

## Information Package

<b>Competition</b>	2022 CEC High Performance Competition
<b>Date</b>	March 10 & 11, 2022
<b>Venue</b>	Climb Base5 (B) / Richmond Olympic Oval (L/S)
<b>Address</b>	98 Brigantine Dr, Coquitlam, BC/ 6111 River Rd, Richmond, BC
<b>Discipline</b>	Boulder, Lead, Speed
<b>Cost</b>	\$140 inc. gst

## CEC OFFICIALS

**Technical Delegate** - Sebastian Powell

**Jury President** – Paul Hughes

**CEC Judge** – Shu Li

**Head Route Setters** – Simon Parton (CAN), Tomasz Oleksy (POL - IFSC setter)

**Additional Route Setters** - TBA

## PROVISIONAL SCHEDULE

### Formats and Schedules

The HP Competition formats and schedules detailed below have been created with the following event objectives in mind:

1. To allow for evaluation of athlete readiness relative to the demands at the IFSC World Cup Level;
2. To allow for enough data points for ALL participants to have a fair chance to show this readiness; and
3. To allow adequate rest between disciplines so as not to overly disadvantage athletes participating in multiple disciplines.

#### *Boulder*

7 boulders cumulative score over 2 days. All athletes compete on all 7 boulders.

#### *Lead*

3 routes over 2 days. Each route scored independently. Final position is an average rank across all 3 routes. All athletes compete on all 3 routes.

#### *Speed*

2 run seeding round followed by Knock out round of 16 plus up to 4 extra runs to achieve minimum performance times. All athletes compete in both seeding and knockout rounds.

### Competition Schedules

#### **Wednesday, March 9**

7:00pm - Technical Meeting on Zoom

#### **Thursday, March 10**

##### **Boulder – Day 1 - Climb Base5 Coquitlam**

7:00 am Open Isolation

8:30 am 4 Boulders: 5 on 5 off – standard IFSC isolation qualifying format

##### **Speed – Day 1 - Richmond Oval**

12:30 am Open Warm-Up area

2:30 pm Speed Practice – Men, then Women

Speed Seeding Round – Immediately following Practice

### Lead – Day 1 - Richmond Oval

3:30 pm Open Isolation  
5:00 pm 1 route – IFSC standard on-sight (semi final) format

### Friday, March 11

#### Boulder – Day 2 - Richmond Oval

7:30 am Open Isolation  
9:00 am 3 Boulders: 5 on 5 off – standard IFSC isolation qualifying format

#### Speed – Day 2 - Richmond Oval

11:00 am Open Warm-Up area  
1:00 pm Speed Practice – Men, then Women  
Speed Knockout Round – Immediately following Practice  
2:30 pm Extra runs for Minimum Performance Times

#### Lead – Day 2 - Richmond Oval

2:30 pm Open Warm-Up area  
4:00 pm 2 routes – IFSC standard Flash (qualification) format

#### Wellness Presentation - Oval Meeting Rooms

~ 7:00 pm Following Lead Round

CEC is very fortunate to work with 2 leaders in Athlete Wellness

Kelly Drager is a Performance Dietician at CSI Calgary and an expert in Fuelling for Sport and RED-S.

Alayne Hing is a Mental Performance Consultant at CSI Calgary and works with several Olympic Sports.

These 2 experts will each give short presentations in their areas of expertise.

### COACHES/TEAM OFFICIALS

COVID related capacity restrictions and the desire to prepare athletes for competing at World Cups has led to the following policy regarding coaches/team officials:

