

## World Para Nordic Skiing Calendar Planning Framework

This document outlines the current WPNS quadrennial calendar planning framework and approach. It reflects input from Nations meetings, sport forums and WPNS/STC discussions. This document is reviewed and updated annually at the spring STC meeting and will be published on the WPNS website.

WPNS calendar planning is guided by the following principles:

1. Overall planning is driven by the Paralympic quadrennial and world championships which provide the framework for annual world cup series.
2. Achieve a seasonal balance of para cross country skiing and para biathlon competitions, event formats, and of classical and free technique (at cross country competitions).
3. Group cross country and biathlon competitions within a world cup event schedule.
4. Provide a rotation of racing opportunities amongst regions to support regional development and distribute travel costs amongst participating regions.
5. Optimize travel requirements to keep costs down. This includes avoiding travel to more than two regions during a season and pairing events or organizing mini tours within a region where possible.
6. Create a consistent schedule with quality events that attract organisers, provide competitive fields, qualification and development opportunities and improve awareness of Paralympic sport and create sponsorship opportunities for WPNS, organizers, and athletes.



## **Quadrennial Planning Cycle**

Long-term calendar planning is based on a pattern that repeats every four years according to the quadrennial Paralympic cycle. The general model is as follows:

WC = World Cup, WCH = World Championship, PWG = Paralympic Winter Games

### **Year 1: post PWG season**

- 3-4 WC (Dec - Mar)
- 1 WCH (Feb)

### **Year 2:**

- 4 WC (Dec, Jan, Feb, Mar)
- Includes a year 3 WCH test event (as a WC event)
- Biathlon World Championship (test in 2020)

### **Year 3:**

- 3-4 WC (Dec - Mar)
- Includes a PWG test event (typically in Mar as a WC)
- The WC Final will normally be held after the Paralympic test event
- 1 WCH (Feb)

### **Year 4: Paralympic Year**

- 3-4 WC (Dec, Jan, Feb)
- Includes a year 1 WCH test event
- PWG (Mar)

World Championships are held every two years and are combined events that include cross-country skiing and biathlon. They may be held as stand alone WPNS events or in association with WPAS and WPSB Championships.

WPNS will hold an inaugural stand-alone World Para Biathlon Championship in 2020 to test the concept of holding a stand-alone biathlon championship event in year 2 of the cycle. If successful, this could be implemented as a standard major event feature in year 2 of future quadrennials.

### Events and Event Formats:

The following summarizes the current number of events by discipline for different levels of competition and the corresponding length of the typical events.

#### Continental Cup (CoC) Events:

- Open, depending on venue and organiser. (1+ days)

#### WC Events:

- 2CC + 2BT events (7 days)<sup>1</sup>
- 3CC + 3BT events (10 days)<sup>1</sup>
- 2-3 CC events (4-5 days – ie long weekend event, CC only)<sup>2</sup>
- 2-3 BT events (4-5 days – ie long weekend event, Bt only)<sup>2</sup>

Standard event formats involving 3CC + 3BT:

Day -1	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
UT + classify	OT+ classify	CC	CC	OT	BT	CC	OT	BT	BT
UT + classify	OT + classify	CC	CC	OT CC + BT	CC	BT	OT	BT	BT
UT	OT	BT	BT	OT	BT	CC	OT	CC	CC

UT = unofficial training, OT = official training

- When classification is held the first two events will be CC- both techniques
- CC & BT competitions will be clustered at either end of an event.
- Normally biathlon races will be held following an official training day or back to back.

<sup>1</sup> # days includes one unofficial and one official training day prior to the first race day + one rest day between every two competition days. Additional classification days are not included.

