

PROGRAM

CANMORE

MASTERS WORLD CUP 2022

MARCH 3 - 11 • MORE INFORMATION MWC2022.COM •    @ALBERTAWORLDCUP



Welcome!



WELCOME MASTERS SKIERS!



It's the first time since 1981 that I can't be present at a Masters World Cup (MWC). I very much regret this, but I will follow the MWC 2022 and also the planned live broadcasts from a distance.

Due to the pandemic, the MWC had to be moved from 2021 to this year. The OC deserves a special thanks for taking the risk of tackling the implementation again despite the uncertain medical situation.

I wish all participants eventful days and fair competitions on the attractive tracks in the Nordic Centre Provincial Park.

I would also like to thank the many volunteers who contribute to the success of the MWC.

Dieter Heckmann

Honorary President

World Masters Cross-Country Ski Association



As President of the World Masters Cross-Country Ski Association, it is my pleasure to cordially welcome participants and guests from all around the world to Canmore, Canada for the 2022 Masters World Cup.

After two years under the shadow of a horrible illness, we are overjoyed to once again be able to safely come together on the ski trails.

On behalf of the WMA and National Directors from around the world, I would like to express my sincere thanks to the MWC2022 Organizing Committee for their years of hard work preparing for this event.

A special thank you also to the many sponsors and volunteers without whom this event would not be possible.

For the participants, I welcome you to our annual celebration of international fellowship and lifelong fitness in this beautiful location of Canmore.

Best wishes for a successful, fair, and safe 2022 Masters World Cup

John (J.D.) Downing

President, World Masters Association



A most heartfelt welcome to all athletes, the World Masters Cross-Country Skiing Association family, our partners and all fans of cross-country ski racing! On behalf of the Alberta World Cup Society (AWCS), I hope your experience at the Masters World Cup 2022 in Canmore will create memories to last a lifetime.

The Alberta World Cup Society is proud of the way our world-class volunteers and community have again welcomed the skiing world to Canmore – this beautiful place we are privileged to call home. Thank you to all our event partners - in this program you will see the partners who have put their trust in us to deliver the kind of event all Albertans can be proud of. Please support these businesses and organizations – without them we would not be able to welcome the cross-country skiing world cup back to Canmore.

A huge thank you to all our volunteers who have given countless hours of their time to help us host this exciting event. Our volunteers share a passion for the sport and “magically” make it all happen. I also want to recognize our facilities partners: the Canmore Nordic Centre Provincial Park and Winsport. We are indebted to both these organizations for their solid support and the expertise and commitment of their excellent staff – True Partners!

Lastly, I want to recognize the efforts of the Organizing Committee and Competition Committee – two inspiring groups of hard-working individuals who have gone above and beyond to make this event a celebration of excellence!

Congratulations and Thank You, Merci, Vielen Dank, Spassibal

Norbert Meier

Event Chair, Masters World Cup 2022

Alberta World Cup Society

LAND ACKNOWLEDGEMENT

"The events hosted by the Alberta World Cup Society are held at the Canmore Nordic Centre Provincial Park, which is located within Treaty 7 region of Southern Alberta. In the spirit of respect, reciprocity and truth, we honour and acknowledge the Canmore area, known as "Chuwapchipchiyan Kudi Bi" (translated in Stoney Nakoda as "shooting at the willows") and the traditional Treaty 7 territory and oral practices of the Iyârhe Nakoda (Stoney Nakoda) – comprised of the Bearspaw First Nation, Chiniki First Nation, and Wesley First Nation – as well as the Tsuut'ina First Nation and the Blackfoot Confederacy comprised of the Siksika, Piikani, Kainai. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3, within the historical Northwest Métis homeland. We acknowledge all Nations who live, work, and play and help us steward this land and honour and celebrate this territory. We commit to working to live in right relations and to advance Truth and Reconciliation."



SCHEDULE OF EVENTS



For more information on Start times, please consult mwc2022.com

March 3* – Unofficial Training Day

March 4 – Official Training Day and Opening Ceremonies

March 5 – Race #1 30/15/10 Free

March 6 – Race #2 30/15/10 Classic

March 7 – Race #3 AM 10/5 Classic – PM 10/5 Free

March 12 – Departure

March 8 – Cultural Experience Day

March 9 – Relays 4 X 5 Classic/Free

March 10 – Race # 5 45/30/15 Free

March 11 – Race #6 45/30/15 Classic

March 11 – Closing Ceremonies

* **March 3:** Trail passes available for sale outside the Race Office for \$7.50, credit card and cash accepted.

** **March 4-11:** Trail passes are included in your registration package, no need to buy a trail pass.

GROCERY SHOPPING 10% OFF

When you shop at Save On Foods this week, please be sure to show your participant wrist band for a 10% discount!

