

CNC REGION CHAMPIONSHIPS

JANUARY 19-21, 2024



HOST: PRINCE GEORGE FIGURE SKATING CLUB

Sanctioned by and held under the rules of Skate Canada

[Online registration](#) must be completed by 11:45 pm, December 8, 2023 PST.

NOTE: 48 hours following the closing of online registration, a list of all registrants will be posted on the [CNC Region Championships 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: January 19-21, 2023

HOST: Prince George Figure Skating Club

VENUE: Kin Centre 1 & 2, 2187 Ospika Blvd
Prince George, BC V2N 621

ICE SURFACE: 200' x 85'

COMPETITION CHAIR: Julia Shaddick
cncregionalspg@gmail.com

COMPETITION REGISTRAR: Jennifer Auston
cncregionalspg@gmail.com

CNCR COMPETITION ADVISOR: Cynthia Medeiros
cnccompetitions@gmail.com

KARELO INQUIRIES: Stacy Flotre
asdflore@gmail.com

TECHNICAL INQUIRIES: Janice Hunter
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).

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 | | | \$75.00 |
| Special O Level 2 | | | \$75.00 |
| Special O Level 3 | | | \$75.00 |
| Special O Level 4 | | | \$75.00 |
| Special O Level 5 | | | \$75.00 |
| Special O Level 6 | | | \$75.00 |
| Adult Introductory Artistic Free Skate | | | \$90.00 |
| Adult Bronze Artistic Free Skate | | | \$90.00 |
| Adult Silver Artistic Free Skate | | | \$90.00 |
| Adult Gold Artistic Free Skate | | | \$90.00 |
| Adult Free Skate Intro Open | Women | Men | \$95.00 |
| Adult Free Skate Bronze | Women | Men | \$95.00 |
| Adult Free Skate Silver | Women | Men | \$95.00 |
| Adult Free Skate Gold | Women | Men | \$95.00 |

All payments must be made online at the time of registration. [Online registration](#) must be completed by 11:45 pm PST on December 8, 2023. Instructions for entering online can be found at the end 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.

[Online Registration](#) must be completed by **11:45 pm Friday, December 8, 2023 PST.**

Instructions for entering online can be found on page 7 of this announcement.

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 1st, 2023 and assessments passed as of **the closing date of entries (December 8, 2023)** 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 Karelo 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 attaching the Planned Program Sheet as a .pdf file.**
2. The final deadline to submit changes to planned program sheets is Wednesday, January 10th, 2024. Changes can be emailed to **Stacy Flotre – asdflore@gmail.com**. There will be a \$25 fee assessed for Planned Program Sheets that are received after **January 10, 2024**. Skaters will not be permitted to register at the competition until this fee has been paid and a planned program sheet has been submitted.
3. A tentative schedule of events and groups will be posted on the [CNC Region Championships page](#) of the BC/YT Section and on the [CNCR](#) website. Any last-minute changes to schedules will be posted on the websites 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 Freeskate categories with medals being awarded 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:

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|------------------------------|--------------------|
| 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 |

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 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 an online registration system called Karelo. 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 primary 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 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.

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 [SIGN UP – 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, attach the Planned Program Sheet information in .pdf format (if applicable). ***You will not be able to complete your registration without this.***
3. Enter your payment information (Debit Card, Visa or MasterCard). This is a secure transaction. Your bank account or credit card is charged immediately
4. You are registered! Check your email for the confirmation email with your registration details
5. For more information and assistance go to [Karelo Frequently Asked Questions](#)

HOST HOTEL INFORMATION

Prestige Treasure Cove Resort - 250-614-9111

- 2005 Highway 97 South, Prince George
- \$139/night for standard double queen/single king room
- www.worldhotels.com/group/hotel-rooms.62144.html?groupId=7K7VG5S2
- **Room rate booking deadline: December 30th, 2023.**

Best Western Plus Prince George - 250-964-8833

- 3387 Highway 16 West, Prince George, BC
- \$155/night for double queen or single King rooms, & continental breakfast.
- https://www.bestwestern.com/en_US/book/hotel-rooms.62136.html?groupId=6K9HC0J5
- **Room rate booking deadline: mid-December.**

Sandman Signature Hotel Prince George - (250)645-7263

- 2990 Recreation Place, Prince George, BC, V2N 0B2
- Signature 2 Queens @ \$159/night, Executive 2 queens @ \$168/night, Family king suite with sofa bed @ \$168/night
- Booking via phone: Block code SPG2310PGSK8 or 333633
- Booking online add code/select web group code: SPG2310PGSK8
- **Room rate booking deadline: December 22, 2023**

Sandman Hotel & Suites - (250)563-8131

- 1650 Central Street East, Prince George, BC, V2M 3C2
- Standard 2 Doubles @ \$128/night, Deluxe 2 Doubles with kitchen @ \$138/night, Studio Kitchen Queen with Sofa bed @ \$144/night, Student Kitchen 2 Queens @ \$144/night, 1 bedroom suite @ \$159/night
- Booking via phone: Block code PGC2401PGSK or 333635
- Booking online, add code/select web group code: PGC2401PGSK
- **Room rate booking deadline: December 22, 2023**

Pomeroy Inn & Suites - (236) 423-4546

- 2700 Recplace Drive, Prince George, BC, V2N 0H4
- 2 Queen room with kitchen - \$189/night
- King standard room - \$169/night
- Booking via phone: Group code **11860-1**
- <https://bookings.travelclick.com/107327?userType=GRP>
- Room rate deadline: December 19th, 2023
- A minimum of 10 rooms must be booked to honor the group rate