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THREDBO 25-29 AUGUST 2019





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Download the apps

Thredbo Alpine Resort Mobile App

The Thredbo Mobile App is your official guide to Thredbo, all at your fingertips.

Snowracer

The Snowracer app is a handy tool to find out about upcoming events, live timed races and results, SnowID lookup and more!





Handbook updates

This version: 5 July 2019

This handbook will be updated as information changes or becomes available. The most up to date version of this handbook can be found on the UniSport website on the Nationals Snow page. Participants are encouraged to check periodically for updated versions.



Welcome



From the CEO

On behalf of UniSport Australia, I am delighted to welcome you to Thredbo – host mountain of the 2019 UniSport Nationals Snow.

The UniSport Nationals Snow would not be possible without the tireless commitment of our 43 member universities, coaches, officials, team managers and army of volunteers, who have dedicated themselves to strengthening the position of university programs on the national sporting landscape. I wish to express my thanks to these groups and wish all competing student-athletes the best of luck. I trust your experience at the UniSport Nationals Snow will facilitate the progression of your sporting endeavours and achievement of your individual goals.

Mark Sinderberry Chief Executive Officer UniSport Australia



Current champions

Men and Women



Spirit of the Mountain







thredbo.com.au



Event and sport contacts

UniSport Nationals Snow event contacts

Nationals HQ @ Townsend Room, Thredbo Alpine Hotel

Opening hours:

Day	Times
Sunday 25 August	9am-2.30pm
Monday 26 August	8am-10am & 12.30-3pm
Tuesday 27 August	12-4pm
Wednesday 28 August	10.30am-4pm
Thursday 29 August	7.30-9am & 12.30-5pm

Project Manager Nationals HQ contact Nationals HQ contact Sport Liaison Officer Eloise Ayre Kylie Bloodworth Siobhan James Wade Spencer 0412 446 599 0449 949 916 0417 002 446

Thredbo contacts

Ski Patrol Medical Centre Thredbo Police (02) 6459 4147 (02) 6457 6254 (02) 6457 6284

Registration and event prices

Event prices

1 event: \$85.00 2 events: \$150.00 - SAVE \$20 3 events: \$200.00 - SAVE \$55 4 events: \$275.00 - SAVE \$65 5+ events: \$355.00 - SAVE \$70

Lift tickets

4.5 days: \$380.00 5.5 days: \$440.00 6.5 days: \$500.00 7.5 days: \$590.00





Thredbo, New South Wales



Travel times

Thredbo is located within the Kosciuszko National Park in the NSW Snowy Mountains. It takes approx. 6 hours by driving from either Sydney or Melbourne and 2.5 hours from Canberra. There are a few different routes you can take:

- From Sydney Take the Hume Highway and Federal Highway to Canberra. From Canberra take the Monaro Highway via Jindabyne onto the Alpine Way to Thredbo
- From Melbourne Take the Kosciuszko Alpine Way through the snowy mountains.

Public transport

A number of coach services operate to and from Thredbo from Sydney, Melbourne and Canberra during the snow season. A quick snapshot of services available can be found at <u>www.thredbo.com.au/about-</u> <u>thredbo/getting-here/getting-here-by-bus/</u>.

Parking

Thredbo day visitors can park in one of the many car parks close to the village and mountain.

Both day, overnight and season passes are available. More details can be found on the Thredbo website.

Facilities and amenities

Facilities in the Thredbo Village include an ATM, free Wi-Fi, post office, chapel, service station, snow sports school, lockers, information centre, equipment rental, public phone and public toilets.

