



# 2024 Canadian Team Trials & Northern Lights Classic Open Information Handbook

We are pleased to provide you with this informational brochure that will answer many of the questions you may have. Please feel free to contact us with any questions or concerns that are not addressed.

**Competition Director:** Dana Peteleski, CBTF Technical Chair [technicalchair@cbtf.ca](mailto:technicalchair@cbtf.ca)  
**Host Province Coordinator:** Nancy Lighthouse, [lighthouse@myaccess.ca](mailto:lighthouse@myaccess.ca)  
**Chief Tabulator:** Cindy Dietrich  
**Head Judge:** Jenna Jemieff, [wbtjudgesrep@cbtf.ca](mailto:wbtjudgesrep@cbtf.ca)

**Host Hotel:** HomeSuites (*Stay to Play Policy is in effect*)  
 3841 Eastgate Drive, Regina, SK

**Competition Venue:** University of Regina  
 Centre for Kinesiology, Health & Sport (CKHS)  
 3737 Wascana Parkway, Regina, SK

## Schedule of Events:

FRIDAY, MARCH 8, 2024			
11:30 AM	5:30 PM	Paid Practice Time	U of R
2:00 pm	6:00 pm	Judge's Focus Meeting	U of R
6:30 pm	7:30 pm	Opening Ceremony	U of R
SATURDAY, MARCH 9, 2024 – Doors Open 8:00 am			
8:30 am	9:20 am	BI Compulsories, BA Short Program	U of R
9:35 am	10:40 am	A Short Program	U of R
10:55 am	11:20 am	BI/BA Freestyle Pair	U of R
11:35 am	12:00 pm	A Freestyle Pair Preliminary Round	U of R
12:00 pm	1:00 pm	Lunch	U of R
1:00 pm	1:15 pm	B Freestyle Team	U of R
1:15 pm	1:20 pm	A Freestyle Team Preliminary Round	U of R
1:35 pm	3:30 pm	BI/BA Freestyle Solo	U of R
3:45 pm	5:00 pm	A Freestyle Solo Preliminary Round	U of R
5:30 pm		NLCO Awards	U of R
SUNDAY, MARCH 10, 2024 – Doors Open 8:00 am			
9:00 am	9:50 am	A Freestyle Solo Final Round	U of R
10:20 am	10:40 am	A Freestyle Pair Final Round	U of R
11:10 am	11:15 am	A Freestyle Team Final Round	U of R
11:30 am		CTT Awards	U of R
12:00 pm	1:00 pm	Lunch	
1:00 pm	4:00 pm	Canadian Contingent Critiques	U of R
MONDAY, MARCH 11, 2024			
9:00 am	12:00 pm	Canadian Contingent Meeting, Training and Team Building	U of R

Please note that all times are approximate. If the competition is moving ahead of schedule, we will not hold.

Coaches and athletes should listen for the announcement of the next discipline start time after the last set of the previous discipline.

Two music run-throughs will be conducted before each discipline's scheduled start time. The warm-up sets are included in the set system.

Open floor time will be made available as time permits.

### **Paid Practice:**

<b>TIME</b>	<b>PRACTICE GYM</b>	<b>MAIN GYM</b>
11:30 am – 12:30 pm	available	SOBG
12:30 pm – 1:30 pm	ABTA	SOBG
1:30 pm – 2:30 pm	OBTA	ABTA
2:30 pm – 3:30 pm	SOBG	OBTA
3:30 pm – 4:30 pm	SOBG	BNB
4:30 pm – 5:30 pm	Closed - Opening Ceremony Prep	TC Team
5:30 pm	Closed - Opening Ceremony Prep	Closed - Opening Ceremony Prep

The 11:30 am slot in the practice gym is available for rent on a first-request basis. Please contact Dana [technicalchair@cbtf.ca](mailto:technicalchair@cbtf.ca) to rent this one hour slot.

The competition sound system *may* be available for use during the paid practice time. Personal sound systems may be used, but only to the extent they don't interfere with other participants.

### **Athlete Bags:**

Please visit the Registration Table prior to your first scheduled practice time to pick up your Athlete Bag, ID Tag and Souvenir Program.

### **Gymnasium Footwear:**

Outdoor shoes are NOT allowed in the competition gym at any time. Athletes should wear indoor shoes only.

### **Change Rooms:**

The change room area is very small, so please do not bring large rack and roll type bags. The change room area is the shared team room bathroom behind the practice gym. We do not have access to the team rooms for this event, like in previous years as the university teams are still competing. The U of R team athletes may also be in and out of the change room area as well, so please do not block off access to the sinks, toilets, etc. and do not leave valuables in the change room. This area should really only be used for changing costumes and fixing hair and makeup. Athletes are expected to keep this area clean and tidy. If the change room is found to be in poor condition, the competition staff may assess a cleaning fee.