<sup>2</sup> shorter events with only CC or BT may be used in regional mini-tour formats with multiple OC's

## WCH & PWG Events

- 3CC<sup>3</sup> + 3BT + CC Relay events (13 days)
- Order may vary. Relay or CC long distance options for the last day

### Standard WCH/PWG event format

Day -3	Day -2	Day -1	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
UT	UT	UT	OT	BT	CC	CC	OT	BT	BT	OT	CC	CC
				mid	mid	sprint	<i>off</i>	sprint	indiv	<i>off</i>	relay	long

### Typical World Cup/Championship Season:

- 10 - 12 CC WC
- 10 - 12 BT WC
- 1-2 CC Long distance (particularly during WCH or PWG years)
- 1 CC Relay -normally only held at WCH & PWG, may be held at a WC as test event
- 1 BT Relay or other group event (eg class start pursuit) where first across the finish line wins – under development
- Balance of sprint, short/middle, long distances
- Balance of Classic & Free techniques in cross-country skiing events
- CC technique format rotates from WCH to WCH and from PWG to PWG
- Where possible, events/distances/styles to be used during WCH should be included in preceding WC calendar

<sup>3</sup> there is a proposal to add a CC middle distance event to the WCh & PWG program to balance classical and free technique races.

## Event Formats & Distances

Discipline	Format	Distance			
		Men		Women	
		Sit	Stand / VI	Sit	Stand/VI
Cross Country Skiing Classical and Free Technique	<ul style="list-style-type: none"> <li>• Sprint</li> <li>• Short</li> <li>• Middle</li> <li>• Pursuit</li> <li>• Long *</li> </ul>	800m	1200m	800m	1200m
		5km	7.5km	5km	7.5km
		10km	15km	10km	15km
		5 or 10	7.5 or 15	5 or 10	7.5 or 15
		20km	30km	15km	25km
	• Relay (Open + Mixed)	4 x 2.5km (classic-free-classic-free)			
Biathlon	<ul style="list-style-type: none"> <li>• 'Super Sprint' (Pursuit)</li> <li>• Sprint (2 shooting)</li> <li>• Middle (4 shooting)</li> <li>• Pursuit (4 shooting)</li> <li>• Individual (4 shooting)</li> </ul>	2.4km	3.6km	2.4km	3.6km
		6km	7.5km	6km	7.5km
		10km	12.5km	10km	12.5km
		10km	12.5km	10km	12.5km
		12.5km	15km	12.5km	15km

- Formats & distances shown in bold are standard formats used at WCH & PWG
- *Formats shown in italics are existing formats that may be used in world cup*
- CC Long Distance – longest distances normally held once per season
  - may use interval or mass start format, including in association with Loppets
  - \*15km men sit/12km women sit, 20km men stand-VI / 15km women stand-VI may be still be used in World Cup or lower level races
- New formats under development / consideration include:
  - Biathlon pursuit with mass pursuit start by class
  - Biathlon Relay - for inclusion in the WCH and Paralympic program to balance the schedule between biathlon and cross country (replace one of the CC Relay events) or alternate between the disciplines.

## Regional Rotation Planning Considerations:

### Zones & Regions:

- **Zone 1**
  - Central Europe: France, Germany, Switzerland, Italy, Austria, Slovenia, Czech Rep, Hungary, Slovakia, Poland
  - Eastern Europe/Russia: Belarus, Ukraine, Turkey, Western Russia
  - Scandinavia: Norway, Sweden, Finland
- **Zone 2**
  - North America: USA, Canada
- **Zone 3**
  - Asia: Central & Eastern Russia, Kazakhstan, Iran, China, Mongolia, South Korea, Japan
- **Zone 4**
  - Southern Hemisphere: Chile, Argentina, Brazil, Australia, New Zealand

### Current Principles

- Calendar planning should avoid scheduling WC/WCH/PWG events in more than two zones in a given season to help manage travel costs for teams.
- WC's will normally be held in Zone 1 every year
- WC's should be held in zone 2 and zone 3 at least every second year on an alternating basis

- WC planning should aim to hold back to back competitions, mini tours or longer events at a single venue within all zones to reduce travel costs for the majority of teams
- To build in efficiencies for teams and for organisers, regional mini-tours involving multiple shorter events (2-4 venues with 2-4 races each) within a region / sub region may be organised.
- With PWG being held in Asia 2022, Zone 3 will hold WC test events in 2021 and PWG in 2022. Pairing other Asian WC venues (regional mini tour / World Cup finals) will be considered and preferred.
- For new venues, the number of athletes participating in the nation, development potential, infrastructure (courses, range, transport and accommodation), the potential of a new venue becoming a recurring stop on the circuit, and potential promotional/exposure value (ie association with FIS or IBU events) will be considered when evaluating inclusion in the calendar.
- Continental cups and national championships will be added to the calendar on request of Nations.