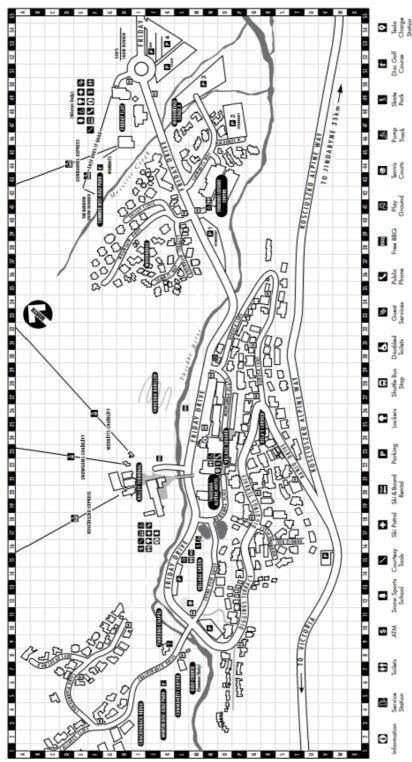
Nearest medical services

Doctor: Thredbo Medical Centre, located at Valley Terminal.

Phone: (02) 6457 6254

Hospital: Cooma Hospital Bent St, Cooma NSW 2630 (Map) Phone: (02) 6455 3222

VILLAGE GUIDE



Information presented is correct at the time of printing, May 2018. However, Kosciuszko Thredbo Pty Lid. ABN 95 000 139 015 reserves the right to change Kosciuszko Thredbo Phy bd, PO Box 92, Thredbo NSW 2625. Tel (02) 6459 4100 Fax (02) 6459 4101. Thredbo is in the Kosciuszko National Park at anytime without notice, specifications of activities, times, prices or any other information set out in this guide without incurring obligation.



thredbo.com.au





Competition schedule

The full competition schedule with training times and course inspections is available on the website.

	Event	Discipline	Anticipated start time
Sunday 25	Rail Jam	Freestyle and Snowboard	5.30pm
AUGUST	Team Managers N	leeting	7.00pm
Monday	Giant Slalom	Alpine	7.30am
26	Giant Slalom	Snowboard	12.00pm
AUGUST	Cross Country	Individual and Team	5.30pm
	Slalom	Alpine	8.30am
Tuesday 27	Slopestyle	Alpine and Snowboard	12.00pm
AUGUST	Medal Presentations		4.00pm
	TBC - 'Chill out Tuesday'		5.00pm
Wednesday 28	Boarder Cross	Snowboard	Qualification 9.00am Elimination Heats 1.00pm
AUGUST	Skier Cross	Freestyle	Qualification 10.30am Elimination Heats 1.00pm
Thursday	Super G	Alpine	7.00am
29	Super G	Snowboard	9.00am
AUGUST	Moguls	Freestyle	12.30pm
	Closing Presentation		4.00pm

* as at 30 May 2019

* Competition and training start and finish times are subject to change and are unconfirmed until final start lists. Exact times and course locations will be released closer to the event.





Special events

Team manager's meeting

Who? University Team Managers (UTMs) and team captains When? Sunday 25 August, 7.00pm-8.30pm Where? Friday Flat

Medal presentations

Who? Everyone When? Tuesday 27 August, 4pm (Sunday to Tuesday events) Where? Keller Concourse, Thredbo Alpine Hotel

Chill Out Tuesday

Who? Everyone When? Tuesday 27 August, 5pm Where? TBC What? Details coming soon.

Closing presentation

Who? Everyone When? Thursday 29 August, 4.00pm Where? Keller Concourse, Thredbo Alpine Hotel

What? Medals for Wednesday-Thursday events as well as overall awards presented.





Awards

Medals

Medals are awarded to 1st, 2nd, and 3rd place getters (individuals or teams) in each event at the designated medal presentations.

Pennants

For each championship won, a pennant is awarded to the winning university. Pennants will be presented at the closing presentation.

For a sport to be awarded with a pennant, four teams from four different universities must be entered in the competition.

The following pennants will be awarded in 2019:

- Men's Alpine Skiing
- Women's Alpine Skiing
- Men's Freestyle Skiing
- Women's Freestyle Skiing
- Men's Snowboard
- Women's Snowboard
- Men's Cross Country Skiing
- Women's Cross Country Skiing

Overall awards

There are 11 overall awards presented to the winning universities, awarded at the closing presentation. The awards are as follows:

1. Overall Champion University – Ampol Intervarsity Combined Teams Trophy

Based on the number of gold medals won across all events.

