

# COUPE SKINOUK - CROSS-COUNTRY

organized by



presented by



After a one-season hiatus due to COVID-19 in 2020, the Coupe Skinouk Cross Country will be back this year. The race will take place on October 30 for the first time at the Nakkertok Nordic Ski Center.

## GENERAL INFORMATION

### RENSEIGNEMENTS GÉNÉRAUX

#### Organization

Club Skinouk

<https://club.skinouk.ca/>

#### Presentation

Bicyclettes de Hull

<https://www.bicyclettesdehull.com/>

#### Venue

Nakkertok Nordic Ski Centre

<http://nakkertok.ca/>

#### Access

<https://www.google.ca/maps/search/Nakkertok/@45.5285924,-75.7248174,1625m/data=!3m1!1e3?hl=fr>

#### Date

30 October 2021

#### Sanction

Ski de fond Québec (SFQ)

#### Race Format

Mass Start per Distance

## Race Committee

Chief of Competition : Pierre Millette

Race Secretaries : Caroline Forest et Manon April

Chiefs of Stadium : Jacques Montcalm and Jacques Dumont

Chief of Course : Richard Turgeon

Chief of Control & Security : Julie Chagnon

Chiefs of Timing : Philippe Daoust and Richard Fortin

Chief of Volunteers : Marie-Pier Pelletier-Millette

## Information

- Email: [evenements@skinouk.ca](mailto:evenements@skinouk.ca)
- Website : [skinouk.ca](http://skinouk.ca)
- Facebook : [www.facebook.com/Skinouk/](http://www.facebook.com/Skinouk/)
- Zone4 Event Page: <https://zone4.ca/event/2021/coupe-skinoukxc2021>

## Additional Information

Check the [Zone4 Event Page](https://zone4.ca/event/2021/coupe-skinoukxc2021) for late-breaking information. You will also find the confirmation and start lists as well as the results. This additional information will be sent to all registrants.

## INFORMATION RELATED TO THE REGISTRATION

### Events

Distance	Genre	Category (On 31 December, 2021)	Age (On 31 December, 2021)
1.25 km	Female	U8	7 years old and less
	Male		
2,5 km	Female	U10	9 years old and less
	Masculin	U12	10-11 years old
		U14	12-13 years old
5 km	Female	U14	13 years old and less
	Masculin	U16	14-15 years old
		U18	16-17 years old
		U20 & +	18 years old and more
10 km	Female	U16	15 years old and less
	Masculin	U18	16-17 years old
		U20 & +	18 years old and more
15 km	Female	U20 & +	18 years old and more
	Masculin		

### Eligibility

The competition is open to all. All Quebec participants must hold a valid Ski de Fond Québec (SFQ) annual licence or buy a SFQ day licence with the online registration. Participants from outside Quebec must hold a NC annual licence or buy a SFQ day licence with the online registration.

### Registration

Online registrations in [zone4.ca](http://zone4.ca). The deadline for registration is Thursday, October 28, 2021, at 11:59 p.m. No refund requests will be considered.

Registration fees are as follow :

Distance	Category	Fee
1.25 km	U8	\$15
2.5 km	U10 U12 U14	\$25
5 km	U14 U16 U18 U20 & +	
10 km	U16 U18 U20 & +	35\$
20 km	U20 & +	

Registration fees are payable at the time of online registration. Race fees do not cover SFQ day licence (\$5).

The confirmation list will be posted as soon as the registration platform opens in zone4.ca. It is recommended to check the list to ensure that there are no incongruities, in which case you are asked to contact the organizers no later than 29 October, 2021 at 12 p.m.

## RACES FLOW

### Bibs Pick Up and Checking of Proof of Vaccination

On site, in the garage from 7:30 am.

### Races Schedule

Distance	Course	Time
15 km	2 X 7.5 km	9:00
10 km	2 X 5 km	10:30
5 km	1 X 5 km	10:35
2.5 km	1 X 2.5 km	11:15
1.25 km	1 X 1.25 km	11:45

### Courses

Please note that .gpx data is available in the [event page in Zone4](#) to allow you to do the courses before the race. More comprehensive maps are also available in the page.

