



QRS

(QUOTAS, RULES, AND SELECTIONS)

2025-2026

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1	General Information.....	4
1.1	WhatsApp Communication Tool.....	4
1.2	QRS Chapter Normalization Overview.....	4
1.3	Competitor Equipment Rules	4
1.3.1	Helmets.....	4
1.3.2	Chin Guards.....	4
1.3.3	Back Protection.....	4
1.3.4	Cut Proof Underwear	5
1.4	Acronyms / Abbreviations.....	5
2	Age Groups & LTAD Stages	6
2.1	Provincial Age Category Rule	6
2.2	Strive Development Model	6
2.3	Provincial Additional Rules	7
2.3.1	No Hiking or Stop-and-Continue Rule U10-U16 (all disciplines)	7
2.3.2	Grounds for Interference.....	7
3	NGSL / Strive Program (YOB 2014+).....	8
3.1	U10 BC Alpine Technical Rules	8
3.1.1	U10 Race Format.....	8
3.1.2	U10 Recognition.....	8
3.2	U12 BC Alpine Technical Rules	8
3.2.1	U12 Equipment Rules	8
3.2.2	U12 Course Setting.....	8
3.2.3	U12 Course Inspection	9
3.2.4	U12 Draws and Results	9
3.3	NGSL / Strive Program Season Events Overview.....	9
4	SX Races	10
4.1	SX PCC (Provincial Coaches Council)	10
4.2	SX Technical Rules.....	10
4.2.1	SX Equipment Rules.....	10
4.3	SX Events	10
5	Teck U14 Program (YOB 2012,2013).....	11
5.1	U14 PCC Representatives (Provincial Coaches Council)	11
5.2	U14 BC Alpine Technical Rules	11
5.2.1	U14 Equipment	11
5.2.2	U14 Course Setting.....	12
5.2.3	U14 Course Inspection	13

5.2.4	U14 Draws and Results	13
5.2.5	U14 New Rules / Changes	13
5.2.6	U14 Event Specific Rules.....	13
5.3	U14 Season Events Overview.....	14
6	Teck U16 Program (YOB 2010,2011).....	15
6.1	U16 PCC Representatives (Provincial Coaches Council)	15
6.2	U16 BC Alpine Technical Rules	15
6.2.1	U16 Equipment	15
6.2.2	U16 Course Setting.....	16
6.2.3	U16 Course Inspection	16
	U16 Draws and Results	17
6.2.4	U16 New Rules / Changes	17
6.2.5	U16 Event Specific Rules.....	17
6.3	U16 Season Events Overview.....	18
7	FIS (U19+) (YOB 2009 -)	19
7.1	BC FIS Zone Team Head Coaches	19
7.2	Alpine Technical Rules	19
7.3	FIS BC Cup Season Events Overview.....	19

1 GENERAL INFORMATION

1.1 WHATSAPP COMMUNICATION TOOL

WhatsApp should be used for ROC's and race admins to communicate with coaches and officials at BC Alpine sanctioned events. Information should be on race notice and at least one coach from each team should have the app. This tool should adhere to the same communication standards as race radio protocols so that it remains an efficient tool.

1.2 QRS CHAPTER NORMALIZATION OVERVIEW

To normalize the areas of the QRS, where possible each chapter regarding a U-Class age category will have a similar overall format for finding sections of rules more easily.

With X denoting the category:

- X.1 PCC Representatives
- X.2 BC Alpine Technical Rules
 - X.2.1 Equipment Rules
 - X.2.2 Course Setting
 - X.2.3 Course Inspection
 - X.2.4 Draws and Results
 - X.2.5 New Rules / Changes
 - X.2.6 Event Specific Rules
- X.3 Season Events Overview

1.3 COMPETITOR EQUIPMENT RULES

Specific rules regarding equipment apply to all British Columbia registered U14+ competitor classifications and include the following:

1.3.1 HELMETS

Ski helmets specific to alpine skiing are always mandatory. No additional element/equipment shall be affixed to the surface of the helmet.