Overall Men's Champion University
 The Ubergang Cup

Based on the number of gold medals won across all men's events.

3. Overall Women's Champion University – The Sports Craft Cup

Based on the number of gold medals won across all women's events.

4. Spirit of the Mountain

Recognises the university that has shown the best sportsmanship and has captured the spirit of the 2019 Nationals Snow competition.

5. Alpine Male Champion – The C.T. Grogan Perpetual Trophy

Awarded to the individual male with the highest ranked places across all alpine events.

6. Alpine Female Champion – The Champions Cup Trophy

Awarded to the individual female with the highest ranked places across all alpine events.

7. Freestyle Male Champion

Awarded to the individual male with the highest ranked places across all freestyle events.

8. Freestyle Female Champion

Awarded to the individual female with the highest ranked places across all freestyle events.

9. Snowboard Male Champion

Awarded to the individual male with the highest ranked places across all snowboard events.

10. Snowboard Female Champion

Awarded to the individual female with the highest ranked places across all snowboard events.

11. Team Cross Country Champions – Bob Lawton Perpetual Trophy

Awarded to the university with the highest ranked finishes across all cross country events.





Accreditation process

All registered participants will be provided with a photo accreditation.

The accreditation process is one of the most vital steps that each sport must undertake before the start of competition each day. Accreditation desks will be open no later than 1 hour prior to the first event of the day.

NO ACCREDITATION = NO COMPETING

- Upon arrival to the course, participants must present their accreditation pass to the accreditation check-in located at BAC testing.
- 2. The participant will be checked in for that event by UniSport staff and receive a wrist band.
- 3. UniSport officials will check wrist bands with the assistance of Race Department, prior to athletes taking to the course.

NO WRISTBAND = NO RACE

4. All athletes are to be checked in at least 30 minutes before their first run.



If a student loses their accreditation they will be required to purchase a new one for \$20.00 from Nationals HQ, located at the Townsend Room, Thredbo Alpine Hotel.



Blood Alcohol Concentration (BAC) testing

To ensure the safety of competitors, officials and general mountain users during the Nationals Snow event, all accredited participants will be required to submit to a breath test prior to each course inspection or event they compete in. This process is unique to Nationals Snow.

- Each competitor will be breathalysed by a UniSport staff member and/or appointed official at an appropriate location, prior to the start of each training or competition run.
- Should the participant complete a breath test where they register 0.00 BAC the competitor will be free to proceed with course inspection and/or competition.

- 1.3. Should the competitor complete a breath test where they register greater than 0.00 BAC, the competitor can either:
 - i. Forfeit the right to inspect the course or compete in the event, or
 - ii. Undertake the breath test a second and/or third time.
 - iii. Should the competitor complete a breath test where they register equal to or greater than 0.00 BAC three times for that event, they will forfeit their right to inspect the course and/or compete in the event.

BAC testing will occur outside either the 'Valley Terminal' or 'Friday Flat' areas dependant on the event.

Industry grade testing devices will be used for BAC testing and all testing data will be recorded and provided to University Team Managers (UTMs) upon completion of the event.

	Sunday 25 August		
Rails	3.30pm – 5.00pm	Friday Flat	
	Monday 26 August		
Alpine GS	5.30am – 7.30am	Valley Terminal	
Snowboard GS	10.30am – 12.00pm	Valley Terminal	
Cross Country	4.00pm – 5.00pm	Friday Flat	
Tuesday 27 August			
Alpine Slalom	6.30am – 8.30am	Valley Terminal	
Slopestyle	10.00am – 12.00pm	Valley Terminal	
Wednesday 28 August			
Snowboard Cross	7.30am – 10.30am	Valley Terminal	
Skier Cross	7.30am – 10.30am	Valley Terminal	
Thursday 29 August			
Alpine Super G	5.30am – 7.00am	Valley Terminal	
Moguls	10.00am – 12.30pm	Valley Terminal	





Competition guidelines

Snow sports

UniSport snow sports competitions are conducted in accordance with the rules of the International Ski Federation (FIS) except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

1. Team/squad size

1.1. Maximum registrations per individual event – no limit

2. Safety

2.1. Where required by either the host mountain staff or UniSport personnel, safety requirements will be adhered.

2.2. Participants of the championship will abide by the host mountain regulations and rules and abide by the alpine safety code:

Know your ability and always stay in control and be able to stop and avoid other people or objects.

