recorded on each CD. The start of the music shall be recorded on the CD with less than two seconds of lead in. Competitor's name followed by music time (not skating time) shall be clearly printed on one side of the CD. Each CD shall be enclosed in its plastic container, also marked with the skater's name, home club, event, and total music time.

ONLINE REGISTRATION INSTRUCTIONS

CNC Region has an online registration system with the company Karelo.com. All registrations must be completed using this online system. [Click here](#) to register.

The registration system will generate an automatic email to the skater's coach. Coaches are encouraged to check the confirmation email to ensure their skater(s) is registered in the correct event.

IMPORTANT: If you and your coach DO NOT receive an email confirmation from Karelo.com or receive a confirmation number, then you are NOT REGISTERED for the competition. If this occurs, please contact CHERYL WALTERS kcwalters@shaw.ca and/or the Registrar, JULIA SHADDICK – pgfsc@telus.net.

Using Karelo for the first time: The first time you use Karelo.com to register for an event, you will be asked to choose a [log in name & a password](#), and to enter your contact information. **When entering contact information, please use the SKATER's name and NOT the parent's name.** Skate Canada Number must be entered as per your Skate Canada Card (i.e. 10 digits including all zeros). This is a very short and simple step that will enable you to avoid the hassle of re-entering your information for each event registration! Your contact information is never shared with third parties. Please review Karelo's [Privacy Policy](#) for more details.

Entering your registration:

If you have never used Karelo.com before, go to '[I am new to Karelo.com](#)' and select a login name and a password; enter your contact information. Then follow these steps:

1. Log in. Select the event that you want to register for from the Event list.
2. Enter your registration information, including the Planned Program Sheet information (if applicable). You will not be able to complete your registration without this.
3. Enter your credit card information (Visa or MasterCard). This is a secure transaction. Your credit card is charged immediately.
4. You are registered! Check your email for the confirmation email with your registration details

HOST HOTEL INFORMATION

Sport Rate is being offered at the Sandman Signature Prince George 250 – 645 -7263

Group Name: Families-PG Regional Skating

Group Confirmation: #326542

Dec 27th is the cutoff date for reservations using the code