



HAYWOOD NORAM EASTERN CANADIAN CHAMPIONSHIPS

30 January to 1 February, 2015
Nakkertok South Nordic Centre



COMPETITION NOTICE



Dear Skiers,

The Canadian Eastern Championships Organizing Committee 2015 (CECOC2015) extends a warm invitation for skiers to compete at the Haywood NorAm Canadian Eastern Championships.

The CECOC2015 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq
- Kanata Nordic,
- XC Ottawa
- XC Chelsea Masters
- Carleton University

The event takes place Friday, 30 January through to Sunday, 1 February 2015 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec.

The Canadian Eastern Championships is part of the Haywood NorAm Series, Buff NorAm Sprint Series, FIS Regional Cup Series, Québec Cup, Ontario Cup, National Capital District Series, and Ontario and Quebec University/College races.

We look forward to welcoming athletes, coaches, officials, and their families.

Kim Merrett and Cathryn Bjerkelund
CECOC2015 Co-Chairs

Pierre Millette and Jim McCarthy
Co-Chiefs of Competition

A. GENERAL INFORMATION

SANCTIONING

The event is sanctioned by the Federation internationale de ski (FIS), Cross Country Canada (CCC), Cross Country Ontario (CCO) and Ski de fond Québec (SFQ).

TECHNICAL BACKGROUND

The event is guided by the following, which can be found on the relevant website:

- [International Ski Competition Rules \(ICR\) - 2014](#)
- [FIS ICR – CCR \(Canadian Competition Rules\) Precisions 2014](#)
- [Haywood NorAm Series Technical Package 2014-2015](#)

and, where appropriate, by the:

- [Ontario Cup Technical Package](#), and
- [Règlements officiels Coupe Québec 2014-2015](#).
- [NCD Race Series Technical Package 2014](#).

SCHEDULE OF EVENTS

Eastern Standard Time (please refer to cecski.ca for updates)

Date	Time	Event
Monday 26 January	23:59	Deadline for Registration
Tuesday 27 January	23:59	Deadline for corrections of Confirmation List
Wednesday 28 January	13:00–15:00	Sprint and Prologue courses accessible
Thursday 29 January (Day 1)	11:00–15:00	Sprint and Prologue courses open for official training and inspection
	19:00	Team captains' meeting, Quality Inn & Suites
Friday 30 January (Day 2)	9:00	Free Technique sprint qualifying round: Open men and women
	11:00	Free Technique sprint heats: Senior and Junior, Men and Women
	14:00	Free Technique Prologue: Midget to Junior Boy/Girl categories. Sprint distance Para-Nordic categories.
	15:30–17:00	Training and course inspection for Saturday's races
	19:00	Team captains' meeting, Quality Inn & Suites
Saturday 31 January (Day 3)	09:00	Middle-Distance Free Technique; Interval Starts
	14:30–16:00	Training and course inspection for Sunday's races
Sunday 1 February (Day 4)	09:00	Long-Distance Classic Technique, Mass Start

ORGANIZING / COMPETITION COMMITTEES

(Partial list)

Position	Name
Chief of Event	Kim Merrett, Cathryn Bjerkelund
Chief of Competition	Pierre Millette, Jim McCarthy
Chief of Course	Richard McKenna, Jeff Pouw
Chief of Stadium	Richard Turgeon, John Fahey
Competition Secretary, Registrar	Hélène Marois, Jacques Dumont
Chief of Timing and Results	Emil Jacobson, Doug Stowe
Chief of Site/Venue	John Stephenson
Chief of Waxing Facilities	Jacques Montcalm
Chief of Communications and Media	Elizabeth Alexander-Cook
Chief of Sponsorship and Fundraising	Deb Jacobson-Holbrook

JURY

Position	Name
Technical Delegate	Mike Norton
Assistant Technical Delegate	Daniel Bellerose
CCC Director of Competitions	Dave Dyer
Chief of Competition	Pierre Millette (Jim McCarthy alternate)

See the event website (cecski.ca) page for further information; e.g.: Course Maps and Profiles; Detailed Schedule; Seeding and Category eligibility; Awards; Accommodation.

CONTACT INFORMATION

Please contact the Race Registrar at cec.registrar@gmail.com for all information regarding registration. For all other inquiries, please contact the Competition Secretary at cec.race.secretariat@gmail.com.