(Excludes Lotto, Post Office and Pharmacy)

saveonfoods
Going the extra mile

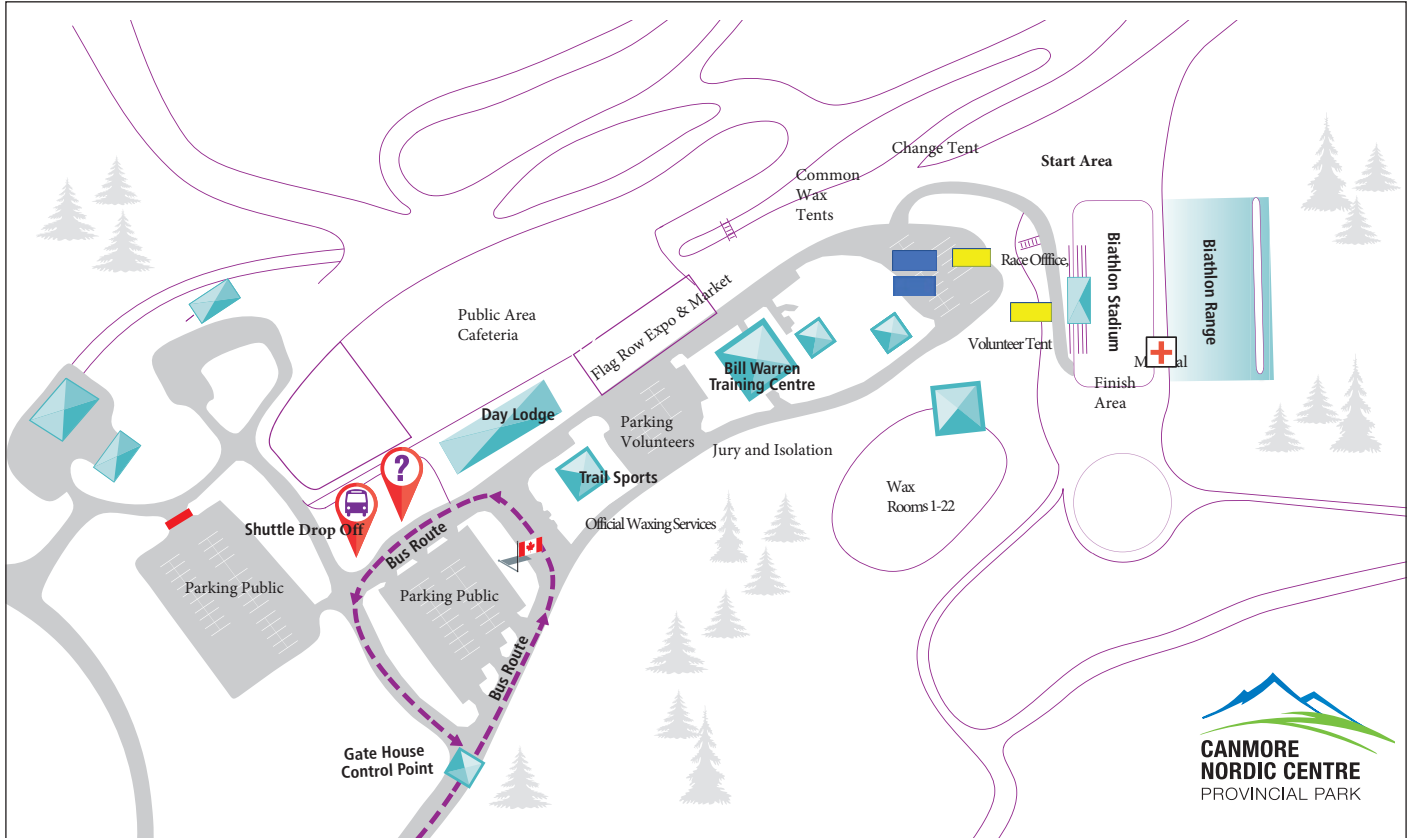


RUNDLE

- Test Rundle demo poles at our on-site booth/tent
- The lightest weight quick-change basket system
- World Cup level poles available for purchase on-site at Trail Sports

Learn more at www.rundlenordic.com

VENUE MAP



*The official Waxing Provider
and Retailer*

OPEN DAILY

Monday to Thursday: 9am – 8pm
Friday, Saturday & Sunday: 9am – 6pm)

Need your skis waxed? Need a wax recommendation?

Trail Sports is the perfect place to spend some of your recovery time shopping; you will find everything you need from a new hat to a new pair of race skis!

