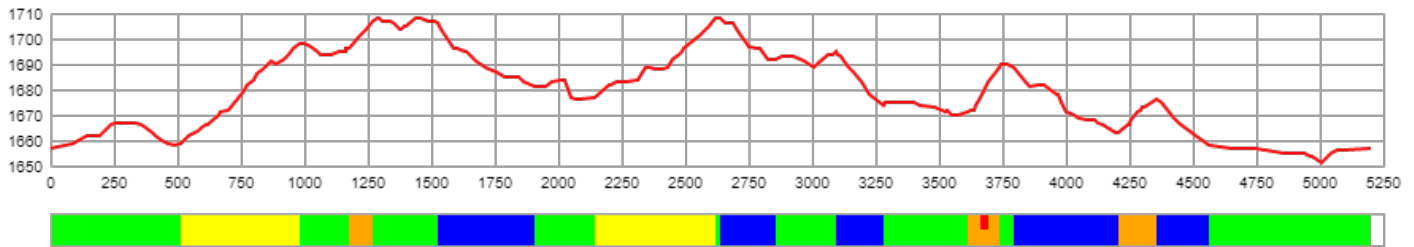




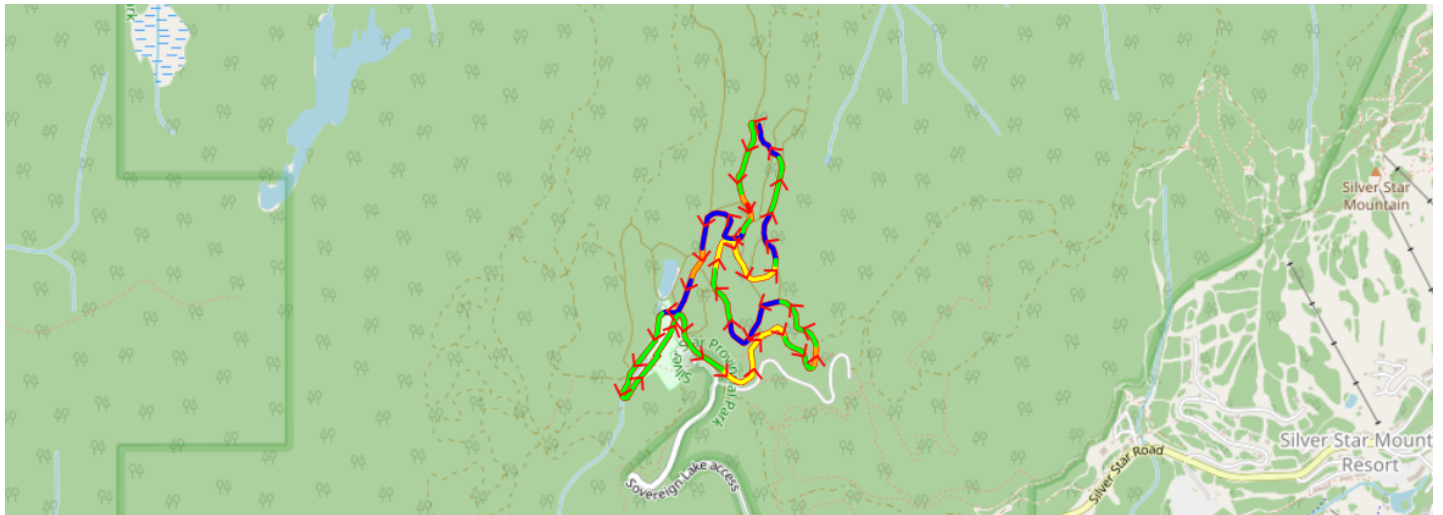
**CERTIFICATE  
OF FIS HOMOLOGATED CROSS-COUNTRY COURSE  
FIS CROSS-COUNTRY COMMITTEE**

(1) Registration number:	<b>WC20/05.08/5.0</b>
(2) Name of the competition site:	Sovereign Lake Nordic Centre
(3) Name of city/region:	Vernon, BC, Canada
(4) Organizer:	Sovereign Lake Nordic
(5) National ski association:	Canadian Ski and Snowboard Assoc.
(6) Contact person in the organizing committee:	Rob Bernhardt
(7) Homologation inspector:	John Aalberg
(8) Name of course:	5 km Upper-Aalberg (Updated)
(9) Competition level for course	WC

Course length:	5,201m	Height difference (HD):	57m	Lowest point:	1,651m
Course category:	D	Maximum climb (MC):	40m	Highest point:	1,708m
		Total climb (TC):	154m		



A-climb B-climb C-climb descent undulated terrain



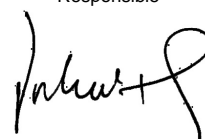
FIS Office

  
Mignerey, Pierre  
FIS International Ski Federation  
Blochstrasse 2 / Postfach  
CH - 3653 Oberhofen

FIS Stamp



FIS Homologation  
Responsible

  
Vodrazka, Jakub

Date of Issue  
14.01.2020  
Valid until  
30.06.2025

## (10) Overview of the uphill:

	No.	PTC	% of TC
- major climbs	2	72	46.8
- shorter climbs	3	42	27.3
- steep climbs	1	0	0.0
- descents	5	1	0.6
- undulated terrain	9	39	25.3

## (11) Stadium area:

		Indoor working room:	
Fixed stadium area	yes	Timekeeping	yes
Fixed building	yes	Announcer	yes
Temporary stadium	no	Jury	yes
Temporary building	no	Race office	yes
Good infrastructure (access, parking, media, etc.)	yes		
Skitesting area along course/near stadium	yes		
Warm up track near the stadium	yes		

## (12) Category for the stadium and course layout:

	Interval	Sprint	Skiathlon	Relay	Mass start
Stadium suitable for following competition formats	yes	yes	yes	yes	yes
Course suitable for following competition formats with					
a) Classical technique	yes		yes	yes	yes
b) Free technique	yes		yes	yes	yes
Course suitable for relay and skiathlon competition					
a) On same course					
b) Combined on different courses (C+D or D+D)			yes		

## (13) Possibility of snow making:

None

## (14) Map Material:

Very good

## (15) Source of accurate elevation data:

Update to new software done with LiDar DEM - (updated to new software by Al Maddox, Jan 2020)

## (16) Safety considerations:

none

## (17) General remarks:

A good 5 km course with balanced work load

## (18) Date of first inspection: 2004/5/1

## (19) Date of final inspection: 2005/9/13

## (20) Summary of terrain characteristics

	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad.(%)	
A-climb	1	513	39	40	-4.4 - 15.5	8.3	
	2	2,143	31	32	-4.9 - 16.1	6.5	
	total			72			46.8% part of TC
B-climb	1	1,172	11	11	9.7 - 13.0	11.3	
	2	3,610	18	18	13.9 - 20.6	14.3	C at 3,665m, PTC: 6m, 20.7%
	3	4,209	13	13	5.4 - 24.6	8.8	
	total			42			27.3% part of TC
C-climb	total			0			0.0% part of TC
undulated terrain	total			39			25.3% part of TC
	total climb			154			