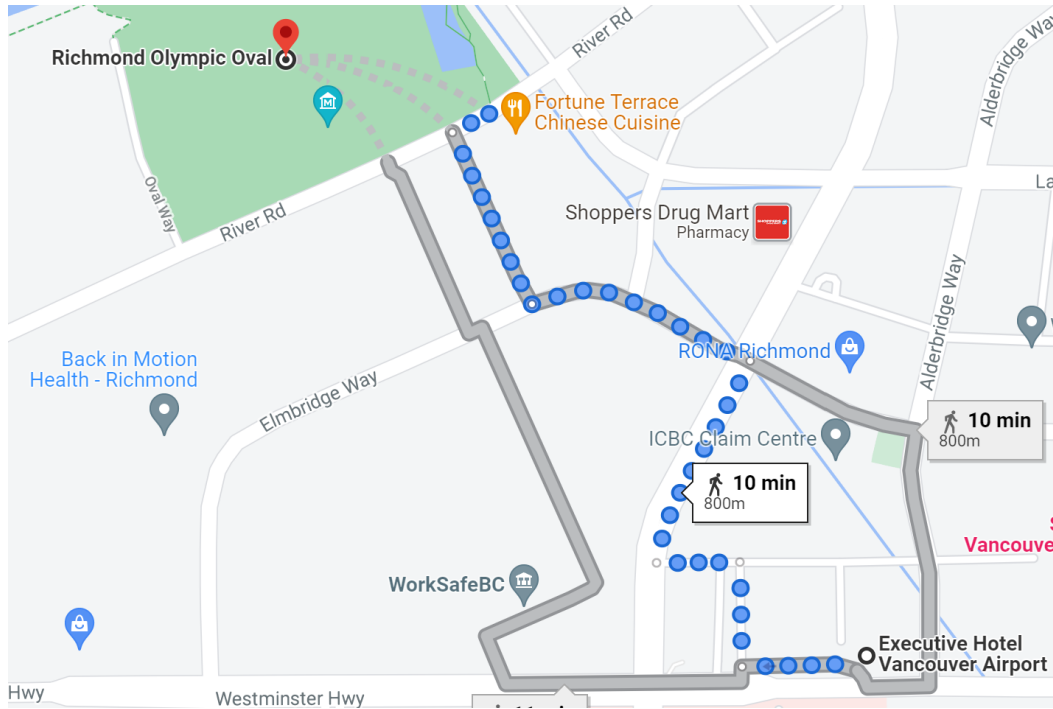
1. Each PTSO with athletes invited to the HP Competition will be allowed a maximum of 2 team officials in the isolation area. These coaches must be registered with CEC, and nominated by the PTSO.
2. Appeals – only PTSO registered officials will be allowed to make appeals.

### ACCOMMODATION

#### Official hotel



#### Location



**GUESTROOM RATES:**

We are pleased to confirm the following room very special reduced rates for this **Conference**:

Room Type	Single Rate	Double Rate
Plaza /Courtyard Room	\$139	\$139
One Bedroom Condo Suite	\$159	\$159
Two Bedroom Condo Suite	\$199	\$199

1. **Special rate includes:**

- Overnight Parking (Value \$16.75/night)
- High-speed Internet /WIFI in the guestroom (Value \$9.95/day).
- Free Local Calls
- Free Airport Transfer during 6.30 am – 11.pm (Value \$40 both way)
- Rates quoted are for Single or DBL Occupancy (maximum 2 Adult +2 Child under 15), additional charges of \$20 PP may apply

2. Also please note these rates are based on the type of rooms available and quoted on a daily basis, in Canadian funds, and are currently subject to 11% Provincial Room Tax, 5% Federal Goods & Services Taxes plus 1.16% Destination Marketing Fee. The special guestroom rate is available three days before and three days after the event date.

**RESERVATIONS**

Guests will be responsible for calling the hotel and making their reservations. Guests may call locally at 604-278-5555 or Toll-free at 1-800-663-2878. Please quote " **CEC High Performance Climbing**" and guarantee their reservation with a valid credit card, as well as payment of room & tax and their incidental Charges. Unless otherwise specified in writing by the Organizer, all guests will be responsible for own room, tax and incidental charges.

All reservations will be guaranteed for late arrival to The Individual guests with own method of Payment " for the first night's room & tax.

**COVID PRECAUTIONS**

All athletes and spectators must show proof of vaccination before entering the facility.

Masks are to be worn at all times except when climbing.

Please review the CEC Covid Protocol here: [ENGLISH](#) / FRENCH

#### **AIRPORT**

Vancouver International Airport  
3211 Grant McConachie Way, Richmond, BC V7B 0A4

#### **TRANSPORTATION/DIRECTIONS**

TBD