



SPORT INFORMATION PACKAGE

CROSS-COUNTRY SKIING



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A. HISTORY OF SPORT

Cross-country skiing originated many centuries ago in Scandinavia. It became popular as a competitive and recreational sport in Canada over the last century, with the first National Championships held in 1921. It was first aggressively promoted in North America during the depression years by Herman "Jackrabbit" Smith-Johannsen, not surprisingly a Norwegian by birth. Smith-Johannsen, was a pioneer in developing trail networks north of Montreal and received his nickname from the Cree Indians during his fleet footed travels in the bush. "Jackrabbit" died at the age of 110, and still skied after the age of 100 years old.

In 1981, Cross Country Canada introduced the Jackrabbit Ski League for Canadian children, named in honour of "Jackrabbit". Since its inception the Ski League and other development programs introduced by Cross Country Canada, have become the largest learn to ski programs in North America. Many Canada Games and Olympic athletes were first introduced to the sport as Jackrabbit Ski League participants.

From the '70's to the 2000's the sport has witnessed significant change. The traditional style of skiing, "classic", is like running with a glide, uses set tracks and variations of the diagonal and double pole stride. It has been joined by "skating", sometimes called "free technique", which is somewhat like ice skating with poles. More changes have occurred in race formats since as well, and a balance between classic skiing and skating technique, has been maintained.

In 2000 the international governing body introduced the sprint event. Since cross country racing's inception, the sport has always been an endurance-based sport focusing on distance events from 5km to 50km, with skiers starting at 30 second intervals and skiing on long loops. Now with the sprints, pursuit, and mass starts events, and shorter loops, the sport has become more friendly stadium spectators and TV.

In recent years Canada has had significant success internationally, most notably with Beckie Scott's upgrade from a bronze to a gold medal at the Olympics in 2002.

Other recent event highlights, in addition to many World Cup Podiums.

- Beckie Scott and Sara Renner, team sprint silver at the 2006 Olympics in Torino, Italy.
- Chandra Crawford, individual sprint gold, 2006 Olympics in Torino, Italy.
- Alex Harvey and Devon Kershaw, team sprint gold, 2011 World Championships Oslo, Norway
- Alex Harvey, gold in the 50k at the 2017 World Championships and 3 other World Championship podiums

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Over the first three Canada Winter Games, the strength of cross-country ski programs available to youth in Northern Canada became apparent. A product of the “Test Program” two pairs of sisters from the Northwest Territories, Anita and Roseanne Allen and twins Sharon and Shirley Firth dominated the women’s classes at the ’71 Winter Games in Saskatoon. Not to be outdone, Shirley, Glenna and Mary Frost of the Yukon won the bronze relay medal. The Firth’s went onto represent Canada at 4 Olympic Winter Games. At the ’75 Games in Lethbridge, the Cockney brothers teamed with Kevin King to lead the NWT to a come from behind win over Quebec and Ontario in the men’s relay. This legacy is living on with Beckie Scott’s, Spirit North program

As the Canada Games matured, so did the cross-country ski programs in Ontario, Quebec, Alberta and BC. At the Brandon Games of ’79 a young man from Rimouski, Quebec emerged as the dominant force. Pierre Harvey (father of Alex Harvey) won 4 gold medals in these games and went on to become the most prolific male skier Canada has known. Harvey joined Sue Holloway (’71) as Games alumni to go on to represent Canada at both summer and winter Olympic Games. Holloway competing in canoe/kayak and cross-country while Harvey combined road cycling and cross-country. In 1988 he retired after an International career that included 2 visits to the Olympic Games, 4 World Cup/World Loppet wins including the famed Norwegian Birkiebeiner and countless Canadian Championship medals.

The Games unique flavour and focus has allowed many lesser-known athletes to shine. In 1991, Lucy Steele of Whitehorse became the darling of the Games leading Team Yukon to a women’s relay gold and collecting 3 overall medals. It was the Fortier twins who rode the wave of home court advantage as they dominated the cross-country trails at the ’95 Games in Grande Prairie and Lee Churchill became the talk of Newfoundland as he became a multiple medalist at the 1999 Winter Games in Corner Brook.