National competition events for U14, U16, and Masters are required to conform to the FIS helmet rules as outlined in the FIS specifications for competition equipment. Ski specific, FIS conformed helmets (label "RH2013") MUST be used for GS/SG/DH events, no exception. Athletes attending FIS sanctioned events including FIS children's races are governed by the FIS equipment rules for helmet regulations.

1.3.2 CHIN GUARDS

Chin Guards are mandatory in Slalom from U14 to FIS for BC Athletes.

1.3.3 BACK PROTECTION

Competitors are encouraged to use back protection for DH, SG, GS, and SX*

FIS Rule 3.5.1.3 Recommendation for specifications for children under 12 years, U14 and U16 should use back protectors in correct sizing and certified according to the latest EN1621:2 standard.

**Your club may choose to make this rule mandatory.*

1.3.4 CUT PROOF UNDERWEAR

FIS Rule 3.5.3.4 Implementation of cut resistant undergarments: The use of cut-resistant undergarments is strongly recommended for all disciplines/events at all levels. The use of cut-resistant undergarment pants is mandatory for all events/disciplines at category race level 0 and 1 from season 2025/2026 onwards. The mandatory implementation requires a minimum protection level of 3 stars according to the FIS-DITF test standard everywhere between the iliac crest and the onset of the ski boot.

FIS Rule 3.5.4 Shin Pads: No additional rigid parts are allowed to be worn as shin pads inside the boot. To treat medical issues, additional protection pads, such as soft padding, can be approved by FIS. Those pads must be made of soft material (e.g. gel, foam) and be flexible in all directions. Additionally, they cannot have a preformed, curved shape adapted to the leg, and their size must not exceed the height and width of the ski boot tongue.

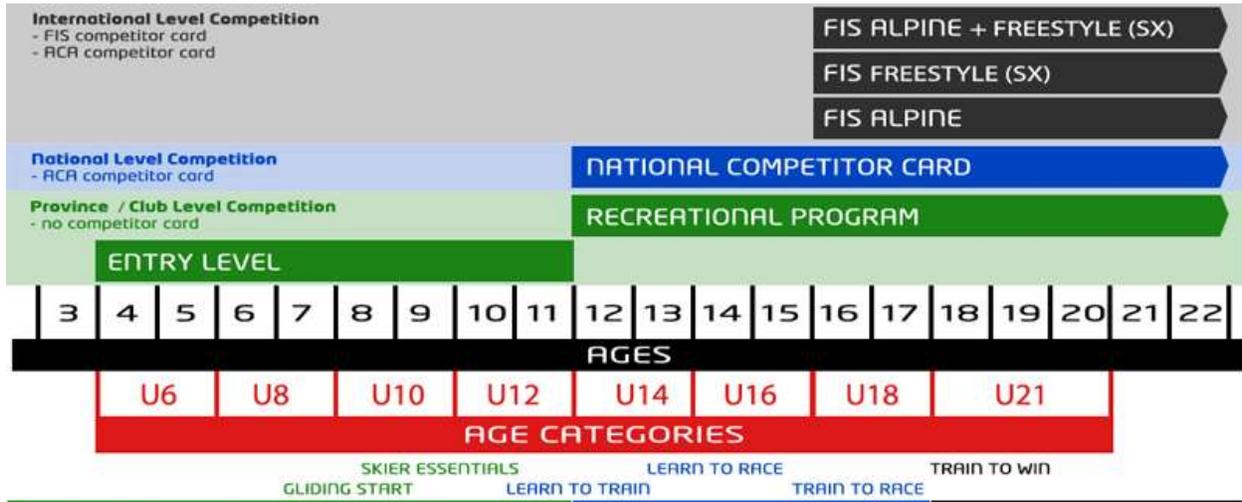
1.4 ACRONYMS / ABBREVIATIONS

The following list of common acronyms / abbreviations are found in this document:

ACA	Alpine Canada Alpin
AD / Ads	Athletic Director(s)
CSC	Canadian Ski Coaches
DL Certified	Development Level Coach Certified
EL	Entry Level
FIS	Fédération Internationale de Ski
LTAD	Long Term Athlete Development
NGSL	Nancy Greene Ski League
PCC	Provincial Coaches Council
PD PDs	Program Director(s)
PRS	Provincial Ranking System
PSO	Provincial Ski Organization
ROC	Race Organizing Committee
RSO	Randomized Start Order
SX	Ski Cross
TC / TCM	Team Captains (Meeting)
TD	Technical Delegate
YOB	Year Of Birth

2 AGE GROUPS & LTAD STAGES

<https://ltad.alpinecanada.org/>



2.1 PROVINCIAL AGE CATEGORY RULE

No out-of-category racing will be allowed by BC Alpine. Athletes may only enter races that are classified for their age category according to their YOB. Year of birth used to classify is the start of season year*.