CANMORE SHUTTLE TRANSPORTATION & HOTEL MAP

SHUTTLE STOPS



- A** 10th Street (Downtown)
- B** The Malcolm Hotel by CLIQUE
- C** Falcon Crest Lodge by CLIQUE
- D** Coast Canmore Hotel & Conference Centre
- E** Grande Rockies Resort
- F** Canmore Inn & Suites
- G** Rocky Mountain Ski Lodge (RMSL)
- H** Silver Creek Lodge
- I** Canmore Nordic Centre

GOOD TO KNOW

- A** Save-On Foods
- B** Canmore Civic Centre
- C** Elevation Place
- D** Legacy walking trail to Canmore Nordic Centre
- E** Trail Sports
- F** Canmore Nordic Centre Provincial Park
- G** Gourley's Pharmacy

HOTELS

- 1** Basecamp Lodge
- 2** Basecamp Resorts Canmore
- 3** Blackstone Mountain Lodge by CLIQUE
- 4** Canmore Downtown Hostel
- 5** Quality Resort Chateau Canmore
- 6** Falcon Crest Lodge by CLIQUE
- 7** Lamphouse Hotel
- 8** The Malcolm Hotel by CLIQUE
- 9** Paintbox Lodge
- 10** Stoneridge Mountain Resort by CLIQUE
- 11** Canmore Inn & Suites
- 12** Coast Canmore Hotel & Conference Centre
- 13** Grande Rockies Resort - Bellstar Hotels & Resorts
- 14** Holiday Inn Canmore
- 15** Best Western Pocaterra Inn
- 16** Rocky Mountain Ski Lodge
- 17** Silver Creek Lodge



Canmore Golf & Curling Club

Lions Park

Canadian Rockies Science Resource

Riverside

Amiskwi Lodge

Rundleview Park



15 Best Western Pocaterra ...

Canmore Rocky Mountain Inn
17 Silver Creek Lodge

5 Quality Resort Chateau ...
Shell

Rocky Mountain Ski Lodg...
16

Crazyweed Kitchen

Safeway Canmore
11 Canmore Inn & Suites

Canadian Tire

Canmore Hospital

Holiday Inn Canmore
14 Holiday Inn Canmore

Tim Hortons

A Save-On Foods

G Gourley's Pharmacy

Mallard Alley

10 St
P
A
9 Paintbox Lodge
Geoscience Centre
B Canmore Civic Centre

7 Lamphouse Hotel

Three Sisters Gallery

2
13 Grande Rockies Resort

A&W Canada

4 Canmore Downtown Hostel

Coast Canmore Hotel & Conference Centre
D
12 Coast Canmore Hotel & C...
Cornerstone Theatre