Below are the ranking of the Provinces/Territories since the inaugural games:

	1967*		1971*		1975*		1979	1983		1987		1991		1995		1999		2003		2007		2011		2015	
	M	F	M	F	M	F	C	M	M	F	M	M	F	M	F	M	F	M	F	M	F	M	F	M	F
AB	-	-	3	-	-	1	3	5	5	3	5	5	5	2	2	2	1	1	1	1	1	1	3	4	5
BC	2	-	3	-	-	3	6	4	6	4	3	4	4	3	3	5	5	5	4	3	4	3	1	1	1
MB	-	-	-	-	-	3	7	7	3	8	8	8	7	8	10	8	4	9	5	10	9	6	7	6	7
NB	-	-	-	-	-	-	9	6	1	7	9	1	9	10	8	9	8	6	9	8	6	8	11	9	11
NL	-	-	-	-	-	-	8	10	7	5	7	6	6	5	9	3	9	7	10	7	8	9	5	7	8
NWT	-	1	-	1	1	2	10	12	-	11	11	12	11	11	11	11	6	10	6	9	11	10	9	11	10
NS	-	-	-	-	-	-	11	8	9	9	1	9	10	5	9	6	12	12	8	11	10	11	10	10	9
NU	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
ON	1	2	1	2	2	3	1	1	1	2	2	1	1	1	5	1	3	3	3	2	2	2	2	2	2
PEI	-	-	-	-	-	-	12	11	11	-	-	11	12	12	12	12	11	11	12	-	-	-			

QC	3	3	-	-	3	-	2	2	2	1	1	2	3	4	1	4	2	2	2	4	3	4	4	3	3
SK	-	-	2	-	-	-	4	3	4	6	6	7	8	7	6	10	10	8	11	6	7	7	8	8	6
YK	-	-	-	3	-	-	5	9	8	10	4	3	2	6	4	7	7	4	7	5	5	5	5	5	4

C. NUMBER OF ATHLETES PER TEAM

Able Bodied*: 5 Males and 5 Females
 Para-Nordic*: 2 Males and 2 Females

D. EVENT FORMAT AND RULES OF PLAY

Able-Bodied Competition:

MALE:	10 km	Free technique; interval start (3.3 km x 3)
	1,200 - 1,600 meters	Sprints (Free technique; top 30 to quarterfinal heats)
	15 km	Classic technique; mass start
FEMALE:	7.5 km	Free technique; interval start (2.5 km x 3)
	900 - 1,200 meters	Sprints (Free technique; top 30 to quarterfinal heats)
	10 km	Classic technique; mass start
MIXED: (2 men, 2 women)	4 x 5 km relay	Classic technique; Mass start 1 st leg Two official teams per P/T will be permitted. Unofficial teams of 2 men + 2 women may be formed with extra skiers.

Five men and five women team members may compete in all individual competitions. Start order will be determined as follows:

- Interval Start Races – grouped by Canada Points (Distance) and randomly seeded within groups; starting order of the groups to be decided by the Jury
- Sprint Qualification – order by Canada Points (Sprint) i.e. best start first
- Mass Start – order by Canada Points (Distance) i.e. best in first position
- Mixed Gender Relay – Start order by combined Distance points of team members. Each P/T will be eligible to position one team in Group A. P/T's second team will be positioned in Group B. Among all Group A teams, the P/T team with the highest total Distance points will start as number one, the P/T team with the second highest total points will start as number two in the Chevron and so on until all Group A P/T-designated teams are placed. The positioning of P/T teams in Group B will follow the same protocol. Unofficial teams will be positioned by combined points at the back of the start grid. In the case of teams having equal total points, the team with the highest point-holder starts ahead of the other. Skier order will be as follows: Leg 1 - men, Leg 2 - women, Leg 3 - men, Leg 4 - women.

Para-Nordic:

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category).

In the standing category, athlete classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per IPC rules) correlating standing skiers' performances with visually impaired skiers' performances. In the sitting category, results will be determined by applying percentage formulas (as per IPC rules) specific to the athletes' disability classes.

In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc.) to be fair for all Para-Nordic athletes within each of the three categories.

MALE		
SITTING:	2.5 km	Para-Nordic, interval start, fastest first
	6-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:	2.5 km	Para-Nordic Free technique*, interval start
	9-1,200 meters	Sprints (Classic technique; top 8 to semi-finals)
	5 km	Para-Nordic Classic technique, interval start
FEMALE		
SITTING:	2.5 km	Para-Nordic, interval start, Fastest first
	6-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:	2.5 km	Para-Nordic Free technique*, interval start
	9-1,200 meters	Sprints (Free technique; top 8 to semi-finals)
	5 km	Para-Nordic Free technique, interval start

All four athletes may compete in all Para-Nordic competitions.