BC registered athletes racing below the FIS level may only enter races within the provincial zone (Coast, Kootenay, North or Okanagan) in which they are registered, as well as Teck Open and U16 Western Championships race series. Any exceptions to this will require pre-written approval from BC Alpine.

Any athlete from outside of BC entering a BC Alpine sanctioned race will require pre-written approval from BC Alpine.

Approvals from BC Alpine must be applied for at least 2 weeks prior to the first team captain's meeting.

*2025/26 season uses 2025 – YOB = [Age for Season]

YOB	UClass	YOB	UClass
2021+	U6	2012	U14
2020	U6	2011	U16
2019	U8	2010	U16
2018	U8	2009	U18
2017	U10	2008	U18
2016	U10	2007	U21
2015	U12	2006	U21
2014	U12	2005	U21
2013	U14	2004-	SR

2.2 STRIVE DEVELOPMENT MODEL

ACA Strive should be used as your EL skill development model. The goal of our entry level programs should be to progress the kids from level 1 through 8. Levels achieved should be awarded and celebrated.

Assessments should be managed using the new ACA Strive Platform and app found at:

<https://ltad.alpinecanada.org/page/what-is-alpine-canada-strive>

2.3 PROVINCIAL ADDITIONAL RULES

2.3.1 NO HIKING OR STOP-AND-CONTINUE RULE U10-U16 (ALL DISCIPLINES)

Hiking or stopping-and-continuing creates unpredictable movements on course, increases the risk of collisions, and disrupts course flow. To ensure safe, fair, and developmentally appropriate competition environments, there will be no hiking or stopping-then-continuing permitted in any BC Alpine sanctioned training runs or competition environment for any discipline.

Exception: *Flagged racers in official speed training maybe asked to continue by the jury from the spot of the flag or next safe jury position*

Interdiction to Continue after a competitor stops:

If competitor's skis come to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates.

- Athlete who comes to a complete stop and continues to ski the course will be disqualified (DSQ).
- Athlete who hikes to clear a gate will be disqualified (DSQ).
- Athlete who comes to a complete stop and interferes with another racer by blocking the race line may be sanctioned.

2.3.2 GROUNDS FOR INTERFERENCE

Interference may be granted for:

1. Blocking of the racing line by an official, spectator, animal, or obstruction.
2. Blocking of the racing line by a fallen competitor who fails to clear quickly.
3. Blocking by a broken or detached pole caused by the competitor.

3 NGSL / STRIVE PROGRAM (YOB 2014+)

Children in the Gliding Start, Skier Essential & Learn to Train phase of LTAD.

3.1 U10 BC ALPINE TECHNICAL RULES

3.1.1 U10 RACE FORMAT

U10 and younger will have girls and boys racing together inside their age categories.

3.1.2 U10 RECOGNITION

One participation award is given to each competitor.

3.2 U12 BC ALPINE TECHNICAL RULES

3.2.1 U12 EQUIPMENT RULES

- FIS Helmets are recommended (not mandatory) for U12.
 - Hard ear requirements for Teck events
 - Soft ears are ok for NGSL events
- Speed Suits:
 - are not allowed when attending NGSL events.
 - are allowed when attending Teck series zone events.

3.2.2 U12 COURSE SETTING

- For Zone Races, Course Setters must have minimum EL Level Advanced or higher. Mentor must be appointed by the ROC if the setter doesn't have the minimum setting requirements). Sets should be "fair but simple". Chosen setters should be decided 2 weeks prior to the event (so they have time to practice) by the zone's PDs and sent to the ROC by the host PD.
- Ref's must have Officials Level 2 or CSC rules and regulations for coaches.