Take lessons from qualified professional instructors to learn and progress.

As you proceed downhill or overtake another person, you must avoid the people below and beside you.

Do not stop where you obstruct a trail or run or are not visible from above

When entering a trail or run or starting downhill, look uphill and give way to others.

Always use proper devices to prevent runaway equipment. Ensure your equipment is in good condition.

Observe and obey all signs and warnings. Keep off closed trails and runs and out of closed areas.

Before using any lift, you must have the knowledge and ability to load, ride and unload safely.

Do not ski, snowboard, ride a chairlift or undertake any other alpine activity if your ability is impaired by drugs or alcohol. If you are involved in, or witness and accident, alert ski patrol, remain at the scene and identify yourself to the ski patrol.

2.3. Natural and man-made obstacles are part of the alpine experience. Collision with these objects can result in serious or fatal injuries. Ski with caution and in control.

2.4. EXPECT THE UNEXPECTED. While skiing or boarding you may encounter changing visibility and snow conditions.

2.5. Skiers and snowboarders found skiing/boarding out of control and/or behaving recklessly will have their lift tickets confiscated.

2.6. All participants will be required to submit to a breath test prior to commencing their first event of the day. This is a UniSport risk management requirement. See <u>UniSport guideline – use of alcohol at Nationals Snow</u> for more information.

3. Competition format

3.1. The following events will be conducted:

Alpine events: super G, giant slalom, slalom Freestyle events: slopestyle, skier cross, moguls, rails

Snowboard events: super G, giant slalom, slopestyle, boarder cross, rails

Cross country events: individual, team relay

3.2. UniSport and the host mountain reserve the right to adjust timing and schedules as conditions require.

3.3. UniSport personnel in consultation with the host mountain may amend the program if due to inclement weather it is not possible to complete the contest in the allotted time/order.

3.4. Decisions to cancel or postpone an event shall be made by the host mountain and UniSport personnel or by a unanimous decision at the team representatives' meeting.



3.5. Cross country guidelines are considered separate to these guidelines.

3.6. Competitors are not permitted to be a forerunner in any race that they are competing in. Immediate disqualification will result.

3.7. Inverts are not permitted in qualification. Competitors will be disqualified from the competition if an invert is attempted during qualification. Depending on venue and weather conditions, the event organisers may approve inverts for the finals, subject to the following:

The event organisers notifying competitors in advance if inverts are permitted for finals Any competitions that enable inverts to be performed will require participants to sign the relevant invert waivers for that final.

3.8. The following event formats will apply in 2019 based on competitor numbers:

Event	Format	Further details		
Alpine				
Giant Slalom	2 runs, times combined	Second run: top 15 reversed order. Rest of field follows		
Slalom	2 runs, times combined	Second run: top 15 reversed order. Rest of field follows		
Super G	1 run, timed			
	Freestyle			
Slopestyle	2 runs qualification	6-person finals		
Skier Cross	1 run qualification	Top 16 elimination		
Moguls	2 runs qualification	12-person finals		
Rails	2 runs qualification	6-person finals		
	Snowboard			
Super G	1 run, timed			
Giant Slalom	2 runs, times combined	Second run: top 15 reversed order. Rest of field follows		
Slopestyle	2 runs qualification	6-person finals		
Boarder Cross	1 run qualification	Top 16 elimination		
Rails	2 run qualification	6-person finals		

3.9. The boarder cross and skier cross shall be conducted under FIS rules according to a single knockout format:

a) Qualification for the finals will be one timed run.

b) Finals are based on 16 men and women competitors for skier cross and 16 men and

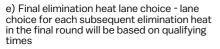
women competitors for boarder cross (four riders per heat).

c) The first two riders advance from round to round as determined by their place of finish in each heat.

d) In case of a tie, the rider with the lowest qualification time will advance.