*On free technique days, Para-Nordic sit-skiers require a classic track to be set on best line if possible.

E. EQUIPMENT & TERMINOLOGY

Equipment

Equipment changes have mirrored the changes in sport formats, techniques and technology and have increased speeds significantly. The sport at the competitive level uses several skis costing more than \$600/pair, carbon fibre poles costing \$450 and state of the art carbon composite boots retailing for over \$600. While the costs have gone up for racers, not close to the costs of some other sports, the costs of recreational equipment are still relatively inexpensive. It is a sport accessible to all, made for a northern climate like in Canada and people choose cross country skiing as it is an outdoor lifestyle sport with universally acknowledged benefits for health and fitness.

The ski bag of a competitive skier typically includes 4-10 pairs of skis designed to accommodate skate and classic technique, changes in snow texture and temperature. A skate ski cannot be shorter than the skier's height minus 100 mm while a classic ski is generally the height of the skier's wrist on a comfortably stretched arm upward.

There are 2 main boot styles, a "classic boot" that is a little like a running shoe design allowing better flexibility for the "kick action" and a "skate boot" that provides a bit more rigidity, a bit like a hockey skate.

A skier will also carry two sets of poles; the longer pair used in skate races. A pole cannot be higher than a skier's height. Classic poles are typically armpit high when athlete is standing, with a limit on their length, determined by a skier's height.

High technology fibres are used to maximize speed, flexibility and warmth in the racing suits.

Terminology

Classic Technique: (aka Traditional, Diagonal) Cross Country Ski technique involving opposite leg-opposite arm motion in a straight-ahead direction. This is the technique primarily associated with Cross Country Skiing. Proper body weight transfer, the "kick" and application of power at the correct time is crucial for correct technique. Classic uses grip wax under the foot and glide wax on a skis tips and tails.

Free Technique (usually only the skating motion is used): Is the motion that best resembles speed skating with and without poles. It is the motion similar to how an alpine skier uses when they don't carry enough speed into a flat or they need to get to the chairlift, without the clunky boots and skis! Free technique is broken into four styles depending on the terrain: free skate, one-skate, two-skate, offset. Free skate is ski skating without poles and is used on downhills and fast flats. One-skate is one skate push for every poling action and is used on slow flats and slight uphill. Two-skate is two skate pushes for every poling action and is used on fast flats. Offset is recognized for its three-point landing and slightly offset position of the hands at pole plant. Offset is used for steep uphill when the athlete must maintain momentum to get up the hill. Skate skis are glide waxed from tip to tail.

Ski Preparation: Waxing and ski preparation is a bit of an art and a bit of a science. The “ski techs” spend many hours testing various grip and glide waxes and structures before a race before deciding the final waxes. The wax used and the structure, may change as the weather varies over a day. In addition, athletes will have various skis and grinds in their skis to use depending on snow conditions. Some of the waxes are very expensive, running into a cost of an application at times of over 50 or 60 dollars.

Glide wax. For skating races the entire ski is covered usually with 2 layers of wax, a “base wax” that is good for the general snow conditions, (plus or minus a few degrees) and a topper, usually a powder, that will specifically match the conditions for when the skier starts. These applications are put on the ski, within an hour of the racers start. For classic races these waxes are put on the front and back “glide zones” of the skis.

For classic races, a grip wax is applied under the skier’s foot, the “grip zone”. This is the ski surface on classic skis that touches only touches the ground when a skier “kicks”, has all their weight on one ski. The glide areas are the part of the ski that touch the snow all the time, with a “camber” keeping the grip zone off the snow when the skier’s weight is equally on both skis. Often there is a base layer of very durable wax first heated into the grip zones and after, usually 4 to 6 layers of a “hard wax” wax are crayoned onto the ski and smoothed into the ski with a cork. These “hard waxes” come in a small tin and are colour coded for air temperature and snow structure, with a difference of 3 or 4 degrees in temperature necessitating and adjustment in the wax. There is, if the conditions are very wet or abrasive, a sticky, semi liquid wax called “klister” which will be applied, usually by a hot application process. Knowing what wax to apply is part of the art of waxing, as using the wrong wax, especially klister, can significantly slow the skis. If the conditions are warmer than expected for the wax applied, the opposite effect can apply, and a classic skier may not get any grip, good for an arm workout though. Waxing plays an important part in the competition at the elite level.

