

# TOTEM COMPETITION

FEBRUARY 9-11, 2024



**HOST: FORT ST. JOHN FIGURE SKATING CLUB**

**Sanctioned by and held under the rules of Skate Canada**

[Online registration](#) must be completed by 11:45 pm, January 2nd, 2024 PST.

**NOTE:** 48 hours following the closing of online registration, a list of all registrants will be posted on the [Totem Competition page](#) of Skating in BC website.

Registered athletes will then have 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:** February 9-11, 2024

**HOST:** Fort St. John Figure Skating Club

**VENUE:** Pomeroy Sports Centre  
9324 96<sup>th</sup> Street  
Fort St. John, BC V1J 6J8

**ICE SURFACE:** 200' x 85'

**LOC COMPETITION CHAIR:** Tanya Hardy & Cheryl Batten  
[fsjpsc@telus.net](mailto:fsjpsc@telus.net)

**COMPETITION REGISTRAR:** Christie Peebles  
[fsjpsc@telus.net](mailto:fsjpsc@telus.net)

**CNCR COMPETITION ADVISOR:** Cynthia Medeiros  
[cnccompetitions@gmail.com](mailto:cnccompetitions@gmail.com)

**UPLIFTER INQUIRIES:** Stacy Flotre  
[asdflore@gmail.com](mailto:asdflore@gmail.com)

**TECHNICAL INQUIRIES:** Janice Hunter  
[janicedhunter@gmail.com](mailto:janicedhunter@gmail.com)

(Janice only answers technical inquiries and not logistics regarding the competition. Coaches can contact Janice with their technical questions. All other inquiries are to be sent to ([cnccompetitions@gmail.com](mailto:cnccompetitions@gmail.com)).

### EVENTS TO BE HELD & ENTRY INFORMATION

Juvenile	Women U10	Men	\$95.00
Juvenile	Women U12		\$95.00
Juvenile	Women U14		\$95.00
Pre-Novice	Women	Men	\$190.00
STAR 1 Element Assessment			\$85.00
STAR 2 Free Skate			\$85.00
STAR 3 Free Skate			\$85.00
STAR 4 Free Skate	Girls U10	Boys	\$90.00
STAR 4 Free Skate	Girls U13		\$90.00
STAR 4 Free Skate	Girls 13&O		\$90.00
STAR 5 Free Skate	Girls U10	Boys	\$95.00
STAR 5 Free Skate	Girls U13		\$95.00
STAR 5 Free Skate	Girls 13 & O		\$95.00
STAR 6 Free Skate	Women	Men	\$95.00
STAR 7 Short Program	Women	Men	\$95.00
STAR 8 Free Skate	Women	Men	\$95.00
STAR 9 Short Program	Women	Men	\$95.00
STAR 10 Free Skate	Women	Men	\$95.00
Gold Free Skate	Women	Men	\$95.00
STAR 5 Artistic			\$90.00
STAR 7 Artistic			\$90.00
STAR 9 Artistic			\$90.00
Gold Artistic			\$90.00
Individual Showcase 1			\$75.00
Individual Showcase 2			\$75.00
Individual Showcase 3			\$90.00
Individual Showcase 4			\$90.00
Group Showcase 1			\$85.00
Group Showcase 2			\$85.00
Group Showcase 3			\$95.00
Group Showcase 4			\$95.00
STAR 2/3 Solo Pattern Dance	Lead	Follow	\$60.00
STAR 4/5 Solo Pattern Dance	Lead	Follow	\$60.00
STAR 6/7 Solo Pattern Dance	Lead	Follow	\$60.00
STAR 8/9 Solo Pattern Dance	Lead	Follow	\$60.00
STAR 10/Gold Solo Pattern Dance	Lead	Follow	\$60.00
STAR 2 Individual Elements			\$52.00
STAR 3 Individual Elements			\$52.00
STAR 4 Individual Elements			\$52.00
STAR 5 Individual Elements			\$52.00
STAR 6 Individual Elements			\$52.00
STAR 7/8 Individual Elements			\$52.00