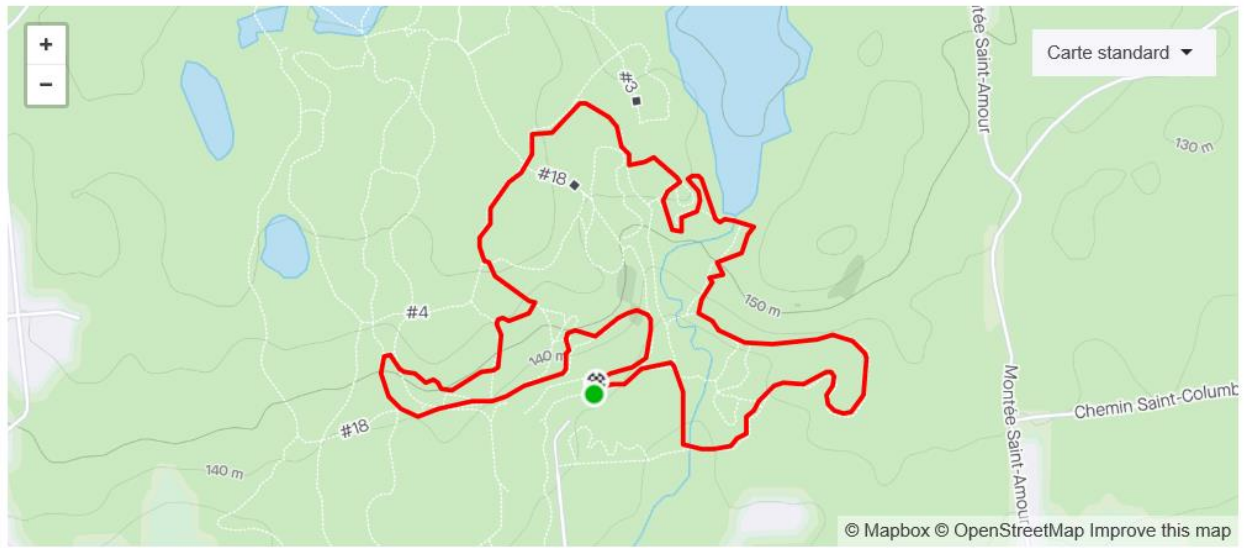
1.25 km



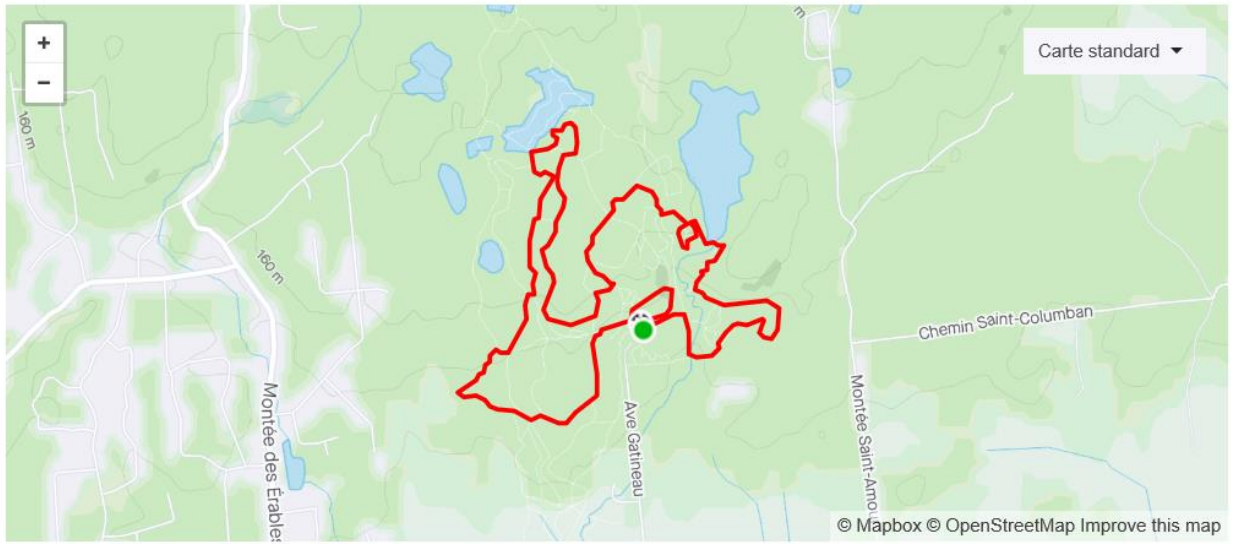
2.5 km



5 km



7.5km



## Stadium



### Timing

Summit Systems and Zone4

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

### Seeding

Racers will be placed at the start line on a first come first serve basis.

The start list will be posted on zone4.ca on 29 October, 2021 at 7 p.m. No changes will be possible.

## PARTICIPANTS' SUPPORT

### Parking

2 areas that can accommodate 300 occupants

### Weather Forecast

[https://meteo.gc.ca/city/pages/gc-59\\_metric\\_e.html](https://meteo.gc.ca/city/pages/gc-59_metric_e.html)

### Notice Board

All information will be posted online only.

### Feeding

An area where racers can drop off their own supplies for the race will be set up. Otherwise, no food or drink will be served on the site or at the finish by the Organizing Committee due to



COVID-19 apart from a chocolate milk offered to all participants, courtesy of the Laiterie de l'Outaouais as well as self-service water. Accordingly, participants, volunteers and accompanying persons are encouraged to plan to bring their food and drink or a bottle to fill on site.

### **Awards**

On site 20 minutes after the end of the event.

A podium presentation will be made for the first three of each distance and each gender. The prizes by category will be handed over to the secretariat.

Salomon will be on site to present its line of cross-country skiing and trail running products. He will take the opportunity to offer door prizes.

### **COVID-19**

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

**For more information on the vaccine passport in Quebec, please consult the page <https://www.quebec.ca/en/health/healthissues/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)**

**In order to expedite verification, please ensure you have your printed, electronic or VaxiCode app proof of vaccination and identification on hand if applicable. Please note that participants 12 and under do not need to present proof of vaccination while athletes 13-16 are not required to present photo identification with proof of vaccination.**

**An athlete who does not present proof of vaccination will not be allowed to participate in the race and an accompanying person, on the site. There will be no exceptions.**

**Also, the mask is mandatory at the time of proof of vaccination verification.**

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 29 October, 2021 on the event page.

Please note that accompanying persons 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. Please note that accompanying persons are family members or friends of the participants.

# COUPE SKINOUK - CROSS-COUNTRY

organized by



presented by



with the support of