8 The Malcolm Hotel by Cl...

Blackstone Mountain Lod...
3 Blackstone Lodge by C

Solara Resort & Spa - Bellstar Hotels & Resorts
6 Falcon Crest Lodge by

Stoneridge Mountain Resort by CLIQUE
10 Yamnuska M
Stoneridge Mo

COURSE MAPS

Trail Legend

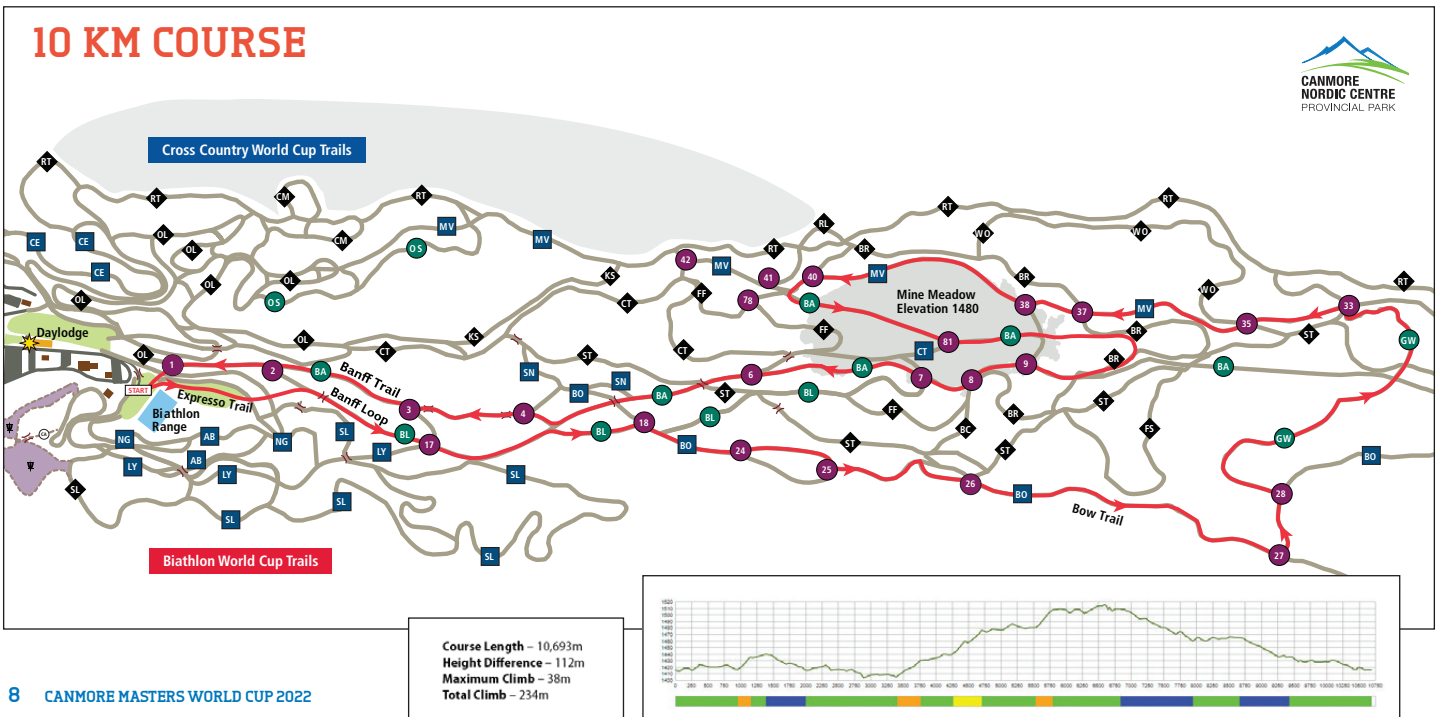
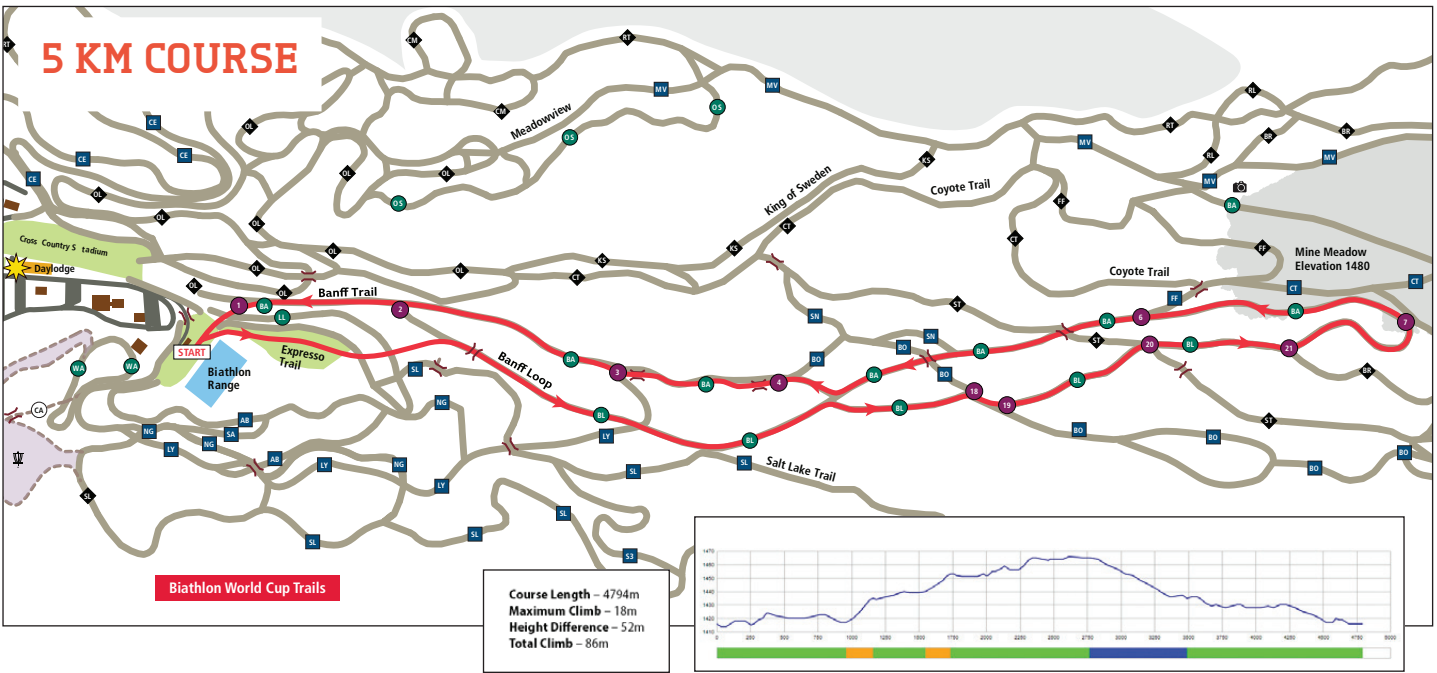
Trail Junction Numbers	Olympic	Bruin
Banff Avenue	King of Sweden	Snowshoe Hare
Banff Loop	Centennial	Rundle
Salt Lake	Lillehammer	Freddie's Flip
Nagano	Albertan	Sarajevo
Meadowview	Bow	Chipmunk
	Coyote	Osprey