F. ELIGIBILITY

ABLE-BODIED

Competitors 20 years of age and under (born in 1999 or after), plus a maximum of one competitor per gender.

PARA-NORDIC:

Year of birth: Athletes born 1984 or later*

*In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of the LTAD, age exceptions will be provided to Para-Nordic athletes born prior to 1984 whose athlete development level is consistent with TTC. The CGC and CCC recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. CCC's Para-Nordic Committee in cooperation with the CGC will consider these special cases up to December 1, 2018. Athletes selected through the reallocation policy must meet the age category, no exemptions will be granted.

G. JUDGING/SCORING SYSTEM

The winner in each event will be the competitor with the best position in that event.

The province/territory's three best able-bodied positions and the best Para-Nordic position for each gender and event will count towards the provincial/territorial ranking point total (if ranked higher than 69th in able-bodied and higher than 20th in Para-Nordic as indicated in the charts below). Other scores are omitted. Para-Nordic positions will be determined by adjusting real time by the percentage for each athlete according to their classification.

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 97.5 points $(100+95)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Able-bodied points

Position	Pts
1st place	100
2nd place	95
3rd place	90
4th place	85
5th place	80
6th place	77
7th place	74
8th place	71
9th place	68
10th place	65
11th place	63
12th place	61
13th place	59
14th place	57
15th place	55
16th place	54
17th place	53
18th place	52
19th place	51
20th place	50
21st place	49
22nd place	48

Position	Pts
23rd place	47
24th place	46
25th place	45
26th place	44
27th place	43
28th place	42
29th place	41
30th place	40
31st place	39
32nd place	38
33rd place	37
34th place	36
35th place	35
36th place	34
37th place	33
38th place	32
39th place	31
40th place	30
41st place	29
42nd place	28
43rd place	27
44th place	26

Position	Pts
45th place	25
46th place	24
47th place	23
48th place	22
49th place	21
50th place	20
51st place	19
52nd place	18
53rd place	17
54th place	16
55th place	15
56th place	14
57th place	13
58th place	12
59th place	11
60th place	10
61st place	9
62nd place	8
63rd place	7
64th place	6
65th place	5
66th place	4

Position	Pts
67th place	3
68th place	2
69th place	1

Para-Nordic Points

Position	Pts
1st place	40
2nd place	35
3rd place	30
4th place	25
5th place	20

Position	Pts
6th place	18
7th place	16
8th place	14
9th place	12
10th place	11

Position	Pts
11th place	10
12th place	9
13th place	8
14th place	7
15th place	6

Position	Pts
16th place	5
17th place	4
18th place	3
19th place	2
20th place	1

Relay Competitions

In the relay events there are 13 scoring positions, with points allocated for 1st through 13th. Only teams that complete all legs of the relay will be allocated points.

Position	Pts
1st place	150
2nd place	140
3rd place	130
4th place	120

Position	Pts
5th place	110
6th place	100
7th place	90

Position	Pts
8th place	80
9th place	70
10th place	60

Position	Pts
11th place	50
12th place	40
13th place	30

H. PLAYOFF AND TIE-BREAKING FORMAT

Competition

If two or more competitors or relay teams have the same time, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

Points Attribution for the Games Flag

When the ranking of men's and women's teams has been established, points for the Games flag will be awarded as follows:

1 st place – 10 points	6 th place – 5 points	11 th place – 1.5 points
2 nd place – 9 points	7 th place – 4 points	12 th place – 1 point
3 rd place – 8 points	8 th place – 3 points	13 th place – 0.5 point
4 th place – 7 points	9 th place – 2.5 points	
5 th place – 6 points	10 th place – 2 points	

For Provincial/Territorial teams that have received additional athletes through the Canada Games Reallocation of ParaSkier Quota Policy, coaches will be required to select three (3) Para-Nordic athletes whose results will count towards sport scoring for

the entirety of the Games. The names of the three (3) athletes whose results will count towards sport scoring must be provided to the Competition Secretary at the Coach – Manager Meeting (Team Captains Meeting) prior to the start of competition. If a team does not submit these names by the end of the Coach-Managers Meeting, the original three (3) Para-Nordic athletes selected through the Provincial/Territorial Team Selection process will automatically become the athletes whose results count towards sport scoring.

