



**HAYWOOD NORAM CUP
World Junior/U23 Trials
Teck Sprint Series
Quebec Cup #1**

January, 2, 3 and 5, 2010





RACE NOTICE

**Myriam-Bédard Biathlon Center
Valcartier**

Organized by Club Nordique Mont Ste-Anne and Skibec Nordique

Sanctioned by FIS, Cross-Country Canada and Ski de fond Québec

Location Myriam-Bédard Biathlon Center, Valcartier

Event Organizers	Event Director:	Luc Jolicoeur
	Chief of Competition:	Alain Vachon
	Assistant Chief of Competition:	Daniel Deschênes
	Chief of Stadium:	Francine Laforce Bisson
	Chief of Timing:	Annie Langlois
	Race Secretary:	Renée Thibeault
	Chief of Controllers:	Marc Perron
	Chief of Course:	Sylvain Bussière

Race Jury	Technical Delegate	Jim McCarthy
	Chief of Competition	Alain Vachon
	CCC Race Director	Dave Dyer
	Assistant TD (observer)	Pierre Millette

Race Schedule	Saturday, January 2, 2010	Continuous pursuit
	Sunday, January 3, 2010	Sprint Free
	Tuesday, January 5, 2010	Medium distance
		Interval Start Classic





Information

Renée Thibeault, race secretary

Email: renee.thibeault@brioconseils.com

Phone number: (418) 573-9919.

Event Web Site

www.skinoram2010.com

Categories

The categories that will be used are in accordance with the new competition model and are defined at section 1.2 of the 2009-2010 NorAm technical package published on the CCC website.

Eligibility

Haywood NorAm Cup: All competitors must have a CCC, FIS or recognized national cross-country license from another country. Competitors without the above must purchase a CCC Supporting Member Day License (SMDL) for each race (cost \$5). These will be available to purchase in the Race Office. Eligibility will be in accordance with the 2009-2010 NorAm technical package published on the CCC website.

If you have both a CCC and a FIS license, please enter them both on Zone4 upon registration.

Quebec Cup: The events are for Juvenile Categories. All skiers of the Juvenile Category or older must have a CCC Licence or purchase a CCC Supporting Member Day licence from the event organizers, available at the race office. Quebec skiers must also hold a Ski de fond Quebec license.



Entry Process

All entries and payment must be processed through Zone4: <http://www.zone4.ca>. Categories will be in accordance with the CCC competition model :

Category and sub category	YOB	Category and sub category	YOB
Juvenile Women	1994 - 1996	Juvenile Men	1993 - 1995
➤ JW 1	1996	➤ JVM 1	1995
➤ JW 2	1995	➤ JVM 2	1994
➤ JW 3	1994	➤ JVM 3	1993
Junior Women	1990 - 1994	Junior Men	1990 - 1992
➤ JW 1	1994	➤ JM 1	1992
➤ JW 2	1993	➤ JM 2	1991
➤ JW 3	1992	➤ JM 3	1990
➤ JW 4	1991		
➤ JW 5	1990		
Senior U23 W	1987 - 1989	Senior U23 M	1987 - 1989
Senior W	1979 - 1986	Senior M	1979 - 1986

Registration Fees

Haywood NorAm Cup: Entry fees per race are \$40.00 CA for the NorAm Cup. Registration fees include access to the trail system on official training days (Dec 31, Jan 1, Jan 4) and on competition days.

Quebec Cup: Entry fees per race are \$35.00 CA. Registration fees include access to the trail system on official training days (Dec 31, Jan 1) and on competition days.

Deadline

The registration deadline is **Saturday Dec. 26th, 2009 at 23:59, Eastern Time**. Late entries must be submitted to the Competition Secretary **before 12:00 noon** on Dec. 31, 2009, with **full payment, including the late entry penalty fee of \$100**. Late entries will forfeit the right to seeding. The first step in ultimately achieving correct **official results** in a timely fashion is the receipt of complete, correct, on-time entries.



