



COUPE SKINOUK - ROLLER SKI

presented by



Club Skinouk invites you to the fourth edition of its roller ski race with once again Canadian points and money awards at stake. The race will take place on September 18, 2021 from parking lot P5 in Gatineau Park.

Organization

Club Skinouk

Lieu

From P5
Gatineau Park

Date

September 18, 2021

Race Committee

Chief of Competition: Philippe Daoust
Assistant Chief of Competition: Frédéric Forge
Chief of Stadium: Jacques Dumont
Chief of Course: Richard Turgeon
Chief of Timing: Richard Fortin
Competition Secretary: Pierre Millette
Chief of Officials: Manon April

Jury

Chief of Competition: Philippe Daoust
Technical Delegate: Jennifer Tomlinson
Invited Level 3 Official: Susan Halvorsen

Communication with Team Captains

Check the website at <https://zone4.ca/event/2021/coupeskinouksr2021/> for late-breaking information as well as confirmation, seeding and start lists, and results. A technical document to serve as the Team Captains Meeting will be distributed.



Information

evenements@skinouk.ca

During the event: Philippe Daoust 613.795.6568

Event Page

<https://zone4.ca/event/2021/coupeskinouksr2021/>

Sanction

Ski de fond Québec (SFQ)

Nordiq Canada (NC)

Technical Background

- [International Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2021 Precisions](#)
- [Technical Package for Tier 2 roller ski events](#)
- [Nordiq Canada Roller-Skiing Policy](#)

Stake

Canadian Points (U14+ categories)

Épreuves

Category			Free Technique Mass Start
U14	2008-2009	F	3.5 km
		M	
U16	2006-2007	F	7.5 km
		M	
U18	2004-2005	F	10 km
		M	
U20	2002-2003	F	
		M	
20 +	2001 and before	F	
		M	

* Age on December 31st, 2021



Schedule

Registration opens	September 4, 2021
Posting of the Confirmation List	September 4, 2021
Posting of stadium and course maps	September 12, 2021
Posting of Start Order	September 15, 2021
Registration closes	September 16, 2021 11:59 pm
Distribution of the Technical Document	September 17, 2021
Posting of Start List	September 17, 2021
Start Time	September 18, 2021 9 am
End of Activities	September 18, 2021 1 pm

Eligibility

The competition is open to all.

All skiers must hold a valid racing license issued by NC. If not, a Supporting Member Day License (SMDL) needs to be purchased during the online registration process.

All Québec skiers must also have a SFQ license or buy a SFQ Day License online for each race day.

Please note that no refund will be given for any daily license (NC or SFQ) purchased in error.

Racing up is allowed at registration online. but racers may race up by only one age-category. The athlete who will race up must select the minimum year of birth of the new category when registering online.

Restrictions on Equipment

Only the Swenor 65-000 of the NC fleet and the Rundle Velox from Cross Country Ski Ontario wheeled skis with wheels # 2 will be allowed. Please indicate in the registration form the type of bindings you use. Skis will be assigned by random draw in accordance with CCR396.2.10. Poles shall comply with RCC 343.8.1 for free technique races. A safety helmet (e.g. DIN EN 1078 or equivalent) must be worn per CCR396.2.6 and protective glasses per CCR396.2.7.



	
Wheel Diameter	100 mm
Wheel Width	24 mm
Skis Weight	1,400 g for both
Skis Length	580 mm

	
Wheel Diameter	100 mm
Wheel Width	24 mm
Skis Weight	N/A
Skis Length	610 mm

Distribution	SNS	NNN
Swenor NC	15	35
Rundle XCSO	30	70

In order to maximize the distribution of skis, participants are encouraged to have access to a pair of boots compatible with the other type of bindings. Participants should indicate on the entry form the type of bindings they are using.



Registration

Only online registration at zone4.ca will be accepted. No refund request will be considered. Registration will open on September 4, 2021. **Please note that there is a maximum of 175 registrants.**

The deadline for registration is Thursday, September 16, 2021 at 11:59 pm.