For sport scoring purposes only, in relation Canada Games flag point calculations, the final rank of non-scoring para skiers (skiers designated as not eligible for sport scoring as determined by the Provincial/Territorial coaches) will not be considered. Medals will be handed out in order of finish and will include non-scoring para skiers.

For example, for able bodied races the sport scoring would be as follows

Athlete A finishes 1st and receives 100 points – 1st place points
Athlete B finishes 2nd and receives 95 points – 2nd place points
Athlete C finishes 3rd and receives 90 points – 3rd place points

For Para-Nordic races the sport scoring would be as follows, assuming Athlete B is a non-scoring para skier:

Athletes A finishes 1st and receives 40 points – 1st place points
Athlete B finishes 2nd and receives 0 points – no points
Athlete C finishes 3rd and receives 35 points – 2nd place points
Athlete D finishes 4th and receives 30 points. – 3rd place points

Athlete B would be awarded the silver medal in both the able and para races.

I. TECHNOLOGY OF SPORT

In the 70's and in many people's garages, skis were made of wood, boots were low cut leather, the poles were made of bamboo and bindings resembled metal rat-traps. Binding systems such as Salomon's Nordic System (SNS) or Pilot and the New Nordic Norm (NNN) binding systems, are now very sophisticated and are integrated with the sole of the boot to provide enhanced stability and provide better power transfer to the snow. have replaced the antiquated three-pin bindings.

Modern fiberglass skis are faster and lighter than their wooden predecessors and come in classic and skating styles, designed to take you over any terrain or conditions, matched to your technique choice. Bases are made of P-TEX

On occasion for classic races around zero degrees C. it is difficult to get a grip wax to work. Some wax techs will rough up the grip zone with sandpaper to create "hairies", especially when it is snowing. Some racers will have a specifically designed and purchased "zero" ski for these conditions. With these the manufacturer has formed a

“hairies” like base built into the ski but because these conditions are quite rare, the do it yourself option is most common.

Fluorocarbon wax is now a regular product used to prepare the skis for competition. It is an additive to both the glide and grip waxes to assist in reducing suction between the snow and the ski. Fluorocarbon waxes increase the cost of ski preparation and increase health risks to wax technicians when the product is applied using heat, so appropriate precautions, using personal protective equipment is a must.

J. ROLE OF OFFICIALS IN SPORT

Cross-Country race officials are some of the hardest working volunteers in any sport. A course official's day could start in the middle of the night. Uncertainties brought on by changing temperature and snow conditions can keep course officials up most of the night. Stadium crews must be prepared to scramble at the last moment after final grooming takes place in the start / finish area, often just prior to the start of race.

While races cannot be run at temperatures below –20 degrees, course and race preparation by officials must go on. Course set-up and tear down often takes place when the thermometer is well past the legal racing limit. Truly the 120 – 150 race officials on any given race day are the unsung heroes of the sport.

Canada offers a national level training and certification program for cross-country officials. The program takes 2-3 years for full completion and involves theory and practical sessions. In 2006, Cross Country Canada implemented a revised Level I program that incorporates online registration, training and evaluation programs. Canada now is world renowned for its top level officials program, for the local to international level. A Canadian, was one of the 3 trail groomers that were invited to set the tracks for the 2018 Olympics in Pyeong-Chang.

K. FACILITY DESCRIPTION

All Cross-Country Ski events at the 2019 Canada Winter Games will take place at the River Bend Golf & Recreation Area on the outskirts of Red Deer, 3800 River Bend Dr.

The River Bend Golf & Recreation Area is the premiere premier cross-country ski venue in Red Deer and central Alberta. The trails are one of the trails systems used by the Red Deer Nordic Ski Club and includes, 4 km of lit trails and a variety of terrain for racing and recreational skiing.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

An estimated 2 million skiers participate in cross-country in Canada on an annual basis. The sport represents a \$5 million industry at the retail level and has strong skier bases

across Canada from coast to coast to coast. Cross Country Canada, the national sports governing body responsible for organizing and developing programs from grass roots to Olympic Team members, includes over 350 clubs and a membership of 60,000, which include athletes, coaches, officials and skiers of all ages and abilities, including those on Canada's National Ski Teams and Para-Nordic Ski Teams.