Accordingly, athletes and coaches must carefully check their entries as posted on the confirmation list on the Zone4 website, and send all corrections at annie.langlois@hotmail.com by **Tuesday, December 29, 2009, 23h59, Eastern Time.**

The Race Committee will prepare racer entry / seeding lists for review by the coaches / team captains during the first 15 minutes of every Team Captains' meeting. **This will be the last chance for correction or changes**, after which the Start Lists will be prepared. Therefore, it is **highly recommended** for all racers that they be represented by a coach / manager at all Team Captains' meetings.

Access to the trails

Access fees to the trails are included in the registration fees for race days as well as official training days (Dec 31, Jan 1 and Jan 4). Usual rates will apply for other days, and Athletes **MUST** buy a trail pass **at Centre Castor** for any days other than race days or official training days. **Portable radios (small Motorola) will not be authorized on site.**

Race Courses

Available on www.skinoram2010.com

Seeding

Haywood NorAm Cup: The current CPL will be used for both distance competitions and sprint competitions. (For information refer to the Canada Points List Publications & Event policy document on the CCC website under Results/Points - CPL). The most current CPL is available on the CCC web site at <http://www.cccski.com/main.asp?cmd=doc&ID=4233&lan=0>

Foreign skiers will be seeded as determined by the Jury with reference to the competitors CPL points. In the rare instance a foreign skier has no FIS or CPL ranking, the Jury will use its discretion in seeding the skier.

CCC's Assistant High Performance Director will rule on special seeding requests from within Canada based upon a written submission from the athlete's Division at least one week in advance of the start of the event. However, such requests must indicate an extraordinary reason for consideration for improved seeding.

For the 3 January Sprint Qualifiers and the 5 January event, the junior male (JM) and senior men (SM) categories and the junior female (JW) and senior women (SW) categories will be combined for seeding purposes and run as single open categories. However, the categories will be separated into four (4) distinct categories for awards and results publication purposes.





All athletes must be identified with their Year of Birth and junior athletes should include the official subcategory designation (J1, J2, etc) on both the start and results listings.

Quebec Cup: For juvenile boys and juvenile girls, seeding will be done by CPL points. Skiers with no CPL points will be placed in a same group. All athletes must be identified with their Year of Birth and juvenile athletes should include the official subcategory designation (JV1, JV2, etc) on both the start and results listings.

MASS START RACES (January 2 Pursuits): For all categories, seeding and bib assignment will be by using the Distance CPL. The best skier on the CPL gets position one in the start grid. Those not on the CPL will be drawn as a group and placed behind the last CPL-listed skier.

Foreign skiers having FIS will be included in the top seed and seeded by comparing their FIS points to the FIS points of Canadian skiers. If the foreign skier has no FIS points, he/she will be placed in the least advantageous position of the second seeded group.

SPRINT COMPETITIONS: will consist of a qualification round of all skiers in each category. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of CPL. The purpose of this is to allow junior skiers to score FIS points.

As this is a selection event, all juniors who qualify for the heats will be placed in the junior category for the heats.

Groups should be formed of those License holders without CPL and SMDL skiers. Start order will be per Jury decision. Those without CPL or FIS ranking will be drawn within their own group. In the case of a tie for 16th or 30th place in the sprint qualification, 16th / or 30th place will go to the skier with the higher Sprint CPL points. If this fails to break the tie, the two skiers will be placed in the same heat – preferably Heat 2.

INTERVAL START RACES: For all categories, bibs will be assigned by distance CPL with the best starting last. CCC License holders without CPL ranking will be assigned to a group and randomized. Skiers with SMDL will be assigned to a further separate group. Starting order for the groups is as per Rule 333.3.1, unless changed by the Jury.

Coaches' Meetings

Location: Myriam-Bédard Biathlon Center Lodge

- Thursday, December 31, 2009, 04:30 pm
- Saturday, January 2, 2010, 04:30 pm
- Monday, January 4, 2010, 04:30 pm





Bib Pick-up

Location: Myriam-Bédard Biathlon Center Lodge

- Saturday, January 2, 2010 from 8:00 to 9:00 am
- Sunday, January 3, 2010 from 8:00 to 9:00 am
- Tuesday, January 5, 2010, from 08:00 to 09:00 am

Racers who do not return their bibs at the end of each race will be charged \$30 CA per bib for their replacement.