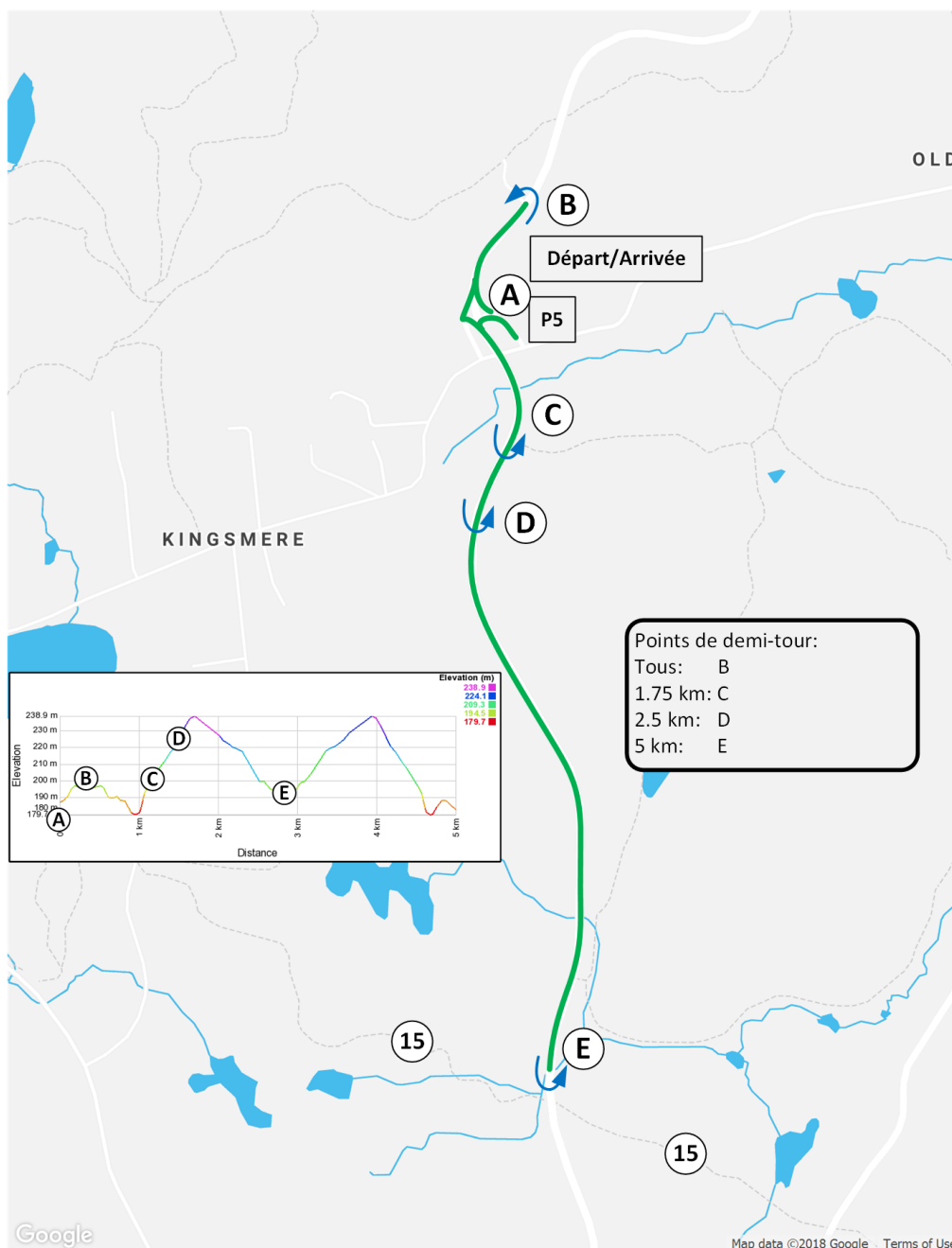
Registration costs per race will be \$25 for the U14 categories and \$35 for the others. Registration fees are to be paid online.

Confirmation lists will be posted on Zone 4 with the registration form. It is recommended that registrants check the lists to ensure there is no error, in which case you should contact the organizers no later than September 17, 2021 at 6 p.m.



Course

The course will be on a portion of the Gatineau Parkway between Penguin and trail #15.