Course Profiles Colour Codes

- A Climb**, major uphill >30m total climb with a grade 9-18%
- B Climb**, medium size hill between 10m and 29m total climb with a grade 9-18%
- C Climb**, a short steep climb >18% grade between 4m and 10m total climb
- Undulating terrain**, ups and downs of 10m total climb or less
- Downhills** greater than 9m elevation loss

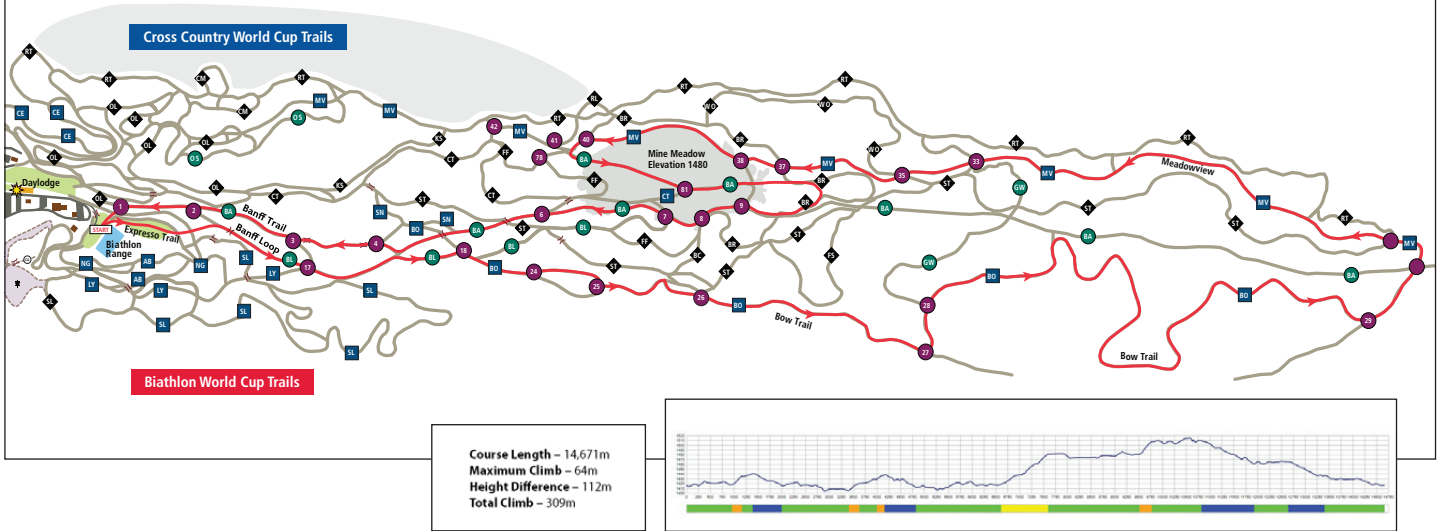
Distance and Marking of Tracks

- BLUE**
- Women 30-69 years – 10, 15, 30 km
 - Men 30-74 – 10, 15, 30, 45 km
- GREEN**
- Women 70 years and older
 - Men 75 years and older