STAR 9/10 Individual Elements			\$52.00
Gold Individual Elements			\$52.00
Open Individual Elements*			\$52.00
STAR 2 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 3 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 4 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 5 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 6 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 7/8 Team Elements		2-4 Skaters	\$62.00 /Team
STAR 9/10 Team Elements		2-4 Skaters	\$62.00 /Team
Gold Team Elements		2-4 Skaters	\$62.00 /Team
Special O Level 1	Women	Men	\$75.00
Special O Level 2	Women	Men	\$75.00
Special O Level 3	Women	Men	\$75.00
Special O Level 4	Women	Men	\$75.00
Special O Level 5	Women	Men	\$75.00
Special O Level 6	Women	Men	\$75.00
Adult Intro Open Free Skate	Women	Men	\$90.00
Adult Bronze Free Skate	Women	Men	\$90.00
Adult Silver Free Skate	Women	Men	\$90.00
Adult Gold Free Skate	Women	Men	\$90.00
Adult Masters Free Skate	Women	Men	\$90.00
Adult Masters Elite Free Skate	Women	Men	\$90.00
Adult Intro Artistic Free Skate	Women	Men	\$95.00
Adult Bronze Artistic Free Skate	Women	Men	\$95.00
Adult Silver Artistic Free Skate	Women	Men	\$95.00
Adult Gold Artistic Free Skate	Women	Men	\$95.00
Adult Elite Artistic Free Skate	Women	Men	\$95.00
Star 3 Synchro	Team		\$130.00
Star 4 Synchro	Team		\$130.00
Juvenile (Star 6) Synchro	Team		\$130.00
Pre-Novice (Star 8) Synchro	Team		\$130.00
Adult 2 Synchro	Team		\$130.00

\*Open Elements will only be offered if there are not enough entries in Elements STAR 6 and higher. Skaters will be informed if numbers warrant a change of category.

All payments must be made online at the time of registration. [Online registration](#) must be completed by **11:45 pm PST on January 2nd, 2024**. Instructions for entering online can be found on page 7 of this announcement of this announcement.

All provincial health guidelines will be followed and are subject to change on short notice.

Entry fees shall be refunded only if the competition is not held, or the entry is withdrawn before the closing date of entry.

**NO REFUNDS WILL BE GIVEN AFTER THE CLOSING DATE OF ENTRIES OF THE COMPETITION DATE FOR ANY REASON WHATSOEVER.**

Late entries may be accepted at the discretion of the LOC and the Tech Rep and will be charged double the entry fee.

For all categories age shall be the age of the skater before July 1<sup>st</sup>, 2023 and assessments passed as of **the closing date of entries (January 2, 2024)** Age categories may be combined if there are insufficient entries in an individual category.

For event requirements and specifications, please refer to the 2023-2024 Skate Canada Technical Requirements Guides for STAR and Podium Pathway, posted on the Technical page of the [Skating in BC website](#).

### **PLANNED PROGRAM SHEETS**

1. [PLANNED PROGRAM SHEETS](#) for all Free Skate events (except STAR 2, 3 and 4) and all ARTISTIC events (except Adult Artistic) are to be entered through Uplifter when entering the Event. Note that Artistic Planned Programs must also indicate the start time of each element. **You will not be able to complete your Registration without including the Planned Program details.**
2. The final deadline to submit changes to planned program sheets is Wednesday, January 31st, 2024. Changes can be emailed to **Stacy Flotre – [asdflore@gmail.com](mailto:asdflore@gmail.com)**.
3. A tentative schedule of events and groups will be posted on the [Totem Competition page](#) of the BC/YT Section and on the [CNCR](#) website. Any last-minute changes to schedules will be posted on the website and at the arena.

### **ADDITIONAL INFORMATION**

1. **BC/YT Safesport Policy:** Phone, video and/or mobile devices must be turned off and put away in a bag while in the dressing room. Parents and coaches are not permitted in dressing rooms; a family area will be provided for skaters who require assistance.
2. Skaters may enter only one event per discipline of Singles, Artistic or Showcase (skaters may enter an Individual Artistic or Showcase event AND a Group Showcase Event).
3. Skaters may enter a maximum of 4 events in total for the competition. If a skater is entering a short and free program they may enter a maximum of 5 events.
4. If short and free programs are listed as separate events, then skaters may enter one short and one free program. 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.
5. 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.
6. If there is only one entry in any event, the competitor may skate for an evaluation, skate up to a higher level (in accordance with the rules), or withdraw and the entry fee will be

refunded. Skating for an evaluation is only applicable to competitive categories and STAR Free Skate categories with medals being awarded to STARSkate single entry events according to the ["Benchmark Scores"](#). If a technical panel is not available, the evaluation will be for Program Components only.