B. COMPETITION AND REGISTRATON INFORMATION

RACE FORMAT, CATEGORIES AND DISTANCES

Category		Year of Birth	Friday January 30 Free	Saturday January 31 Free	Sunday February 1 Classic
Open Categories			Sprint Qualifier and Heats*	Medium Distance Interval Start	Long Distance Mass Start
Junior Woman	1996, 1995		1400m	10km (2x5km)	15km (3x5km)
Junior Man	1996, 1995		1500m	15km (3x5km)	20km (4x5km)
Senior Woman	1994 & earlier		1400m	10km (2x5km)	15km (3x5km)
Senior Man	1994 & earlier		1500m	15km (3x5km)	20km (4x5km)
Paranordic Categories			Sprint Distance Interval Start	Medium Distance Interval Start	Long Distance Mass Start
PN Standing Woman	n/a		1250m	5km (2x2.5km)	7.5km (3x2.5km)
PN Standing Man	n/a		1250m	7.5km (3x2.5km)	10km (4x2.5km)
PN Sit Ski Woman	n/a		800m	2.5km (2x1.25km)	3.75km (3x1.25km)
PN Sit Ski Man	n/a		800m	5km (4x1.25km)	7.5km (6x1.25km)
Other Categories			Prologue Interval Start	Medium Distance Interval Start	Long Distance Mass Start
Midget Girl	2002, 2001		3km	5km (2x2.5km)	5km (2x2.5km)
Midget Boy	2001, 2000		3km	5km (2x2.5km)	5km (2x2.5km)
Juvenile Girl	2000, 1999		3km	5km (1x5km)	7.5km (2x3.75km)
Juvenile Boy	1999		3km	7.5km (2x3.75km)	10km (2x5km)
Junior Girl	1998, 1997		3km	5km (1x5km)	10km (2x5km)
Junior Boy	1998, 1997		3km	7.5km (2x3.75km)	15km (3x5km)
Master Woman	1984-1993 1974-1983 1964-1973 1954 and earlier		n/a	10km (2x5km)	15km (3x5km)
Master Man	1984-1993 1974-1983 1964-1973 1954 and earlier		n/a	15km (3x5km)	20km (4x5km)
University/College	n/a		n/a	15km (3x5km)	20km (4x5km)

* Sprint heats will be timed in accordance with the article 4.1, paragraph 2 of the Haywood NorAm Technical Package.

SEEDING AND CATEGORY ELIGIBILITY

All Open category skiers (Seniors and Juniors) are seeded together by gender for the Sprint Qualifying round in order of Sprint CPL with the best starting first. Unless the Competition Secretary receives notice of an athlete's intent to race up at the TCM on Thursday evening, qualifying Juniors will be entered into the Junior quarterfinal heats.

For interval start distance races, the Distance CPL will be used when seeding all categories. Within each category skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will then be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking will be assigned to a separate group and randomized.

Number of groups will be as follow:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

For the juvenile to open categories in the mass start race, seeding and bib assignment will be by Distance CPL. The best skier on the CPL gets position one in the start grid. Those not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier.

Masters age Men and Women may register and compete in Open Categories by registering as Seniors.

University skiers of Junior age can compete in either Junior or Senior categories, but not both and must chose the same category for all events of CEC. For the sprint competition, Ontario university skiers will be ranked according to the qualifying round only.

Skiers seeking to meet the criteria for selection to provincial teams should register in the appropriate category indicated in the table above.

As indicated in the CCC Competition Model, athletes may "race up". Athletes wishing to do so should consult with their coaches and/or parents to select the most appropriate race category. One of the considerations may be whether skiers are seeking to meet criteria for provincial team selection.

For the Midget Boys and Midget Girls categories, seeding for the Sunday Long Distance race will be according to finish order in the Saturday Medium Distance race. For the Friday Prologue and Saturday Medium Distance race, Midget skiers will be started in random order. CPL points will NOT be used for seeding in the Midget categories.