	Vertical	Set
SL	Max. 120 m	Vertical drop Max 120m Combination 4-6m; Open 6-10m; Delay 11-14m; Max 2 hairpins; Max 1 vertical combination; Max 1 delay gate; Panel Slalom sets can stretch up to 13m if needed.
GS	Max. 250 m	Vertical Drop Max 250m Open 15-22m; Delay min 8m between successive gates and max 27m from turning pole to turning pole; Max 3 delays; Variety of terrain suggested;
PSL	Max 100 M	Courses should be set with safety as top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart (8-10 is best) by the 4 th gate. Spread the courses evenly over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 11-13m. No need for delays in PSL.

3.2.3 U12 COURSE INSPECTION

Skiing through inspection but stopping is allowed. Coaches are encouraged to keep teams moving to avoid clogging. Limited stopping is allowed during inspection runs. ROC can stagger team starts if necessary.

3.2.4 U12 DRAWS AND RESULTS

U12 NGSL races are awarded within their gender.

3.2.4.1 U12 RACE FORMAT

U12 races are always 1 run races unless otherwise cleared by BC Alpine.

Recommended format for U12 races is hosting a 1 run stubbie course and a 1 run paneled GS gate slalom. ROC may choose to run paneled vs stubbie in either order. Coaches are encouraged to introduce blocking slalom in training environments.

3.2.4.2 U12 DRAW FORMAT

The BC Alpine Draw format can be found at

https://bcalpine.com/files/Event_Files/?f=BC_Alpine_Draw_Format.docx

3.2.4.3 U12 AWARDS

- There will be no “Most Improved” awarded in U12.
- Awards should be presented to the top 10 per gender.
- Team results at events are encouraged when possible.

3.3 NGSL / STRIVE PROGRAM SEASON EVENTS OVERVIEW

View event information at <https://bcalpine.com/calendar/> for events in these age categories.

4 SX RACES

4.1 SX PCC (PROVINCIAL COACHES COUNCIL)

There is no PCC for the SX classification.

4.2 SX TECHNICAL RULES

4.2.1 SX EQUIPMENT RULES

It's recommended that Ski Cross competitors wear slash/cut resistant long underwear.

Speed suits are allowed at Ski Cross competitions.

FIS approved helmets must be worn by all U14+ competitors.

4.3 SX EVENTS

View event information at <https://bcalpine.com/calendar/>

January	Nakiska: Canadian National Championships
February	
March	Big White: BC Provincial SX
April	

5 TECK U14 PROGRAM (YOB 2012,2013)

5.1 U14 PCC REPRESENTATIVES (PROVINCIAL COACHES COUNCIL)

ZONE	NAME	CONTACT
COAST	Drew Hetherington	drew@wmisc.info
OKANAGAN	Trevor Haaheim	trevor@bigwhiteskiclub.com
NORTH	Coby Hall	coby.hall@erm.com
KOOTENAY	Kole Harle	harlekole@gmail.com
PROVINCIAL CHAIR	Johnny Crichton	JohnnyC@bcalpine.com

5.2 U14 BC ALPINE TECHNICAL RULES

5.2.1 U14 EQUIPMENT

Description	Event	FIS	BC Alpine
Ski Length <i>Ski Length measurement tolerance +/- 1cm</i>	DH	No rule	No rule
	SG	No rule	No rule
	GS	188cm max	No rule
	SL	130cm min	130cm min
Radius	DH	No rule	No rule
	SG	No rule	17m min
	GS	17m min	15m min
	SL	No rule	No rule
Profile width under binding	SG	65mm max	No rule
	GS	65mm max	No rule
Standing Height (Ski/Plate/Binding)	All events	50mm max	No rule

5.2.1.1 U14 SUPER-G SKIS

U14's Super G skis should be slightly longer and higher radius than their current GS skis. (GS Skis can be used).

