

CHAMPIONNAT JEUNESSE
NORAM 2010

RACE NOTICE
YOUTH NORAM CHAMPIONSHIPS (10-13 years old)
2010
15th edition



**M. PIERRE HEYNEMAND – TRIATHLETE
HONORARY PRESIDENT**

Club de Golf St-Jean-de-Matha
2650 Route Louis-Cyr (Route 131 Nord)
St-Jean-de-Matha, Qc



Saturday, **February 20th**, 2010
Free Technique (3,5 km, individual start)

Sunday, **February 21st**, 2010
Classic Technique (3,5 km, mass start)

Monday, **February 22nd**, 2010
Sprint relay, mass start (6X1km, classic and free technique)

TEAM ACCOMODATIONS

Accommodation in the classrooms of Thérèse-Martin High School,
916, Ladouceur Street, Joliette (located 30 kilometres from the race site)

✓ sleeping bag and foam pad required;

Accommodation site open from 18h00, Friday, February 20th, 2009

SERVICES

Breakfast can be purchased at the school for a modest fee

Spaghetti dinner (Saturday night)

First aid

competition site offers skating, tube sliding, etc. (additional fees applicable)

ORGANIZED BY:

Club Défi Thérèse-Martin High School

Website : www.clubdefi.ca

SANCTION:

Sanctioned by Ski de fond Québec. Cross-Country Canada Racing rules apply.

Technical delegate: none

Eligibility :

Participants must be members of a ski club which is affiliated with SFQ or their respective division and possess a valid racing license.

RACING LICENSES

Participants must possess a valid racing license delivered by their province or state (USA). Quebec athletes are invited to purchase their provincial racing license, at a cost of 40\$, prior to registering for the event. Quebec athletes who don't want to take part in all 3 races or athletes from outside without licenses will be able to purchase day licenses on site, at a cost of 10\$ per day for SFQ.

FOR INFORMATION CONTACT:

M. Daniel Bellerose : (450) 758-3620, ext 5344 (French services)
danbellerose@videotron.ca
Mme Caroline Lukic: (450) 759-8186 (English services)
caroline.lukic@cssamares@qc.ca

ON SITE ACCOMMODATIONS

1- For parents or friends, Club de golf Saint-Jean-de-Matha offers **accommodations** on the competition site (Inn style rooms or condominium style chalets).

Reservations: (450) 886-9301 or infoauberge@golfmatha.com

Website: www.golfmatha.com

2- Chalets D'Émélie
521 Lac Pierre North
St. Alphonse de Rodriguez
J0K-1W0
Tel: (866) 683-1550
Web site: www.chalets-emelie.com

Accommodation type: 2-3 bedrooms chalets with full kitchens and private ski trails. Only 20 minutes away from competition site.

3- For a list of all accommodations in and around Joliette or St-Jean-de-Matha, check on the following website: www.lanaudiere.ca

SCHEDULE

Friday February 19th, 2010 : Welcome and coaches' meeting

- ✓ **Registration**: From 6:00pm to 8:00pm, Thérèse-Martin High School, room F-163
 - ✓ **Team welcome and information meeting**: at 8:00 PM in the auditorium,
 - ✓ **Coaches' meeting**: at 9:00 PM in room F-163, (For coaches in good standing with SFQ or their respective division)
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Saturday, February 20th, 2010 Individual Race

Individual 3.5 km Free Technique Race BOYS & GIRLS

- ✓ **Start** : 10:00am (30 seconds staggered starts)
Start order to be determined by random draw.
 - ✓ **Categories** (age as of December 31st 2010)
NB: Age categories will be strictly enforced. Under-age skiers are not accepted in any category
 - BOYS AND GIRLS 10 years old
 - BOYS AND GIRLS 11 years old
 - BOYS AND GIRLS 12 years old
 - BOYS AND GIRLS 13 years old
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Sunday, February 21st, 2010 Individual Race