### **Continental Cups (CoC) & National Championships (NC)**

- WPNS strongly promotes the organisation and use of sanctioned Continental Cups and National Championships as development and qualification tools. Ultimately, the goal would be the organisation of viable regional series with classification that would provide more racing and points acquisition opportunities and serve as a qualification pathway to the World Cup.
- Continental Cups / WPNS sanctioned races may be scheduled any time during the calendar season.
- Early season (November/December) races in each of the regions are preferred to provide classification and early points opportunities.
- Continental Cups may be organised as stand-alone WPNS events or in association with regional able-bodied FIS or NF sanctioned events (including Loppets).
- Continental Cups may be held in a variety of venues and use smaller ranges (based on number of participants). These may include ski tunnels, and non-homologated courses.
- Continental Cups must be sanctioned and follow WPNS rules to be eligible for athletes to earn WPNS points.

- Technical Delegates for CoC/NCs may be appointed by national federations but must be registered WPNS National TD's and approved by WPNS (per the WPNS TD education guidelines).

## Rookie Races

- Rookie races have a development and evaluation focus for new athletes to gain experience in an international arena.
- Rookie races may be organised as supplementary events at World Cups or Continental Cups or in association with classification events and/or development camps.
- Rookie races held in association with sanctioned WPNS events may be considered for earning points and achieve qualification thresholds if distances used are the same as for the sanctioned events.
- Rookie races can be organised in different ways:
  - As separate race held at the end of the day following WC/CoC racing or on unofficial or official training days.
  - Starting as a separate group at the end of the seeded field during WC or CoC races depending on the format and providing that the rookie group do not interfere with the WC/CoC race. Normally they would complete only one lap.
  - Multiple race opportunities at an event should be held where possible.
- Rookie races may be held as short distance cross-country skiing interval start races only (no Biathlon races). Shorter distances or different race formats are also possible according to the circumstances and needs of the group however use of the same course is preferred for points evaluation / qualification purposes.



## Competition Sanctioning Process & Timelines

Action	Timeline	Deadline
WPNS together with the STC are responsible for maintaining the quadrennial and long-term calendar.	4-6-year horizon	Update spring STC meeting
NPC/NSA/NSF submits host express of interest:  <div style="text-align: right; margin-right: 20px;"> WCH  WC  COC </div> Calendar proposals may also be submitted any time before these timelines.	4-7 years in advance 2-4 years in advance 3mo -1 year in advance	Sept 1 Sept 1 Sept 1
WPNS Sport Technical Committee confirms calendar & TD appointments for upcoming season and updates planning calendar for subsequent 4 years	Spring STC Meeting April-June	June 15
WPNS issues contract, technical appendices and sanctioning form to NPC/NSF/NSA/LOC for upcoming season	July 1	July 1
WPNS schedules online web or telephone conference call meeting between WPNS, LOC, TD, & RD to review event & technical requirements, expectations, and timelines and to schedule site inspection visit.	Summer	Sept 1
WPNS RD visits competition site and conducts technical inspection – minimum 3 months prior to competition.	Summer/Fall	Oct 31
Anti doping agreements signed		
Sanction fees due		
WPNS & LOC issues event notice	6 months prior to competition	
LOC issues invitation	120 days prior to competition	

Preliminary Team Registration Deadline	90 days prior to competition
Snow report to technical delegate due	13 days prior to first competition
Final Team Registration Deadline	10 days prior to first competition
Event	
Post event reporting	30-60 days after event