

# 2025 CNC REGION CHAMPIONSHIPS

JANUARY 17-19, 2025



**HOST: QUESNEL FIGURE SKATING CLUB**



# 2025 CNC REGION CHAMPIONSHIPS

Online registration must be completed by 11:45 pm, November 29, 2024

[CLICK HERE](#) to register

**Entry in this competition is limited by the ice time available and priority will be given to CNC Region skaters.** If there is insufficient ice time due to a large number of registrations, out of region entries may be eliminated. In this case all registrants will be informed by December 20, 2024 and their registration fee will be refunded.

**NOTE:** 48 hours following the closing of online registration, a list of all registrants will be posted on the CNC Region Championships page of Skating in BC website. Everyone then has 48 hours to notify the Registrar of any changes. Beyond this time, 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 17-19, 2025

**HOST:** Quesnel Figure Skating Club

**VENUE:** West Fraser Centre & Rink 2

**ICE SURFACE:** WFC 200' X 85' & 185' X 85'

**COMPETITION  
CHAIRPERSON:** Lynne Dunn & Alice Grant  
[quesneljsc@hotmail.com](mailto:quesneljsc@hotmail.com)

**REGISTRATION INQUIRIES:** Stacy Flotre  
[asdflore@gmail.com](mailto:asdflore@gmail.com)

**TECHNICAL INQUIRIES:** Janice Hunter  
[janicedhunter@gmail.com](mailto: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](mailto:cnccompetitions@gmail.com))

## EVENTS TO BE HELD

Pre-Juvenile	Women U11	Men	\$105.00
Pre-Juvenile	Women U13		
Juvenile	Women U10	Men	\$105.00
Juvenile	Women U12		
Juvenile	Women U14		
Pre-Novice	Women	Men	\$200.00
STAR 1 Element Assessment			\$85.00
STAR 2 Free Skate			\$95.00
STAR 3 Free Skate			\$95.00
STAR 4 Free Skate	Girls U10	Boys	\$100.00
STAR 4 Free Skate	Girls U13		\$100.00
STAR 4 Free Skate	Girls 13&O		\$100.00
STAR 5 Free Skate	Girls U10	Boys	\$105.00
STAR 5 Free Skate	Girls U13		\$105.00
STAR 5 Free Skate	Girls 13 & O		\$105.00
STAR 6 Free Skate	Women	Men	\$105.00
STAR 7 Short Program	Women	Men	\$105.00
STAR 8 Free Skate	Women	Men	\$105.00
STAR 9 Short Program	Women	Men	\$105.00
STAR 10 Free Skate	Women	Men	\$105.00
Gold Free Skate	Women	Men	\$105.00
STAR 5 Artistic			\$100.00
STAR 7 Artistic			\$100.00
STAR 9 Artistic			\$100.00
Gold Artistic			\$100.00
Individual Showcase 1			\$85.00
Individual Showcase 2			\$85.00
Individual Showcase 3			\$100.00
Individual Showcase 4			\$100.00
Group Showcase 1			\$95.00
Group Showcase 2			\$95.00
Group Showcase 3			\$105.00
Group Showcase 4			\$105.00
STAR 2/3 Solo Pattern Dance	Lead	Follow	\$70.00
STAR 4/5 Solo Pattern Dance	Lead	Follow	\$70.00
STAR 6/7 Solo Pattern Dance	Lead	Follow	\$70.00
STAR 8/9 Solo Pattern Dance	Lead	Follow	\$70.00
STAR 10/Gold Solo Pattern Dance	Lead	Follow	\$70.00
STAR 2 Individual Elements			\$62.00
STAR 3 Individual Elements			\$62.00
STAR 4 Individual Elements			\$62.00
STAR 5 Individual Elements			\$62.00
STAR 6 Individual Elements			\$62.00

STAR 7/8 Individual Elements			\$62.00
STAR 9/10 Individual Elements			\$62.00
Gold Individual Elements			\$62.00
STAR 2 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 3 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 4 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 5 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 6 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 7/8 Team Elements		2-4 Skaters	\$72.00 /Team
STAR 9/10 Team Elements		2-4 Skaters	\$72.00 /Team
Gold Team Elements		2-4 Skaters	\$72.00 /Team
Special O Level 1	Women	Men	\$85.00
Special O Level 2	Women	Men	\$85.00
Special O Level 3	Women	Men	\$85.00
Special O Level 4	Women	Men	\$85.00
Special O Level 5	Women	Men	\$85.00
Special O Level 6	Women	Men	\$85.00
Adult Free Skate Intro	Women	Men	\$100.00
Adult Free Skate Bronze	Women	Men	\$100.00
Adult Free Skate Silver	Women	Men	\$100.00
Adult Free Skate Masters Elite	Women	Men	\$100.00
Adult Free Skate Gold	Women	Men	\$100.00
Adult Artistic Intro	Women	Men	\$105.00
Adult Artistic Bronze	Women	Men	\$105.00
Adult Artistic Silver	Women	Men	\$105.00
Adult Artistic Gold	Women	Men	\$105.00
Adult Artistic Elite	Women	Men	\$105.00
Star 3 Synchro	Team		\$200.00
Star 4 Synchro	Team		\$200.00

### ENTRY INFORMATION

For event requirements and specifications, please refer to the 2024-2025 Skate Canada Technical Requirements Guides posted on the Technical pages of the [Skating in BC](#) website.

**\*STAR 2/3 Solo Dance will include two pattern dances: Canasta Tango & Baby Blues.**

**ELEMENTS** – If there are not enough entries in Elements Star 6 and up, Elements Open will be added. Skaters will be informed and given the option to compete in Elements Open.