M. ATHLETES TO WATCH FOR

Competition will be very tight with B.C. Alberta, Ontario, Quebec and the Yukon fielding the overall strongest representatives. Many of the athletes are presently on the National Junior teams and have recently represented Canada at the World Junior/U23 World Championships in Lahti, Finland. For most of the athletes, this is their first appearance at the Canada Games. At the time of writing, the Yukon team had not been confirmed.

Able-bodied Females

On the female side of the competition there are many athletes to watch for and in particular:

BC

Jasmine Drolet	World Junior Team
Molly Miller	World Junior Team*
Hannah Mehain	World U23 Team*
Elizabeth Elliot	National Junior Team

Alberta

Ana Pryce	World Junior Team
Isobel Hendry	World Junior Team

Quebec

Marie Corriveau	World U23 Team*
Anne-Marie Petitclerc	World Junior Team

* Indicates returning athlete from 2015 CWG

Able-bodied Males

On the men's side the competition will also be strong:

BC

Remi Drolet	World Junior Team, 7 th in the 30k brother of Jasmine, also on the BC team
Tallon Noble	National Junior Team

Alberta

Sam Hendry	World Junior Team
Reed Godfrey	

Ontario

Graham Ritchie National U25 Team
Pierre Grall-Johnson National Junior Team
Malcolm Thompson National Junior Team

Quebec

Antoine Cyr National U25 Team, 20th at the U23 World Championships, sprint
Pierrick Sarthou World Junior Team

On the Para-Nordic side, the teams are made up of mainly development athletes, with Ethan Hess of BC, a member of the National Development Team expected to do well.

N. NOTABLE PAST ATHLETES/ALUMNI

Many current National Team and Olympic Ski Team members have participated in the Canada Winter Games such as, Perianne Jones ('03), Emily Nishikawa ('11), Graham Killick ('11) and Jess Cockney ('11) who went onto compete in the 2014 Winter Olympics. 2006 Olympic Gold Medallist Chandra Crawford who sprinted onto the National scene by winning gold at the 2003 Bathurst-Campbellton CWG and Paralympian Brian McKeever, who continued his International dominance of his class at the 2006, 2010 and 2014 Paralympics by winning multiple medals. McKeever competed as an able-bodied athlete at the 1999 CWG in Corner Brook. 2006 and 2010 Olympians Dasha Gaiazova ('03) and George Grey ('99), as well as 2010 Olympian Perianne Jones ('03). On the National Senior Development team is Kevin Sandau ('07, '11) and Michael Somppi ('11). Tara Whitten who competed at the CWG '03 in Cross Country Skiing and then went on to become a double 2010 World Champion in Track Cycling, and multiple 2010 Commonwealth medalist in Track and Road Cycling and Canada's closing ceremonies flag bearer.

O. NOTABLE CANADIAN RECORDS

Sharon and Shirley Firth – First Canadian women to attend four consecutive Winter Olympics ('72, '76, '80, '84). They also won a combined 48 national titles. They are members of the Order of Canada and the Canadian Skiing Hall of Fame.

Pierre Harvey – Became the first Canada male athlete to compete in both the winter and Summer Olympic Games. He's a three time Olympian and winner of three world cups. He's a member of the Order of Canada and the Canadian Skiing Hall of Fame.

Beckie Scott – Gold in the 2002 Olympics, silver in 2006. Founder and CEO of Spirit North a program Spirit North, that connects, empowers, and inspires Indigenous youth, significantly through the introduction of skiing in northern communities. To be inducted into the Order of Canada in 2019. Beckie is also well known for her work with WADA and a passionate antidoping campaigner. <http://www.spiritnorthxc.ca>

Chandra Crawford – Olympic gold medal in 2006, founder of the Fast and Female program, that similarly to the Spirit North program, works to empower and inspire teenage girls through sport. <https://www.fastandfemale.com/>

Q. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

In general, it will be B.C., Alberta, Quebec, Ontario and the Yukon that will feature in the top placings, but don't discount some strong individual performers from other provinces and territories.

The relay should also be a close contest among the stronger provinces. In 2015 Ontario and Quebec took the titles, but now two men and two women, will compete on a four-person team. Who will be the first teams to claim the medals in this inaugural event?