Format for 16 competitors				
Heat	1st position	2nd position	3rd position	4th position
1	1	16	8	9
2	5	12	13	4
3	3	14	6	11
4	7	10	15	2





f) The best qualifier remaining in the elimination heat chooses a start lane first, followed by the second-best qualifier and so on for the third and fourth qualifiers of that heat

4. Start order

4.1. There shall be a separate draw for each day and the draw shall be a random draw from the competing universities.

4.2. The random order of universities shall be rotated through the list of competitors (i.e. each university's first athlete competes and then the second competitor from each university competes and so on until all athletes have competed).

4.3. The order of competitors within the universities shall be nominated by the team managers.

5. Second run format

5.1. The start order for giant slalom and slalom second runs shall be determined by race department based on how many competitors have entered. The order shall a reverse of the first 15/32 qualification times, with the rest of the field to follow.

6. Point score

6.1. A medal tally will be kept which will tally all placings from finals only. The university with the most gold medals (1st places) will win a pennant in each of the sports (alpine, freestyle and snowboard). Separate tallies exist for men's and women's competitions.

6.2. If the medal tally is tied between two or more universities, they will be separated by tallying the number of 2nd places each university won. The university with the most 2nd places will be deemed the overall winner. Should there still be a tie after the 2nd places are tallied, 3rd places will be tallied and so on until a winning university is determined.

7. Uniform requirements

7.1. The specific uniform requirements for snow sports are as per the national sporting organisation standard with the following UniSport uniform requirements:

Approved helmets must be worn for all events except cross country.

7.2. Race suits are only permitted (not compulsory) in the following events:

Alpine – giant slalom, slalom, super G Snowboard – giant slalom, super G

7.3. Ski and snowboard attire must be worn for all other events (slopestyle, skier cross, boarder cross, moguls and rails) Attire must be two pieces; pants and a separate top. The clothing must be loose fitting with at least 60mm gap between the material and bicep. Competitors will not be permitted to start and will be disqualified from the competition if not complying with uniform requirements.

Previous rule amendments

August 2002 | August 2005 | June 2006 | July 2007 | May 2010 | March 2011 | May 2012 | May 2014 | February 2015 | August 2015 | April 2017 | March 2018 | May 2018 | August 2018 | March 2019 | June 2019

*All competitions will be held in accordance with the UniSport competition guidelines. *Snow sports guidelines are reviewed yearly in May in consultation with the host mountain.



Competition guidelines

Cross country skiing

UniSport snow sport cross country skiing competitions are conducted in accordance with the rules of the International Ski Federation (FIS) except where these differ from UniSport sports rules; in which case the latter shall take precedence.

1. Team/squad size

1.1. There is no limit to the number of entrants a university can have in the individual competition.

1.2. Each university relay event may enter up to 3 relay teams consisting of three participants per team, in both the men's and women's competition.

2. Competition format

2.1. The following distances will be offered: - Women's individual minimum 3 km; maximum 5 km

- Men's individual minimum 6 km; maximum 10 km

- Women's relay 3 different competitors x

1 km each

- Men's relay 3 different competitors x 1 km each

2.2. Distances for individual events will be confirmed by event organisers after an evaluation of the cross country course to be utilised.

2.3. All events will be held in freestyle technique.

2.4. UniSport and the host mountain reserve the right to adjust timing and schedules as conditions require.

2.5. Individual events and the relay events will be scheduled such that the women's event is finished before the men's event starts, where scheduling and conditions allow it.

2.6. Individual events shall be conducted using a mass start:

A random draw will determine the starting position within the mass start
The first university drawn is assigned letter 'A' and is placed first on the university start list, the second is assigned letter 'B' etc.

- Individuals start list:
- * Row 1 = 'A'1, 'B'1, 'C'1, 'D'1, 'E'1, and so on
- * Row 2 = 'A'2, 'B'2, 'C'2, 'D'2, and so on

* Row 3 = 'A'3, 'B'3, 'C'3, and so on until all participants have been assigned to a row

2.7. Each row in the start area shall be filled according to the individual start list. The number of skiers on each row shall be determined by the race organiser.

