

CEC HP Competition

Final Schedule

Formats

The HP Competition formats 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.

Bonus: Libor Hroza will be running extra technical training and simulations for all participants following the knockout rounds on Friday, March 11th.

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 - Men
8:00 am	Close Isolation - Men
8:30 am	4 Boulders: 5 on 5 off – standard IFSC isolation qualifying format
9:00 am	Open Isolation - Women
9:30 am	Close Isolation - Women
10:45 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

2:30 pm	Open Isolation - Men
3:30 pm	Close Isolation - Men
4:00 pm	1 route – IFSC standard on-sight (semi final) format
4:00 pm	Open Isolation - Women
5:00 pm	Close Isolation - Women
5:30 pm	1 route – IFSC standard on-sight (semi final) format

Friday, March 11

Boulder – Day 2 - Richmond Oval

7:30 am	Open Isolation - Men
8:30 am	Close Isolation - Men
9:00 am	3 Boulders: 5 on 5 off – standard IFSC isolation qualifying format
9:30 am	Open Isolation - Women
10:30 am	Close Isolation - Women
11:15 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

2:00 pm	Open Warm Up
3:30 pm	Men start - 2 routes – IFSC standard Flash (qualification) format
5:00 pm	Women start - 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.