**Spectators:**

Spectators will access the seating area through the spectator entrance. Spectators are NOT allowed onto the competition gym floor or the practice gym floor.

**Parking:**

U of R Parking - parking is free in the lot directly in front of the CKHS (Lot 6) Friday after 5:00 pm and all weekend. (Parking is not free in the parkade - payment is required at all times to park in the parkade.)

Parking during the day Friday and Monday can be at the meters in front of the CKHS building for \$2.00/hr or in the parkade at \$3.50/hr. These are pay as you go, no passes are available.

**Merchandise:**

Merchandise pre-orders will be available for pick up with the registration packages. Soles and Suits will be on-site as well and may have very limited event wear items for purchase as well. If you are still interested in pre-ordering merchandise, there may be some availability to add purchases to the pre-order. Please email Nancy Lightheart at [lightheart@myaccess.ca](mailto:lightheart@myaccess.ca) if you are still interested in placing an order.

There will also be a small number of vendors on-site on Saturday, March 9 that will be selling various items including jewelry, dancewear and other baton related items.

**Banners:**

If you have a banner to be displayed (club or provincial), please leave it at the registration desk. The host committee will place or hang banners to comply with the facility requirements. At the end of the competition, the host committee will remove the banners and they will be available for pick up from the announcers table. Hanging banners will only be accepted if they have grommet holes.

**Opening Ceremony:**

All participants (athletes, coaches, dignitaries) are asked to report backstage (in the Practice Gym) at 6:15 pm. The Opening Ceremony will begin at 6:30 pm on Friday, March 8.

CTT and NLCO Athletes in the opening ceremonies should be dressed in Track Suits (Club or Provincial).

**Live Stream:**

The competition will be broadcast on YouTube Live Stream. Links to the Live Stream will vary with each session. To find the Live Stream, go to the CBTF YouTube channel: [www.youtube.com/c/CanadianBaton](http://www.youtube.com/c/CanadianBaton)

**Regina Cable TV:**

Two TV companies in Regina have indicated interest in filming the competition for broadcast! Athletes, coaches, judges, officials and spectators should be aware of the possibility of multiple cameras and TV crew onsite throughout the weekend. It is also possible that CBTF may be asked to supply commentators for the broadcast, in which case athletes will be asked to complete an information sheet that will be provided to the commentators. We appreciate your cooperation in advance!

**Baton Documentary:**

We are currently working on details for the filming of part of a baton documentary during the Canadian Team Trials. This will involve behind-the-scenes film footage in the practice gym. More details will follow as they become available. Consent will be obtained from those who will be involved in the documentary.

**Awards Ceremony:**

The Awards Ceremony for the NLCO is scheduled to begin at 5:30 pm on Saturday, shortly after the completion of the competition. The start time will be adjusted according to the progress of other events during the day - please pay attention to announcements.

All athletes that participated in the NLCO will be included in the Awards Ceremony. Athletes should be in costume. The order of presentation will be:

- Freestyle Pair
- Freestyle Team
- Freestyle Solo

The Awards Ceremony for the CTT is scheduled to begin at 11:30 am on Sunday, shortly after the completion of the competition. The start time will be adjusted according to the progress of other events during the day - please pay attention to announcements.

All athletes that participated in the final rounds of the CTT will be included in the Awards Ceremony. Athletes should be in costume. The order of presentation will be:

- Freestyle Solo
- Freestyle Pair
- Freestyle Team

**Food Service:**

Food services are limited at the University of Regina.

At the Riddell Centre Food Court – Common Ground is open from 8:30 am – 7:00 pm

At Luther College Cafeteria (Luther College) – 12:00 pm – 3:30 pm

There are many food service outlets within a short drive from the University as well at 1101 Kramer Blvd  
Trifon's Pizza

Subway

McDonald's

Stone's Throw Coffee House

Circle K Convenience

**Emergency Procedures:**

For the competition, the following are the locations of medical, and pharmacy facilities, and corresponding emergency information:

**1. Medical Facilities**

Please call before attending any of these facilities, as they may not be able to take walk-in patients without advance notice.

Albert and Parliament Primary Health Care  
3992 Albert Street

TEL: (306) 757 0303

Gateway Alliance Medical Clinic  
Unit 100, 2629 29 Ave  
306-565-GATE (4283)

## **2. Hospital**

Regina General Hospital: 1440 14th Ave, (306) 766-4444

Pasqua Hospital: 4101 Dewdney Ave, (306) 766-2222

## **3. Pharmacy**

Co-op Pharmacy 3801A Albert St (306) 584-7000

The Medicine Shoppe Pharmacy 2104D Grant Rd (306) 757-5050