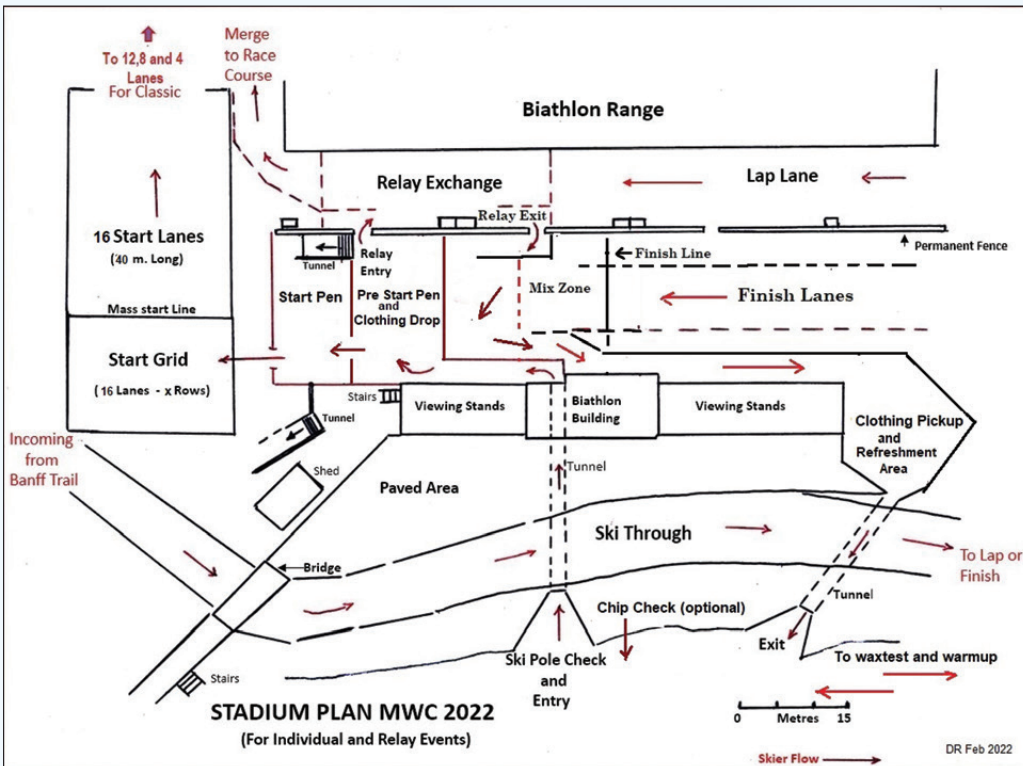




15 KM COURSE



STADIUM MAP



KASTLE IS A PROUD SPONSOR OF THE UPHILL & DOWNHILL CHALLENGE AT THE MASTERS WORLD CUP 2022

Make sure to visit them and try Kastle's 2022 race skis selection!

SCHEDULES, ACTIVITIES & INFORMATION

RACE DAYS, DISTANCES AND COURSES



Saturday March 5, 2022

Middle Distance – Free Technique

Men (Age Groups 01 – 06)	30km	Free	2 x 15km
Men (Age Groups 07 – 09)	15km	Free	1 x 15km
Men (Age Groups 10 – 13)	10km	Free	2 x 5km
Women (Age Groups 01 – 08)	15km	Free	1 x 15km
Women (Age Groups 09 – 13)	10km	Free	2 x 5km

Sunday March 6, 2022

Middle Distance – Classic Technique

Men (Age Groups 01 – 06)	30km	Classic	2 x 15km
Men (Age Groups 07 – 09)	15km	Classic	1 x 15km
Men (Age Groups 10 – 13)	10km	Classic	2 x 5km
Women (Age Groups 01 – 08)	15km	Classic	1 x 15km
Women (Age Groups 09 – 13)	10km	Classic	2 x 5km

Monday March 7, 2022

Short Distance (Morning)

Women (Age Groups 01 – 08)	10km	Classic	1 x 10km
Women (Age Groups 09 – 13)	5km	Classic	1 x 5km
Men (Age Groups 01 – 09)	10km	Classic	1 x 10km
Men (Age Groups 10 – 13)	5km	Classic	1 x 5km

Short Distance (Afternoon)

Women (Age Groups 01 – 08)	10km	Free	1 x 10km
Women (Age Groups 09 – 13)	5km	Free	1 x 5km
Men (Age Groups 01 – 09)	10km	Free	1 x 10km
Men (Age Groups 10 – 13)	5km	Free	1 x 5km

Tuesday March 8, 2022 (Day Off)

Wednesday March 9, 2022

Relay Day

Men (Age Groups 01 – 10)	4x5 Classic/Free	5km
Women (Age Groups 01-05)	4x5 Classic/Free	5km

Thursday March 10, 2022

Long Distance Free Technique

Men (Age Groups 01 – 06)	45km Free	3 x 15km
Men (Age Groups 07 – 09)	30km Free	2 x 15km
Men (Age Groups 10 – 13)	15km Free	3 x 5km
Women (Age Groups 01 – 08)	30km Free	2 x 15km
Women (Age Groups 09 – 13)	15km Free	3 x 5km

Friday March 11, 2022

Long Distance Classic Technique

Men (Age Groups 01 – 06)	45km Classic	3 x 15km
Men (Age Groups 07 – 09)	30km Classic	2 x 15km
Men (Age Groups 10 – 13)	15km Classic	3 x 5km
Women (Age Groups 01 – 08)	30km Classic	2 x 15km
Women (Age Groups 09 – 13)	15km Classic	3 x 5km

* Start times for category may vary, check mwc2022.com for accurate information.

** Race days will start at 9:00AM. Be aware that the sequence of categories may change.

ACTIVITIES



Opening Ceremony

We look forward to welcoming you at the Canmore Civic Centre (902 7 Ave) on **Friday, March 4 at 5:30PM**. A great way to celebrate the beginning of a week of camaraderie and competition. This event will also be live streamed. See our website, for more information.