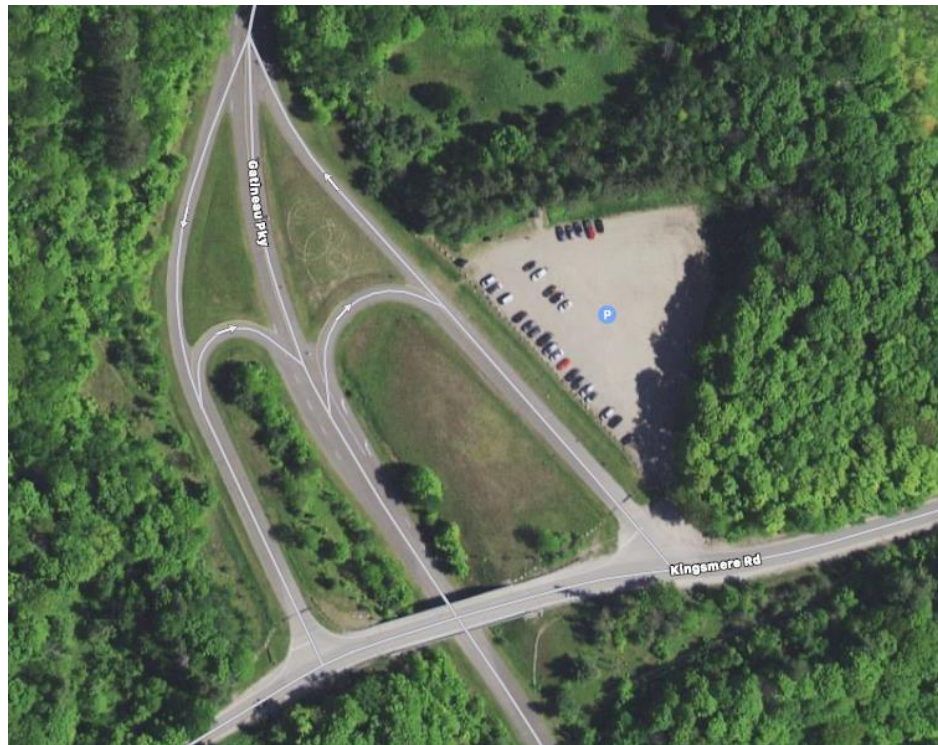
Security while on course

Please follow the instructions of the volunteers to ensure a fair, safe and fun course of the races.



Stadium and Access

P5 is a Gatineau Park official parking lot; access by Kingsmere Road





Weather forecast

https://weather.gc.ca/city/pages/qc-59_metric_e.html

Average

for [September](#)

(click on *View Data Table*)

[Sunrise](#)

September 18, 2021

Gatineau

5:45 am

Timing

Summit Systems and Zone 4

Results will be posted in zone4.ca at the end of the race.

Seeding

A chevron start will be used, with athletes placed on the chevron according to CPL. Only double poling is permitted on the first 50 meters of the course in accordance with CCR396.8.1.2. [Distance CPL](#) ending 16 April 2021 will be used.

Skiers with a NC license and without points will have their starting order randomly drawn in the same group and will start behind the seeded group. Skiers of those categories without a NC license will have their starting order randomly drawn in the same group and will start behind the NC license holders' group.

The start list will be posted on zone4.ca on September 17, 2021, at 7 p.m. No changes will be possible after that time.

Bib distribution

Starting at 7:30 a.m.

Clubs with racers who do not return their bib at the end of each race will be charged \$30 CAD for their replacement.

Bibs will be collected in the finish corral.

Chips Distribution

Chips will be distributed in the starting area when skiers will be called for the start. They will be collected in the finish area at the end.

Clubs with racers who do not return their chip at the end of each race will be charged \$70 CAD for their replacement.

**Skis Distribution**

The skis will be distributed 15 minutes before the start to allow skiers time to become familiar with the skis and ensure proper function.

Skiers must use their own skis to warm up before going to the start area.

Skis will be retrieved in the finish corral. Clubs with racers who do not return their skis at the end of each race will be charged \$350 CAD for their replacement

Start Order

The start order will be published on September 17, 2021, at the latest.

Feeding

No food or beverages will be served on site or at the finish due to COVID-19. Accordingly, participants, volunteers and spectators are encouraged to plan to bring their own food and drink.



COVID-19



Please note that all participants from Quebec must present a proof of vaccination (printed, electronic or via the VaxiCode application) along with an identification document at bib pick up.

For more information on the vaccine passport in Quebec, please consult the page <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/covid-19-vaccination-passport>

People from outside the province traveling to Quebec must present proof of identity with photo and proof, provided by their country or Canadian province, that they have received two doses of a vaccine recognized among the following:

- **Pfizer**
- **Moderna**
- **AstraZeneca**
- **Covishield**
- **Jansen (requires only one dose)**

Even with a vaccine proof, guidelines to ensure the safety of all individuals associated with the race will be put in place and will be observed. These guidelines, in conformity with Public Health guidelines (French only) for outside activities and events, will be communicated no later than September 17, 2021 on the event page.

Please note that spectators are strongly encouraged to register on the online site in Zone 4 so that the organizing committee can reach them in the event of an outbreak during the event.

Race Office

On site 7 am to 1 pm

Posting Board

Results will be posted online only.



Awards

Cash awards to the first of each category as follow:

- Senior Men and Women: \$100
- U20 Men and Women: \$100
- U18 Boys and Girls: \$100
- U16 Boys and Girls: \$75
- U14 Boys and Girls: \$50

Merchandise to the first three of each category.

Awards Ceremony

On site 20 minutes after the end of the race

First Aid

First Aid will be provided by the Demsis patrol.

Shelter

Teams are responsible for guarding against poor weather conditions by bringing a tent. Space will be provided for this purpose.

Parking

At P5 and at P7 in case of overflow (a shuttle will be offered). **Please note that parking on Kingsmere Road is forbidden.**

Accommodation

For a list of accommodation sites in Gatineau, visit the Tourisme Outaouais website <https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>.

Volunteers

Club Skinouk is looking for volunteers to ensure the smooth running and success of the event. To register as a volunteer, please click on the following link:

https://clubskinouk.ivolunteer.com/skinoukskiroulettes_2021

If you have any questions you can write to benevole@skinouk.ca or contact one of the members of the Race Committee.



COUPE SKINOUK - ROLLER SKI

A presentation of



With the support of



ZONE 4