LICENSING

- A. All skiers competing in the Juvenile or older categories must have a valid racing license issued by CCC or FIS, or hold a recognized national cross-country license from another country.
- B. Juvenile and older competitors without the above must purchase a Supporting Member Day License (SMDL) for each race day. The SMDL is obtained through Zone4 at time of registration (at a cost of \$5 per race).
- C. All Québec skiers in Juvenile to Senior categories must also hold an SFQ annual license.
- D. Midget and Master residents of Québec competing must also have a SFQ license or buy a SFQ Day License online for each race day.
- E. Midget residents of provinces other than Québec do not need a license, except that Midget competitors who are not CCC club members must buy a SMDL for each race day and must submit a paper-format Informed Consent form signed by their guardian at the TCM or at the bib pick-up in order to compete.
- F. Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Guides are not expected to pay registration fees. However all guides have to register and must sign the CCC Informed Consent and Assumption of Risk.
- G. Ontario University series: Aside from satisfying requirements (A) or (B), competitors registering for the University/College competition must meet the eligibility criteria for either the 2015 Canadian College and University Nordic Championships or the 2015 Ontario University Athletics Championships.
- H. Québec University series: Aside from satisfying requirements (A) or (B), as well as (C), each full-time university athlete registering for the Québec University series must be enrolled in a minimum of nine credits (for university) and 12 credits or four courses (for college) from a recognized institution.

NOTICE OF DOPING CONTROL

Participants in the Canadian Eastern Championships must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are invited to read the full notice on the CEC website at <http://cecski.ca/race-info/doping-control/002E>

AWARDS

All awards provided by CECOC2015 will be presented as soon as possible after categories have finished, based on unofficial results.

Medals

The medals will be awarded as follow:

- Senior Man/Woman: 1st – 3rd places
- Junior Man/Woman: 1st – 3rd places
- Masters Man/Woman (Overall): 1st – 3rd places
- Masters Man/Woman 1984-1993: 1st place
- Masters Man/Woman 1974-1983: 1st place
- Masters Man/Woman 1964-1973: 1st place
- Masters Man/Woman 1954 and earlier: 1st place
- Parainordic Man/Woman & Sit Ski/Standing: 1st – 3rd places (Parainordic guides should be included in awards)
- Junior Boy/Girl, Juvenile Boy/Girl, Midget Boy/Girl: 1st – 3rd places for year of birth (YOB)
- University/College: 1st – 3rd places (only for distance races)

Skiers “racing up” will be eligible for awards for the youngest YOB in the category in which they have chosen to participate.

Cash

Cash awards will be provided to the Open skiers as follow. Skiers must hold an FIS licence in order to be eligible for cash prizes in NorAm events.

Individual Competitions Open		
	Men	Women
1 st	\$500	\$500
2 nd	\$300	\$300
3 rd	\$200	\$200
4 th	\$150	\$150
5 th	\$100	\$100
1 st U23	\$75	\$75
Totals	\$1,325	\$1,325

Aggregate cash awards will be provided by SFQ to the first Senior Men and Women, U23 Men and Women, Junior Men and Women, University Men and Women, and Junior Boys and Girls of Québec (SFQ annual license holders). Awards will also be remitted by SFQ at the end on Sunday according to the Règlements officiels Coupe Québec.

REGISTRATION

All entries and payment will be processed on-line, starting 4 December, 2014, at the latest, through [Zone 4](#). Entries must be submitted by 23:59 EST on Monday, 26 January, 2015.

Any entries received after this date will be subject to acceptance by decision of the jury and will be charged a late fee of an additional \$50 per race. Entries submitted after 23:59 EST on Monday, 26 January, 2015 must be sent by e-mail to cec.registrar@gmail.com with all relevant registration details.

Racers and coaches must check the Easterns 2015 confirmation list on [Zone 4](#) as soon as possible after they complete their registration. Please contact cec.registrar@gmail.com before 23:59 EST, Tuesday 27 January, 2015 should any corrections be required or if you encounter any difficulties registering on-line.

Race Fees

Item	Cost/Race
Race Fee: Juveniles and above including Para-Nordic skiers	\$40*
Race Fee: Midgets	\$20*
Supporting Member Day License (SMDL) - CCC	\$5
Supporting Member Day License (SMDL) - SFQ	\$5

*Ontario and Québec skiers will be assessed additional CCO Day License Fees or SFQ redevances as applicable in the Zone4 registration process. Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added only to the race fees.

The \$5 Supporting Member Day License, SMDL, will be charged to entrants who do not hold FIS, CCC or SFQ licenses.