Awards Ceremonies

There is nothing like celebrating our team's success! The three best competitors in each category will receive a gold, silver or bronze medal at the award ceremony. Our generous sponsor Kastle will be awarding prizes for the Uphill and Downhill Challenges. The award ceremony is being held **after each competition day at 5:30 p.m. at the Canmore Civic Centre** (902 7 Ave). All medal ceremonies will be live streamed, make sure to tell your family and friends, allowing them to take part in your special moments! Top 3 winners should make sure to attend the Awards Ceremonies, we will be staging winners to the left of the stage, please make sure to check-in.

Special Masters World Cup Memorabilia at the Canmore Museum

The Canmore Museum, located in the Civic Centre on 7th Avenue, is hosting an exhibit about the World Masters from March 1st to 31st. The display features photographs, racing bibs, clothing and artefacts from previous World Masters, starting with the very first one in 1980, held in Morin Heights, Quebec, Canada.

Entry to the Canmore Museum is FREE to all World Masters athletes and volunteers – just show your wrist band for entry. In the Daylodge at the Canmore Nordic Centre there is a permanent museum display on the history of nordic skiing in Canada, with a special feature on the 1988 Calgary Olympic Games.

Closing Ceremony and Distributed Dinner

We invite you to join us for the final medal ceremony and a very special "WESTERN" themed send-off! To accommodate the current times, we are having distributed dinners at a few different venues from 5:00 to 6:45PM. All full registration athletes, national directors and officials get an entry ticket for the distributed dinner. Extra tickets for spouses/partners/guests can be purchased. Please book your seating by using the QR CODE below and selecting the venue of your choice. **All seats must be booked by Tuesday, March 6.**

TO BOOK YOUR SEAT:



Market Days (March 4-5-6)

Visit our market located outside on the flag row by the Day Lodge. Come and see the shiny new equipment, new technology and even try some new skis!



Cultural Activities & Special Offers



Canmore Kananaskis has so much to offer! Make sure to consult explorecanmore.ca "Things to Do" to create your unique experience while attending the Masters World Cup in Canmore. From a helicopter bird's eye view of the area to visiting a local distillery, there are so many options possible! Visit explorecanmore.ca to plan your Cultural Day.



OFFICIAL COMPETITION INFORMATION

Official Training

Friday March 4 and Tuesday March 8 will be official training days. Course will be set-up from 10 a.m. to 2 p.m.

Day Pass

Your day pass is covered from March 4 to the 11th. If you need a day pass for March 3 unofficial training day, please visit the Race Office.

Waxing



Trail Sports is the Masters World Cup 2022 Official Supplier of Waxing Services. Located at the Canmore Nordic Centre, the team

at Trail Sports will professionally prepare your skis for race and training days. Visit them on the race site, or book your ski waxing services <https://www.trailsports.com/service/world-masters-wax-services/>

We have two tents available for waxing (see venue map). The tents are set up with power to facilitate waxing on site, including tables (bring your own ski forms & wax irons). Spaces will be available on a first come, first served basis. Official hotels will also have space set aside for waxing. Please refer to the Warm-up/Wax Test area map for competition days.

Warm-up

The warm-up tracks are located close to the stadium.



Timing

Along with your bib, each participant receives a timing chip that they will wear on their right or left ankle. Please return the timing chip immediately after your last race at the finish area. There will be a fee charged for unreturned timing chip.

Protests

Protests during racing and against the unofficial results should be brought to the immediate attention of race office officials (at the Race Office) within 15 minutes after the finish of any race (FIS 361.2-.5). If there are no protests announced within 15 minutes after the race, the unofficial results will become official. Protests must be presented in writing to the race office. They will be accepted only in written form and must be made through a team captain, the national director or the official representative. The protest fee is \$100.

Official Results

Unofficial & official lists and result will be posted on the official notice board at the race office window. Official notice boards showing start lists, information on weather and trail conditions will be located at the race office. All information is also available at mwc2022.com.

Storage of clothing & equipment during races

Change rooms will be provided by country. Warm-up clothes can be bagged and transferred to the finish line by our volunteers. The organizer is not responsible for lost equipment.

Refreshment stations during the races

One refreshment station is provided on the course and one on the lap lane for distance days. A refreshment station is available at the finish area on each race day.

TRACKS

Preparation of Tracks

All tracks will be groomed every night. On Monday March 7, directly after the races in classic technique, the tracks will be prepared for the free technique races.

Course Closure

The course(s) will be closed to all participants during preparation from 4 p.m. up to 10 minutes before the first start of the day.

FIRST AID

First Aid is available on site at the offices located in the stadium on all racing and training days. Should you need medical care during your stay, there are several medical clinics in town. For emergency care you can visit the Canmore General Hospital (1100 Hospital Place) in Canmore.



GENERAL

FIS Pole Length Rule

Competition rule 348.8.1 must be obeyed. Pole lengths will be checked.