**PAYMENT:** All payments must be made online at the time of registration. [Online registration](#) must be completed by 11:45 pm PST on November 29, 2024. Instructions for entering online can be found on page 7 of this announcement.

**REFUNDS:** 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 (November 29, 2024) for any reason whatsoever.***

**SINGLE EVENT ENTRIES:** All single event entries will be contacted the next business day following the close of entries. Skaters contacted must then respond to the Competition Registrar within 3 business days to indicate whether they wish to withdraw, skate for evaluation\* or change categories (if applicable); otherwise, the event will be cancelled with a refund. \*Skating for evaluation is only applicable to Podium Pathway and STAR Free Skating events. Medals will be awarded in STAR events according to the [BC/YT STAR Benchmark Score for Single Entries Events](#). If a technical panel is not available, the evaluation will be for Program Components only. Skaters may skate up one category higher than they are qualified for.

**LATE ENTRIES:** Late entries may be accepted at the discretion of the CNCR Competition Committee and will be charged double the entry fee.

**MULTIPLE EVENTS:** Skaters may enter only one event per discipline of Singles (short and free skate), Artistic or Showcase (skaters may enter an Individual Artistic or Showcase event AND a Group Showcase Event).

**AGE CATEGORIES:** For all categories age shall be the age of the skater before July 1<sup>st</sup>, 2024 and assessments passed as of the closing date of entries (November 29, 2024). Age categories may be combined if there are insufficient entries in an individual category. Please refer to the 2024-2025 Adult Program Requirements Guide for age categories for adult events.

**PLANNED PROGRAM SHEETS:** 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 Uplifter when entering the Event. Artistic Planned Programs must also indicate the start time of each element. **You will not be able to complete your Registration without including the Planned Program details**

The deadline to submit changes online via Uplifter is January 3, two weeks prior to the competition date. Any changes after this date must be made in person at the time of registration with a hard copy of the Planned Program Sheet.

**SCHEDULE:** A tentative schedule of events and groups will be posted on the [CNC Region Championships page](#) of the BC/YT Section website 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. There are no limits on the number of events a skater can enter. Depending on scheduling, skaters should be prepared to skate multiple 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.
3. 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.
4. All genders will compete together in all STAR events except Free Skating.
5. **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.
6. The maximum number of skaters on warm-up for all STAR categories except STAR 1, will be 8.
7. **WARM-UP TIMES:**

STAR 2	3 minutes
STAR 3 & 4	4 minutes
STAR 5 -Gold	5 minutes
Juvenile, Pre-Novice, Novice	6 minutes
Artistic	3 minutes
Pattern Dance	3 minutes
Elements	3 minutes
Individual Showcase	3 minutes (Group Warmup)
Group Showcase	1 minute per group
Special O Levels 1-5	4 minutes
Special O Level 6/Open	5 minutes
Adult Free Skate Into/Bronze	4 minutes
Adult Free Skate Silver-Elite	5 minutes

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.
8. **COACH ACCREDITATION:** To be at ice level during the events, it is mandatory for all participating coaches to wear their 2024/25 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 “in good standing”.

9. ADMISSION will be free to all and in accordance with current Provincial Guidelines.
10. AWARDS will be presented every hour on the hour.
11. Persons wishing to take photographs of on ice performances are reminded that the use of flash camera is forbidden. The use of video cameras must be restricted to areas that do not hamper the skaters or officials. PLEASE NOTE: you may only take pictures or videos of your own skater.
12. Assessments will not be offered at this event.
13. 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 applicable event** in the file name. e.g. [Cheryl Walters Star 2 Freeskate.mp3](#).
4. Music files are not kept by the region 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. Alternative electronic items such as iPhones, tablets, mp3 players etc. will not be accepted.

### **ONLINE REGISTRATION INSTRUCTIONS**

CNC Region uses an online registration program Uplifter. All registrations must be completed using this online system. Click [here](#) to register.

Skaters are encouraged to forward their registration confirmation to their Coaches to ensure their skater(s) is registered in the correct event.

IMPORTANT: If you DO NOT receive an email confirmation from Uplifter 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](mailto:asdflore@gmail.com)

### **Using Uplifter for the first time:**

If you are using Uplifter you will be required to create an account including a login and password. After creating your account, you will need to set up PARTICIPANTS; this is your SKATER'S information. You can create more than one participant in your account if you have more than one skater.

Skate Canada Number must be entered as per your Skate Canada Card (i.e. 10 digits including all zeros).

Your contact information is never shared with third parties. Please review [Uplifter's Privacy Policy](#) for more details.

Entering your registration:

If you have never used Uplifter before, [SkateCNCR.Uplifter.com](http://SkateCNCR.Uplifter.com) – Login – select the “First Time Registering” tab to create an account.

If you have used Uplifter for other providers, you can use the same login.

1. Find the event and category you want to register for, use the side menu options on the left side to filter the programs visible.
  2. Click “Register” for the event you want.
  3. Use the drop-down menu at the top to select which participant.
  4. Upload music if required
  5. Enter Planned Program details if required
  6. Click “OK” at the bottom when complete
- Your event has been added to your cart

Repeat steps 1-6 for each event and participant.

After entering all events, click “Shopping Cart”; confirm correct events before proceeding to Billing information and payment details.

\*NOTE: Please email Stacy Flotre [asdflore@gmail.com](mailto:asdflore@gmail.com) if you are having issues with registration – provide details of what you are having an issue with (e.g. which event, step of the registration process, be specific). Please note that Stacy is available evenings and weekends only.