



**HAYWOOD NORAM CUP**

**CCUNC EVENT  
LAVAL UNIVERSITY ROUGE ET OR CLUB**

**PROVINCIAL INVITATION  
« PREMIÈRES NEIGES 2008 »**

**NOVEMBER, 29 AND 30, 2008**

**Updated : October 23<sup>rd</sup>, 2008 (modifications in red)**





## RACE NOTICE

### FORÊT MONTMORENCY

<b>Organized by</b>	Laval University Rouge et Or Club Nordique Mont Ste-Anne Skibec Nordique
<b>Sanctioned by</b>	FIS Cross-Country Canada Ski de fond Québec
<b>Location</b>	Forêt Montmorency
<b>Event Organizers</b>	Event Director: Luc Jolicoeur Technical Delegate: Alain Vachon Assistant Tech. Delegate: René Pomerleau Chief of Competition: Renée Thibeault Chief of Stadium: Francine Laforce-Bisson Chief of Course: Sylvain Bussière Chief of Timing: Annie Langlois Race Secretary: Daniel Deschênes Chief of Controllers: Marc Perron Reception and Protocol: Luc Jolicoeur
<b>Race Schedule</b>	See attached documents



**Information**

Renée Thibeault, (418) 573-9919 or  
[renee.thibeault@briconseils.com](mailto:renee.thibeault@briconseils.com)

**Event Web Site**

<http://www.skinoram2008.com>

**Eligibility**

**Haywood NorAm Cup:** Participants must be licensed by Cross-Country Canada (CCC) for all Open category events of the Haywood NorAm Cup. Competitors from outside Canada must be licensed by their NSF. Participants without a national license must purchase a Supporting Member Day Licence (as per CCC Competition registration and sanctioning). Quebec skiers must also hold a Ski de Fond Quebec license. **Only FIS licensed skiers can score FIS points and be eligible for prize money.**

The **Haywood** NorAm Cup is an Open category event.

Racing up is authorized. Therefore, Juvenile Boys/Girls and Junior Boys/Girls who want to compete as Open («raced up») must register as Junior Men/Women.

**Provincial invitation:** The events are for «midget, juvenile and junior Boys/Girls» categories. Racing up is authorized. All competitors must hold a CCC racing license or purchase a Supporting Member license from the event organizers. Quebec skiers must also hold a Ski de Fond Quebec license.

**CCUNC:** offered to all athletes that are full-time students in a Canadian University, college or CEGEP. Rules are as per CIS policies and procedures ([www.cisport.ca](http://www.cisport.ca)). Athlete students will have to check «University» on registration. Ranking will be done for CCUNC as long as athlete is registered as Open. Junior Boys and Girls will also be ranked as CCUNC if they raced up.

**Registration Fees**

**Haywood NorAm Cup:** Entry fees per race are \$40.00 CA for the Noram Cup (Open category). Registration fees include a 5\$ access to the trail system on Friday, Saturday and Sunday.

**Provincial invitation:** Entry fees per race are \$30.00 CA for Junior Boys/Girls and Juvenile Boys/Girls and \$15.00 CA for Midget Boys/Girls. Registration fees include a 5\$ access to the trail system on Friday, Saturday and Sunday

**Registration is on line only at [www.zone4.ca](http://www.zone4.ca). Registration fees are paid on line and are non-refundable.**



#### Registration

The registration deadline is **Thursday Nov 20<sup>th</sup>, 2008** at 09:00pm eastern time.

Every athlete is responsible to verify their registration information (races, category, club, etc) on the list that will be published **on Monday Nov 24<sup>th</sup>** at <http://www.skinoram2008.com> and shall advise the **organizing committee of any change needed no later than November 28<sup>th</sup>, 2:00 pm** at: [anniejoss@videotron.ca](mailto:anniejoss@videotron.ca)

#### Admission to the trails

Access fees to the trails are included in the registration fees for race days as well as official training days. Usual rates will apply for other days. Athletes will have to register at the Forêt Montmorency office during these days.

#### Race Courses

<http://www.skinoram2008.com>

#### Seeding

For the open class of NorAm races, the current period seeding Canadian points lists (CPLs) races prepared from the CPL (CPL dated May 6, 2008) will be used for seeding purposes.

The Jury will be responsible for the seeding of foreign skier.

CCC's Director Coach and Athlete Development 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 races. However, such requests must indicate an extraordinary reason for consideration for improved seeding.