5.2.2 U14 COURSE SETTING

Discipline	Vertical	Set
SL	Max. 160m Min. 100m	Open distances of 7-11 (Recommended 9m) 2-4 hairpins combinations; 1-2 flushes of maximum 3 gates; 1 Delay of 12-15m max. Flex-poles must be light poles (25-28.9 mm). *The course should have no special technical difficulties.
GS	Max. 350m Min 200m	Open distances 15-27m; (Recommended 19-22 m). Delay min 10m between successive gates and max 27m from turning pole to turning pole; Max 3 delays; Variety of terrain suggested.
SG	Max. 450m Min 250m	25m minimum distance from turning pole to turning pole; 40m maximum distance from turning pole to turning pole;
PSL	Max 100M	Courses should be set with safety as top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart by the 3 rd gate. Spread the courses evenly and over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 11m – Max 13m. No need for delays in PSL. Discourage the double block technique.

5.2.2.1 U14 COURSE SETTING AND REFEREE STANDARDS

Course Setters & Referees:

- Provincial events: U14 PCC will appoint appropriate course setters and referees and send them to the host ROC, 1 week in advance of the first TC.
- Zone events: Setters and refs will be set at the coach's meetings.

The Coach and ROC will need to adhere to the standards below.

5.2.2.2 U14 COURSE SETTERS & REFEREES FOR PROVINCIAL EVENTS

Course Setters: Must have CSC - Development Level certified or higher. *If a setter doesn't have DL certified, a mentor who is DL certified (or higher) MUST accompany the set. Mentors and setters must be confirmed at the first TC.

Referees: must have one (1) of the following:

- a. CSC Rules and Regulations for Coaches on-line module.
- b. A full Level 2 Officials certification course.

5.2.2.3 U14 COURSE SETTERS & REFEREES FOR ZONE RACES

Course Setters: Must be CSC Development Level trained or higher. Mentors must be used if the setter doesn't meet the requirements, but mentors must be fully certified DL's or higher.

Referees: Same rules as [5.2.2.2](#)

5.2.3 U14 COURSE INSPECTION

Maximum course inspection times by discipline for U14.

SL	30 minutes with a 10-minute entry window
GS	45 minutes
SG	60 minutes

5.2.4 U14 DRAWS AND RESULTS

Randomized Start Order used at this age level. The BC Alpine Draw format can be found at https://bcalpine.com/files/Event_Files/?f=BC_Alpine_Draw_Format.docx

5.2.5 U14 NEW RULES / CHANGES

5.2.5.1 NO HIKING ALLOWED IN ANY BC EVENTS

Please see [2.3.1: No Hiking or Stop-and-Continue Rule](#)

5.2.5.2 GROUNDS FOR INTERFERENCE

Please see [2.3.2 Grounds for Interference](#)

5.2.6 U14 EVENT SPECIFIC RULES

5.2.6.1 BC GAMES

Each Zone is allocated 4W+4M athletes, and the deadline for selection is Jan 22nd, 2026. Wild Card spots are available – Zone Reps must contact JohnnyC@bcalpine.com.

BC Games Draw:

Entry: Each Zone’s BC Games Representative will submit its zone entry.

Draw: Random Draw - All races will have a random start order for the first run. First run start order is then reversed for second run, regardless of whether the racer finishes or not. If a racer DNF’s in the first run, they still start the second run where their bib dictates their start order, and they still get a time. Racers who have a DNF or DSQ in either run will end up in the DNF/DSQ category for the race results.

5.2.6.2 U14 PROVINCIALS

U14 Provincials will be 2 run races. Zone events should be 2 run combined time races, but a zone may have to run 1 run races (due to conditions) which should be preapproved by BCA, so check your race notices for formats.

U14 Provincials Draw: See [5.2.4](#)

U14 Provincials Out of Province Racers: Limited to 6 total entries for the event. Out of Province racers will be included in the random draw.

5.2.6.3 WHISTLER CUP

5.2.6.4 SEE [HTTPS://WWW.WHISTLERCUPS.COM/](https://www.whistlercups.com/) FOR EVENT INFORMATION, ENTRY, AND RULES.

Team BC 1 and 2 provincial seeding if attending. Rank derived from PRS from the provincials overall.