Start Procedure

1. Start times are provided and also available on our website.
2. Please be at the start entrance 10 minutes prior to your start time. Timing chip check can be done at that time.

Disqualification Rules

In case of non-compliance with the competition rules following penalties will apply:

1. (623.2) Racers are not allowed to skate during classic competitions (disqualification for the current race).
2. (623.3) Racers are not allowed to take shortcuts or leave their assigned course (disqualification for the current race).
3. (623.3) Racers are not allowed to accept waxing help from third parties during the race (disqualification for the current race).
4. (623.4) Racers are not allowed to skate on classic tracks (to preserve the tracks, no start permission for the next race).

Team Captains' Meetings (TCM)

Your National Director will be attending the TCMs. Please make sure to connect with your Team Captain for any questions that you may have.

Dates and Times for TCMs

Friday March 4:	2:30 p.m.
Saturday March 5:	4 p.m.
Sunday March 6:	4 p.m.
Tuesday March 8:	4 p.m.
Wednesday March 9:	4 p.m.
Thursday March 10:	4 p.m.



Accreditation

Each participant will receive a wrist band. This wrist band will allow you to use the shuttle service for free. Please consult the Shuttle map and timetables for more information. Your wrist band will be used as your accreditation for the event. Make sure to wear your wrist band as you discover Canmore. **Cabezza Grande, Woodward Pizza Co, Save-On Foods will be offering 10% off to participants.**

Competition Rules

The competition is organized according to the **Rules of Competition of the World Masters Association (WMA)** (see the website www.world-mastersxc-skiing.com). Items not covered through the Rules of Competition are defined in the **International Competition Rules (ICR)** of the FIS.

Behavior

1. Start: Racers are only allowed to start in their assigned position.
2. Start: Racers have to stay in their start lane; no lane changes allowed during the first 50 meters.
3. Aggressive skiing or abusive behaviour towards other competitors or officials will not be tolerated. Skiers will be removed from the competition for failure to exhibit basic standards of conduct.
4. Racers are obliged to leave the track for racers who would like to pass. If this obligation is not respected several times, the racer can be disqualified.
5. Finish: Competitors are not allowed to change tracks within the last 50 meters before the finish line. The only exception is for passing another competitor.

Jury Members

Technical Delegate FIS (TD): Claude Laramée, Canada
Director of Competition: Dave Rees, Canada
President of WMA: John (JD) Downing, USA
Representative of the competing teams: Andreas Dilleuth, Germany
Chief of Competition for the next event: TBA





PRESENTED BY:



GOOD TO KNOW

Daily Sizzle - Live Streaming

Every race day, we will be showcasing a fun recap of the day at our Medal Ceremony downtown. Make sure to join us to see yourself on the big screen or tune online for the live stream of the ceremony.

Grocery Shopping



Save-On Foods, our Community Partner is offering participants a **10% discount** on purchases.

WIFI Information

While at the racing venue, you can access free WIFI.

User: CNC-guest

Password: nordicDec2021

Social Media Tagging

If you are sharing your experience with friends on social media, please make sure to follow us and tag us @albertaworldcup. If you wish to use our events hashtags, please use the following: #mwc2022 #canmoreworldmasters2022 #canmoremwc

Masters World Cup 2022 Store

Our store will be open daily, during racing hours. Look for us near the racing office or at the Market on Market Days.



BRUBECK
BODY GUARD

WE ARE A PROUD SPONSOR OF THE MASTERS' WORLD CUP 2022

WIN A NEXT-GENERATION PERFORMANCE BASE LAYER WITH BRUBECK BODY GUARD

CLICK FOR YOUR CHANCE TO WIN ONE OF 5 SHIRTS VALUED AT \$100 EACH

- LIGHTWEIGHT DUAL-LAYER WARM BREATHABLE FABRIC
- QUICK DRY EXPELS MOISTURE AND RETAINS BODY HEAT
- ATHLETIC FIT. EASE OF MOVEMENT AND NO CHAFFE
- SWEAT-WICKING AND ODOUR CONTROL
- SEAMLESS AND BODY MAPPED FOR YOUR COMFORT

Must be 18+ to enter. Approximate \$100 value. The giveaway closes March 23rd at 11:59 PM EST. Winners will be selected at random and contacted individually through email.




We've got so many things to do and even more fresh ideas about where and how to do them. Get a little local perspective and inspiration. A lot of places

claim to have it all. But just look at this list. Canoeing, paddling, and white-water rafting. Biking, hiking, and golf. Skiing, snowboarding, and snowshoeing. Horseback riding, caving, and climbing. Shopping, spa, or just out for a stroll. Galleries and pubs, distilleries and breweries, cafes and fine dining.

Whether you're climbing the mountains or just looking up at them, we've got as many things to do as your legs can handle. For inspiration on what to do while you're here in during the winter season, Wake up to Winter.