For the provincial invitation, for junior Boys, junior Girls, juvenile Boys and juvenile Girls, seeding will be done by CPL points (May 6, 2008 list). For midget start position will be drawn randomly.

#### Coaches' Meetings

**Forêt Montmorency Auditorium or «Salle de détente»**  
Friday, November 28<sup>th</sup>, 2008, 04:30 pm  
Saturday, November 29<sup>th</sup>, 2008, 04:30 pm

#### Bib Pick-up

**Forêt Montmorency Auditorium**  
Saturday, November 29<sup>th</sup>, 2008 from 8:00 to 9:00 am  
Sunday, November 30<sup>th</sup>, 2008, from 8:00 to 09:00 am

Racer who does not return his bib at the end of each race will be charged \$30 CA for its replacement.

#### Medals and money prizes

20 minutes after the race (based on non-official results).

#### Medals

First three of each category (Open, CCUNC, Junior Men/Women, Junior Boys/Girls, Juveniles and Midget).



### Money Prizes

### Open Category

	<b>Men</b>	<b>Women</b>
1 <sup>st</sup>	\$350	\$350
2 <sup>nd</sup>	\$225	\$225
3 <sup>rd</sup>	\$150	\$150
4 <sup>th</sup>	\$100	\$100
5 <sup>th</sup>	\$75	\$75
6 <sup>th</sup>	\$50	\$50
<b>Totals</b>	<b>\$950</b>	<b>\$950</b>

### Starting Times

Starting times are:  
Saturday, November 29th, 2008, at 10:00 am  
Sunday, November 30th, 2008, at 10:00 am

### Waxing

Waxing rooms will be available close to «Boréal» cabin. Waxing area will be attributed to each club.

### First Aid

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

### Services

Cafétéria will be open from 11:00 am to 02:30 pm on race days. Breakfast and dinner will be as per normal schedule of the Forêt.

### Access to Forêt Montmorency

Site can be accessed at kilometre 103 on Route 175. (See plan on web site).

### Lodging

<http://www.skinoram2008.com>

### Tourist Information

[www.regiondequebec.com](http://www.regiondequebec.com)

### Attached Documents

A- Race Program  
B - Schedule of Events



## A - RACE PROGRAM

### Haywood NorAm Cup and CCUNC

	Date	Saturday 29-11-2008	Sunday 30-11-2008
	<b>Format</b>	Short distance	Medium distance
	<b>Start</b>	individual	individual
	<b>Technique</b>	classic	free
<b>Men</b>			
Open		10 km	15 km
CCUNC		10 km	15 km
<b>Women</b>			
Open		5 km	10 km
CCUNC		5 km	10 km

The Open category includes Junior Men/Women, Senior, Masters, and racers «racing up».

### Provincial Invitation «Premières Neiges 2008»

	Date	Saturday 29-11-2008	Sunday 30-11-2008
	<b>Format</b>	Short distance	Medium distance
	<b>Start</b>	individual	individual
	<b>Technique</b>	classic	free
<b>Men</b>			
Junior Boys		10 km	7,5 km
Juvenile		5 km	5 km
Midget		2.5 km	2.5 km
<b>Women</b>			
Junior Girls		5 km	5 km
Juvenile		5 km	5 km
Midget		2.5 km	2.5 km



CLUB NORDIQUE  
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## B -Schedule of Events

DATE	DESCRIPTION	LOCATION
<b>Friday, November 28</b>		<b>Forêt Montmorency</b>
10 :00	Waxing room opening	Garage close to Boréal
12 :00 to 16 :00	Official training	
16 :30	Coaches' meeting and draws	Room #3
22 :00	Waxing room closing	Garage close to Boréal
<b>Saturday, November 29</b>		<b>Forêt Montmorency</b>
06:30	Waxing room opening	Garage close to Boréal
08:00 to 09:00	Bib pick-up	Auditorium or «Salle de détente»
10 :00	Start of races	
20 min after end of race	Medal and Award Ceremony	Auditorium or «Salle de détente»
16 :30	Coaches' meeting and draws	Room #3
22:00	Waxing room closing	Garage close to Boréal
<b>Sunday, december16th</b>		<b>Forêt Montmorency</b>
06:30	Waxing room opening	Garage close to Boréal
08:00 to 09:00	Bib pick-up	Auditorium or «Salle de détente»
10 :00	Start of races	
20 min after end of race	Medal and Award Ceremony	Auditorium or «Salle de détente»
16:00	Waxing room closing	Garage close to Boréal