There will not be any refunds if athletes do not turn up. Overpayments will not be refunded.

Registrations will be reviewed against racers' CCC license's province of registration for applicability of SFQ or CCO race fees. Improperly registered racers will be required to pay any outstanding fees owing at the race office before bibs are issued.

Free use of trails will be provided for all registered competitors and coaches on training and racing days. Non-Nakkertok members using the trails on other days pay a day fee of \$14, Seniors pay \$12, Children between 5 and 17 pay \$8, and children under 5 are free. The fee(s) can be deposited in any of the day use fee boxes at the main chalet. The fees must be paid on training and racing days by individuals other than athletes and coaches using the trail system. Access to the racing trails on racing days will be restricted.

Lunch and refreshments will be provided free of charge to all competitors and to a specified number of coaches based on team size. Food tickets will be distributed with the race bibs. Each ticket can be exchanged for one lunch on the day of the athlete's event. Please note, that while the organizers of the lunch have done their best to accommodate a variety of diets and will not be offering any foods containing nuts, they cannot guarantee that the products served are 100% nut-free. Food will be available on race days in the athletes' food tent located at the stadium. Food will also be available for sale on-site.

TEAMS CAPTAIN MEETING

All Team Captains Meetings' will be held on 29 (Sprint and Prologue) and 30 January (Distance) at 7 p.m. at the:

Quality Inn & Suites
111 Belhumeur Street
Gatineau, Québec
J8T 6K5
Phone (819) 568-5252
Toll-Free: 1 (877) 568-5252
Fax: (819) 568-0753

BIB PICK-UP

Bib pick-up will take place in the Race office (Barn, upstairs), 07:30-09:00 on the day of the race. If both "Club" and "Team" fields are filled in the Zone4 registration process, skiers will be asked to choose whether their bib will be distributed according to "Club" or "Team".

Clubs, teams and training centres will be charged a bib replacement fee of \$50 for each missing bib at the end of each race.

C. FACILITY INFORMATION

DIRECTIONS TO THE COMPETITION SITE

Races will take place at Nakkertok South Nordic Centre, 900 Avenue Gatineau, Cantley, Québec. Directions to Nakkertok South can be found on the event website (cecski.ca).

WAXING FACILITIES

A heated waxing facility with power will be available and space will also be provided for teams bringing their own waxing tents. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to cec.race.secretariat@gmail.com by Tuesday 27 January, 2015 to ensure appropriate space allocation. Priority will be given to groups who have provided such a list. For those teams with their own waxing tents, please contact cec.race.secretariat@gmail.com by 14 January, 2015 to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

FIRST AID

First aid will be provided by the Canadian Ski Patrol.

RACE HOTEL INFORMATION

Quality Inn & Suites: 111 rue Belhumeur, Gatineau, Québec, J8T 6K5; Phone 819-568-5252, 1-877-568-5252 (toll-free); Fax: 819-568-0753. Group contact : Daniel Sarrazin. Group rates: \$101 = 2 double beds, no smoking. 2 rooms available for waxing . Free wifi internet. Free parking. Note that this is also the location of the team captains' meetings.

Comfort Inn: 630 boul. la Gappe, Gatineau, Québec, J8T 7S8; Phone: (819) 243-6010, 1-877-243-6010 (toll-free); Fax: 819-243-4668. Group contact : Stéphanie Simard. Group rates : \$115 ,= queen bed, and single bed. No smoking. Breakfast included. Free wifi internet. Free parking. Special rates for SFQ members.

Double Tree by Hilton, 1170, chemin Aylmer, Gatineau, Québec, J9H7L3, 819-778-0000, 1-800-807-1088.

Château Edelweiss, 24 Chemin Elm, Wakefield, Quebec J0X 3G0 CA, 819-459-8872 or 613-808-9184

Information about accommodations will be posted on the event website (cecski.ca).

CONTINGENCY PLAN

A back-up site has been identified for use in the case of poor snow conditions. Any change in the event location or timing will be posted as early as it is known on the event website (cecski.ca). If necessary, a decision on event cancellation or change of site will be made by CCC one week prior to the event, as recommended by the Jury. Any decision to refund will be in accordance with Section 2.6 of the NorAm Technical Package

Thanks to our generous gold sponsors!