Medals and Awards

Medals and awards will be presented 20 minutes after the race (based on non-official results). There will be medals and awards for:

- the top six men and women, in the open category;
- the top three junior men and women;
- the top finisher, of both genders, in all sub categories with 6 or more competitors reflecting guidelines in the Competition Model Review.

Money Prizes will be presented as follows :

Open Category - racers with FIS license

	Men	Women
1 th	350\$	350\$
2 nd	225\$	225\$
3 rd	150\$	150\$
4 th	100\$	100\$
5 th	75\$	75\$
6 th	50\$	50\$

Starting Times

Starting times are:

- Saturday, January 2, 2010 09:30 am
- Sunday, January 3, 2010 Starting at 9:30 am qualification round
Starting at 1:00 pm - Juveniles' heats begin
Starting at 2:00 pm - Juniors' heats begin
Starting at 3:00 pm - Seniors' heats begin
- Tuesday, January 5, 2010 09:30 am





Wax Rooms:

Division wax rooms will be available. Keys will be distributed at the race office beginning 10am Thursday December 31. A key deposit of \$20 will be required. Wax room space will be allocated based on team registration numbers.

First Aid

First aid will be managed by the Canadian Ski Patrol System (CSPS).

Access to Centre Myriam-Bédard

Access to the site shall be by the back entrance of military base on Valcartier Boulevard. (See plan on Web site). All athletes arriving at the main entrance will be sent to the back entrance (10 minutes driving from the main entrance).

Lodging

<http://www.skinoram2010.com>

Tourist Information

www.regiondequebec.com

Attached Documents

- A- Race Program
- B - Schedule of Events





A - RACE PROGRAM

Haywood NorAm Cup

January 2 Continuous Pursuit		January 3 Sprint Free		January 5 Interval start Classic	
Open W	7,5 km C / 7,5 km F	Open W	1,2 km	Open W	10 km
Junior W	5 km C / 5 km F	Junior W	1,2 km	Open M	15km
Open M	15km C / 15km F	Open M	1,2 km		
Junior M	10 km C / 10 km F	Junior	1,2 km		

Quebec Cup #1

January 2 Mass start Classic		January 3 Sprint Free	
Juvenile Women	5 km	Juvenile Women	800m
Juvenile Men	7,5 km	Juvenile Men	800m





B -SCHEDULE OF EVENTS

DATE	DESCRIPTION	LOCATION
Thursday, December 31th		
		Myriam-Bédard Center
10:00 to 16:00	Racers and guests welcome, official training	First floor meeting room
16 :30	Team Captains' meeting and draws	First floor meeting room
22 :00	Waxing room closing	
Friday, January 1		
		Myriam-Bédard Center
10 :00	Waxing room opening	
10 :00 to 16 :00	Official training	
22 :00	Waxing room closing	
Saturday, January 2		
		Myriam-Bédard Center
06:00	Waxing room opening	
08:00 to 09:00	Bib pick-up	First floor meeting room
09 :30	Start of races	
20 min after end of race	Medals and Award Ceremony	Close to stadium
16 :30	Coaches' meeting and draws	First floor meeting room
22:00	Waxing room closing	
Sunday, January 3		
		Myriam-Bédard Center
06:00	Waxing room opening	
08:00 to 09:00	Bib pick-up	First floor meeting room
9.30	Qualification round	
13:00	Juveniles' heats	
14 :00	Juniors' heats	
15 :00	Seniors' heats	
20 min after end of race	Medals and Award Ceremony	Close to stadium
22:00	Waxing room closing	
Monday, January 4		
		Myriam-Bédard Center
10 :00	Waxing room opening	
10 :00 to 16 :00	Official training	Close to stadium
16 :30	Coaches' meeting and draws	Second floor meeting room
22 :00	Waxing room closing	
Tuesday, January 5		
		Myriam-Bédard Center
06:30	Waxing room opening	
08:00 to 09:00	Bib pick-up	First floor meeting room
09 :30	Start of races	
20 min after end of race	Medals and Award Ceremony	Close to stadium