5.3 U14 SEASON EVENTS OVERVIEW

View event information at <https://bcalpine.com/calendar/>

January	
February	Red Mountain: BC Winter Games
March	Mt Washington: U14 Provincials
April	Whistler: Whistler Cup

6 TECK U16 PROGRAM (YOB 2010,2011)

6.1 U16 PCC REPRESENTATIVES (PROVINCIAL COACHES COUNCIL)

ZONE	NAME	CONTACT
COAST	Ryan Jazic	u16@grousetyee.com
OKANAGAN	Jorgen Anderson	apexskiclub@gmail.com
NORTH	Claire Challen	clchallen@gmail.com
KOOTENAY	Derick Berry	derick@fernico.ca
PROVINCIAL CHAIR	Johnny Crichton	johnnyc@bcalpine.com

6.2 U16 BC ALPINE TECHNICAL RULES

6.2.1 U16 EQUIPMENT

Description	Event	FIS	BC Alpine
Ski Length <i>Ski Length measurement tolerance +/- 1cm</i>	DH	No rule	No rule
	SG	183cm min	183cm min
	GS	188cm max	No rule
	SL	130cm min	130cm min
Radius	DH	No rule	No rule
	SG	30m min	*27m min
	GS	17m min	17m min
	SL	No rule	No rule
Profile width under binding	SG	65mm max	No rule
	GS	65mm max	No rule
Standing Height (Ski/Plate/Binding)	All events	50mm max	No rule

6.2.1.1 BACK PROTECTION

U16s are encouraged to use back protection for DH, SG, GS, and SX * Your club may make this mandatory.

6.2.1.2 CHIN GUARDS

Chin Guards are mandatory in Slalom from U14 to FIS for BC athletes.

6.2.1.3 CUT-RESISTANT UNDERGARMENT PANTS

The use of cut-resistant undergarment pants is mandatory for all events and disciplines at Category Race Level 0 and 1 starting 1 July 2025.

- Must meet minimum 3-star protection level according to FIS DITF test standard.
- Protection must cover the area between the iliac crest and the onset of the ski boot.

6.2.1.4 CARBON SHIN SHELLS

Carbon shin shells, **inside or outside the boot**, are **prohibited** under ICR art. 222.

Only soft pads for medical issues may be approved by FIS; pads must be soft, flexible, and no larger than the boot tongue.

6.2.2 U16 COURSE SETTING

Discipline	Vertical	Set
SL	Max. 160m Min 100m	Combination 4-6m (recommend 5m); Open 7-11m; Delay 12-15m Max. 3-6 hairpins, 1-3 flushes consisting of 3 - maximum 4 gates. - It must also contain 1-3 delays (12-15m max) Flex-poles must be light poles (25-28.9 mm). The course should have no special technical difficulties.
GS	Max. 350m Min 200m	Open 15-27m; 23m-25m recommended. When setting delays, its 10m between successive gates and max 35m from turning pole to turning pole; Max 3 delays. Variety of terrain suggested;
SG	Max. 450m Min 250m	25m minimum distance from turning pole to turning pole; 50m maximum distance from turning pole to turning pole;
PSL	Max 100M	Courses should be set with safety as the top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart by the 3 rd gate. Spread the courses evenly and over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 12m – Max 14m. No need for delays in PSL. Discourage the double block technique.

6.2.2.1 U16 COURSE SETTING AND REFEREE STANDARDS

The **U16 PCC** will appoint Course Setter and/or Referee at U16 TECK Open Races and send to the chief of race a week prior to the meeting. Changes can only be made by the **TD or the PCC**.

At Westerns and National Races, coaches will need to adhere to the below criteria:

- CSC - Performance Level Trained* or higher / Level 3 Certified or higher
**If a setter doesn't have PL trained, a mentor PL certified (or higher) MUST accompany the set. Mentors and setters must be confirmed at the first TC.*
- Level 2 Officials certification course

6.2.3 U16 COURSE INSPECTION

Maximum course inspection times by discipline for U14.

SL	30 minutes with a 10-minute entry window
GS	45-minute target (can be 30mins)
SG	60-minute target

U16 DRAWS AND RESULTS

6.2.3.1 U16 PRS POINTS

The BC Alpine PRS points homepage is found at: <https://bcalpine.com/PRS/> or under the tab “results” of the BC Alpine members website.