2.8. The order assigned to each competitor within each university shall be nominated by the team manager at the first team managers meeting of the event.

2.9. Relay events shall have a mass start. A random draw shall be used to determine the starting position within the mass start as per the procedure above for the individual events.

2.10. UniSport in consultation with the host mountain may amend the program if due to inclement weather it is not possible to conduct an event within the allocated time, order or specified distance.

2.11. Decisions to cancel or postpone an event shall be made by UniSport in consultation with the host mountain.

3. Point score

3.1. Individual events will be scored based on a medal tally and will apply to the teams overall placing for the particular event.

3.2. The combination of placings (medal tally) from the relay and individual events will determine the winner of the cross country pennants within Nationals Snow. Separate tallies exist for men's and women's competitions



3.3. In the event that the medal tally is tied between one or more universities, they will be separated by tallying the number of 2nd places each university won. The university with the most 2nd places will be deemed the overall winner. Should there still be a tie after the 2nd places are tallied, 3rd places will be tallied and so on until a winning university is determined.

4. Uniform requirements

4.1. The specific uniform requirements for snow sports – cross country are as per the national sporting organisation standard. Race suits will be permitted during competition.

4.2. Competitors must wear the allocated race bib as issued by the event organiser.

Previous rule amendments

August 2002 | August 2005 | May 2010 | May 2012 | May 2014 | February 2015 | August 2015 | April 2017 | March 2018 | May 2018 | August 2018 | March 2019 | June 2019

*All competitions will be held in accordance with the UniSport competition guidelines.



FACTORY OUTLET

Snowy Mountains Cookies

"Imperfect Delicious"

Cookie Sale

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Gate keeping duties

A gate keeping duty roster will be distributed to team managers and online upon the finalisation of start lists.

From the moment a racer leaves the start gate until the racer crosses the finish line,

the most important officials on the hill are the gate keepers.

A comprehensive guide to gate keeping can be found on the website at www.unisport.com.au/nationals-snow.

Invert waiver

Participants may wish to perform inverts in moguls, slopestyle and rails events to maximise their score. UniSport has decided that inverts will ONLY be allowed in finals, not qualifying rounds*. An invert is defined as a manoeuvre in which the hips pass the horizontal level of the head. To do so you must complete a form (provided at the event) and have it signed by a UniSport representative. In doing so you agree that you have previously performed inverts in training and/or competition and you have the technical expertise to conduct these manoeuvres.

*Race Department reserve the right to prohibit inverts during finals if weather conditions are unfavourable.





Anti-doping control

UniSport condemns doping as

fundamentally contrary to the spirit of sport, with anti-doping programs seeking to preserve what is intrinsically valuable about sport.

All participants are bound by the <u>UniSport</u> <u>Illicit Drugs in Sport Policy</u> & the <u>UniSport</u> <u>Anti-Doping Policy</u>, which is approved by the Australian Sports Anti-Doping Authority (ASADA) who have legislative authority to investigate possible violations of the antidoping rules under the *ASADA Act 2006*. ASADA offer a free and easy to use online education tool featuring online courses, videos and learning updates. It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods. All participants – both competitors and noncompetitors are encouraged to complete the Level 1 Anti-Doping Course from the <u>ASADA eLearning</u> website.



Australian Government

Australian Sports Anti-Doping Authority



Event policies & guidelines

All UniSport policies and guidelines can be found on the <u>UniSport website</u>, with the most relevant policies for competitors listed below:

Participation

- Qualification for participation
- <u>Eligibility of competitors</u>
- Participation agreement
- <u>Code of behaviour extract</u>
- Inclusion and diversity

Sport

- <u>Replacement player process</u>
- <u>Disciplinary and disputes</u>
- Breach of competition requirements

Medical

- <u>Concussion</u>
- Infectious diseases
- Use of alcohol at Nationals Snow
- Illicit Drugs in Sport Policy
- Anti-Doping Policy

Forms

 University Team Managers can access all relevant forms in the Member's Area of the website.



unisport.com.au