Individual 3.5 km Classic Technique Race BOYS & GIRLS

- ✓ **Start** : 10:00am (Mass start, by waves)
Start position to be determined from Saturday's results.
 - ✓ **Categories**: same as on Saturday. **Under-age skiers will not be accepted**
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Monday, February 22nd, 2010 Sprint relay race

All categories

6 x 1 km

3 x classic 3 x free

- ✓ **Start : 09 :30am (2 Mass starts)**
Start position for each team to be determined by last year result

Team composition for relays

- **Official team**

6 athletes ***of the same team as follow:***

ONE GIRL 10 **OR** 11 years old

ONE BOY 10 **OR** 11 years old

ONE GIRL 12 **OR** 13 years old

ONE BOY 12 **OR** 13 years old

+ 2 other members without restrictions

- **mixed team**

6 athletes ***from at least two different teams:***

ONE GIRL 10 **OR** 11 years old

ONE BOY 10 **OR** 11 years old

ONE GIRL 12 **OR** 13 years old

ONE BOY 12 **OR** 13 years old

+ 2 other members without restrictions

- **non-official team**

6 athletes ***from at least two different teams*** (no age or sex restrictions). *A club may have more than one team.*

IMPORTANT NOTICE :

THE FIRST THREE SKIERS MUST USE THE CLASSIC TECHNIQUE AND THE LAST THREE SKIERS MUST USE THE FREE STYLE TECHNIQUE.

**** Athletes are invited to wear makeup and costumes for the relay race ****

SAFETY

Safety is assured by the Canadian Ski Patrol and Glissades St-Jean-de-Matha.

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JOLIETTE SUBARU 2010
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BANQUET

Sunday 21st February 2010, 17:00pm



Hôtel Château Joliette

450, rue St-Thomas,
Joliette (J6E 3R1)
(450) 752-2525

www.chateaujoliette.com



- Dinner
- Official ceremony
- Dance party

RANKING AND PRIZE DISTRIBUTION

Medals

(For each of the individual races)

For the top three (3) placing in each category and gender

All medals for the Saturday race will be distributed after the spaghetti dinner on Saturday evening. Dinner will be held at Thérèse-Martin High School.

Team prize (Club)

(Based on cumulative results of both individual races)

The winning team will be determined by the cumulative results of both individual races and based on the results of the fastest 3 girls (all categories) and the fastest 3 boys (all categories). A banner will be presented to the best team and individual certificates will be issued to each team member.

Sprint relay prizes

Medal for each of the team members and the coach of the top 3 official teams.
Medal for each of the members of the 1st mixed team.

**YOUTH NORAM CHAMPIONSHIP
JOLIETTE SUBARU 2010
Club de Golf de Saint-Jean-de-Matha
St-Jean-de-Matha
15th edition**



ENTRY FEES

Cost per athlete: 125 \$

- Includes **race fees** of 80 \$
- Includes **special fees** of 45 \$ (banquet and spaghetti dinner)

The registration fees is a package deal and will remain as so for all athletes

COACH/SUPPORT STAFF FEES

- | | |
|----------------------------------------------------------------------------------|--------------|
| 1) First 2 coaches and/or support staff: | 60\$/person |
| 2) Coaches and/or support staff for teams with a ratio of 1 adult to 5 athletes: | 60\$/person |
| 3) Coaches and/or support staff in excess of the above ratio: | 120\$/person |

Fees include :

- Accommodation and access to the ski center;
- Lunches after the races;
- Spaghetti dinner and banquet.

Free access to the ski trails is only reserved to the athletes and coaches who have paid their race entry fees. Any other person who will use the ski trails must purchase an access ticket at the main chalet.

ENTRY PROCESS, EVENT FEES PAYMENT AND DEADLINES

Entry process :

All entries and payment must be processed through Zone 4 web site: <http://www.zone4.ca>

Registration deadline : All entries and payment must be received by **23:59PM TUESDAY, 16TH FEBRUARY 2010.**

A limited number of tickets for the Saturday spaghetti supper (15 \$) and Sunday banquet (30\$) will be available at the registration desk on Friday from 6:00pm – 8:00pm
First come – First served