Points start processing immediately after the first race of the U16 Teck Open series are uploaded. Points continue to increase after each race of the series is uploaded.

Leader Bibs will be used for all but the first race of the season per discipline.

6.2.3.2 U16 RACE DRAWS

RSO will be used in all events except for the Whistler Cup.

The BC Alpine Draw format can be found at https://bcalpine.com/files/Event_Files/?f=BC_Alpine_Draw_Format.docx

In zone events that have both U14s and U16s, it is encouraged to randomize them all together and have sets that fit in both U14 and U16 setting parameters. If ROC requests to run the age groups separately, and it is approved by BCA, each group will be randomized separately.

6.2.4 U16 NEW RULES / CHANGES

6.2.4.1 NO HIKING ALLOWED IN ANY BC EVENTS

Please see [2.3.1: No Hiking or Stop-and-Continue Rule](#)

6.2.4.2 GROUNDS FOR INTERFERENCE

Please see [2.3.2 Grounds for Interference](#)

6.2.5 U16 EVENT SPECIFIC RULES

6.2.5.1 TECK OPEN RACES

Eligibility is open to all BC U16s or older actively registered competitor card racers up to Masters level. Any out of province/country racers must get approval from BC Alpine to be eligible to start.

6.2.5.2 U16 TECK SPEED EVENTS

Athletes must participate in the event speed camp and/or training runs directly prior to the race.

6.2.5.3 2025 U16 WESTERN CHAMPIONSHIPS

Entry is open to all BC Alpine registered U16 racers. ACA Rules apply (re SG ski radius =30m).

6.2.5.4 2025 WHISTLER CUP

U16 Whistler Cup is a FIS event and FIS Equipment rules are in effect.

Team Canada: See *Alpine Canada Criteria*

Team BC 1 and 2 (seeding only): Teams of 3/3 are formed from the race results from Teck Series and the Western Championship races. Best PRS points from 4* of 10 of the 3 disciplines raced. Ties go to the next best result in any discipline (**race cancellations will be considered and discussed by the PCC*)

BC additional Quota: 10 girls/10 boys (unless WMSC opens this up to more athletes) best of the rest on the PRS list. Westerns results will be included.

6.3 U16 SEASON EVENTS OVERVIEW

VIEW EVENT INFORMATION AT [HTTPS://BCALPINE.COM/CALENDAR/](https://bcalpine.com/calendar/)

January	Sun Peaks: Teck Open Rd 1
February	Panorama: Teck Open Rd 2
March	Castle Mountain: U16 Western Championships
April	Whistler: Whistler Cup

7 FIS (U19+) (YOB 2009 -)

7.1 BC FIS ZONE TEAM HEAD COACHES

ZONE	NAME	CONTACT
VST	Richard Jager	vst@grousetyee.com
WMSC	Brad Eades	brad@wmsc.info
OKANAGAN SKI TEAM	Dustin Koepke	dustinkoepke@gmail.com
BCST	Morgan Pridy	morganp@bcalpine.com
KOOTENAY ZONE TEAM	Rod Timm	rodtimm@gmail.com
PROVINCIAL CHAIR	Johnny Crichton	johnnyc@bcalpine.com

Course setters for BC and Alberta FIS Series. Alberta and BC AD's will divide the sets up amongst attending Canadian western teams, based on number of athletes in the first seed, experience and attitude.

7.2 ALPINE TECHNICAL RULES

All FIS rules apply per FIS ICR.

7.3 FIS BC CUP SEASON EVENTS OVERVIEW

COMBINED points from these races determine the overall.

U19 and Senior Nationals - U19's will be awarded their National Championship results from the Senior Nationals races.

VIEW EVENT INFORMATION AT [HTTPS://BCALPINE.COM/CALENDAR/](https://bcalpine.com/calendar/)

December	
January	Kimberley: Dreadnaught Speed Series and Night SL
February	Apex: BC Cup Sun Peaks: BC Cup
March	Kimberley: BC Cup Whistler: BC Cup Panorama: Spring Series / Sr National Championships
April	Sun Peaks: Mega Cup