7. ON-SITE REGISTRATION: Skaters must register at least one hour before they are scheduled to skate. Please note that events may start up to 30 minutes earlier than scheduled.

8. WARM-UP TIMES:

STAR 2	3 minutes
STAR 3, 4 & 5	4 minutes
STAR 6 -Gold	5 minutes
Juvenile, Pre-Novice, Novice	6 minutes
Artistic	3 minutes
Pattern Dance	3 minutes
Individual Showcase	3 minutes
Group Showcase	1 minute per group
Special O	6 minutes

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

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

9. COACHES: To be at ice level during the events, it is mandatory for all participating coaches to wear their 2023/24 BC/YT Section Coach Card Accreditation and register in person at the competition. These Coach Card Accreditations can be purchased through the BC/YT Section Office and must be purchased at least 2 weeks prior to the competition. Temporary accreditation will be issued for \$25 per day by showing current Skate Canada membership and First Aid information. ADMISSION will be free to all and in accordance with current Provincial Guidelines.

10. AWARDS will be presented every hour on the hour.

11. Assessments: Assessments may be offered at the competition if time permits. All requests for assessments should be sent prior to the registration deadline

12. 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

1. ALL SKATERS must submit music online as part of the Online Music Registration.
2. Music will only be accepted electronically via MP3 format. Do not begin the registration process until you have your music file ready to load.
3. 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 Star 2 Freeskate.mp3.

4. Music files are not kept by the region for the next competition. Skaters must submit their music for each individual competition.
5. A backup USB flash drive (CDs will not be accepted) must be at the boards with the coach when the skater is competing.
6. Alternate electronic items such as iPhones, tablets, mp3 players etc... will not be accepted.

### **ONLINE REGISTRATION INSTRUCTIONS**

CNC Region has moved to an online registration program Uplifter. All registrations must be completed using this online system. Click [here](#) to register.

Skaters are encouraged to forward their registration confirmation to their Coaches to ensure their skater(s) is registered in the correct event.

IMPORTANT: If you DO NOT receive an email confirmation from Uplifter or receive a confirmation number, then you are NOT REGISTERED for the competition. If this occurs, please check your junk folder and if it is not found contact STACY FLOTRE [asdflore@gmail.com](mailto:asdflore@gmail.com)

Using Uplifter for the first time:

If you are using Uplifter you will be required to create an account including a login and password. After creating your account, you will need to set up PARTICIPANTS, this is your SKATER'S information, you can create more than one participant in your account if you have more than one skater.

Skate Canada Number must be entered as per your Skate Canada Card (i.e. 10 digits including all zeros).

Your contact information is never shared with third parties. Please review [Uplifter's Privacy Policy](#) for more details.

Entering your registration:

If you have never used Uplifter before, [SkateCNCR.Uplifter.com](http://SkateCNCR.Uplifter.com) – Login – select the “First Time Registering” tab to create an account.

If you have used Uplifter for other providers, you can use the same login.

1. Find the event and category you want to register for, use the side menu options on the left side to filter the programs visible.
2. Click “Register” for the event you want.
3. Use the drop down menu at the top to select which participant.
4. Upload music if required
5. Enter Planned Program details if required
6. Click “OK” at the bottom when complete

Your event has been added to your cart

Repeat steps 1-6 for each event and participant.

After entering all events, click “Shopping Cart” confirm correct events before proceeding to Billing information and payment details.

\*NOTE: As this is new software, please email Stacy Flotre [asdflore@gmail.com](mailto:asdflore@gmail.com) if you are having issues with registration – provide details of what you are having an issue with (ex. Which event, step of the registration process, be specific). Note she is available evenings and weekends only.

**HOST HOTEL INFORMATION:**

Pomeroy Hotel & Conference Centre:  
11308 Alaska Rd,  
Fort St. John, BC, V1J 5T5  
Phone Number: (250)262-3233  
Double Queen Room: \$139.00 per night  
Double Queen Suites: \$149.00 per night

Holiday Inn Express:  
9504-Alaska Rd, Fort St. John, BC, V1J 6L5  
Phone Number: (250)787-7737  
Double Queen Room: \$169.00 per night

Please let them know it's for the Figure Skating Competition in order to get the rate per night.