



RACE NOTICE

Thérèse-Martin High School Club Défi-La Montagne Coupée, through its sports-study program, is proud to invite you to attend the 24rd edition of the most prestigious race in Canada for pee-wee and midget categories.



INFORMATIONS GÉNÉRALES

NAME OF THE COMPETITION	NORAM YOUTH CHAMPIONSHIP 24 ^e ÉDITION
HOSTING CLUB	Club Défi TM Montagne Coupée
COMPETITION SITE	Les Sentiers Brandon St-Gabriel-de-Brandon, QC
ADDRESS	1726 rue Dequoy St-Gabriel-de-Brandon, QC J0K 2N0 Région de Lanaudière
TRAIL ACCESS FEES	Free for athletes and coaches only. All trails will be accessible for regular users from 13:30 pm.
DIRECTIONS	https://goo.gl/maps/ia58qJ5YxEQ2
DATE	February 16th 17th 18th 2019
SANCTION	SFQ and CCC
ELIGIBILITY	<p>Participants must be born in 2005, 2006, 2007 or 2008 and be members of a club affiliated to SFQ or their respective divisions and must have a valid provincial or state (U.S.) license. All <u>13 years old</u> athletes must have a CCC Development license (25\$) or a SMDL (5\$/day) because these two races (Saturday and Sunday) are sanctioned by CCC and are eligible for CCC points for athletes with a CCC Development License.</p> <p>No upgrade to the above category is accepted.</p> <p>Athletes living in Quebec are invited to get their provincial license at a cost of \$25, before the inscription. Quebec athletes who do not want to take part in all three (3) events and athletes who are not from Quebec and without a license may obtain a daily license on site at a cost of \$5 a day.</p>

COMITÉ ORGANISATEUR

Race Director	Daniel Bellerose
Race Secretary	Solange Paquin
Chief of course	Patrice Petelle
Chief of stadium	Pierre Henrichon
Chief Controller	Alain Houde
Chief of timing	Sébastien Bolduc
Responsible Zone4	Marie-Claude Rainville For any mistakes or questions regarding registration noramdefi@yahoo.ca
Protocol	Marie-Christine Venne
Technical Delegate	Daniel Deschênes
Accommodation	Nathalie Léveillé For special needs or any request regarding accommodation, write nathalie.leveille001@cssamares.qc.ca
Food	Éric Barrette and Brigitte Ladouceur Regarding food allergies, write to maric02@videotron.ca
Volunteers	Angèle Turgeon
Sécurité	Martin Grégoire
Information	Daniel Bellerose Cell : 450 271-6100 Tel : 450-752-8200 Email : danbellerose@videotron.ca FACEBOOK : Championnat jeunesse NORAM

PROGRAMME DES COMPÉTITIONS

CATEGORIES	GENDER	SATURDAY (FREE STYLE) Individual Start		SUNDAY (CLASSIC) Mass start	
		DISTANCE	10h30	DISTANCE	10h30
MIDGET 2005	F	4 km		6 km (2 x 3 km)	
MIDGET 2005	M				
MIDGET 2006	F				
MIDGET 2006	M				
MINI-MIDGET 2007	F	3 km (1 x 2km +1 x 1km)		3 km	
MINI-MIDGET 2007	M				
MINI-MIDGET 2008	F				
MINI-MIDGET 2008	M				

MONDAY – 9h30

SPRINT RELAY - FREE STYLE (6 x 1100m) OBSTACLE COURSE JUMP | SLALOM | FUN

OFFICIAL TEAMS	<ul style="list-style-type: none"> ONE GIRL BORN IN 2007 OR 2008 ONE BOY BORN IN 2007 OR 2008 ONE GIRL BORN IN 2005 OR 2006 ONE BOY BORN IN DE 2005 OR 2006 TWO OTHER ATHLETES (NO RESTRICTIONS)
NON-OFFICIAL TEAMS	<ul style="list-style-type: none"> SIX ATHLETES NO RESTRICTIONS

The list of the official and mixed teams must be completed through ZONE4 prior to Saturday 16th at 6:00 pm.

- A club can have more than one team for this race.
- Semi-finals and the final will be held for the “Official teams”. The first five (5) teams from each semi-final and the five (5) best “lucky losers” will participate in the final for a total of fifteen (15) teams.
- Athletes are invited to wear fancy dress for the sprint-relay race. The bib must remain visible during the race.
- Athletes must however wear appropriate clothing for wintry conditions (ex. bare-chests are forbidden).

SCHEDULE OF EVENTS

FRIDAY		
TIME	ACTIVITY	PLACE
12h à 16h	TRAINING	Competition site
18h*	Registration and accommodations open	Thérèse-Martin High School (916 Ladouceur, Joliette)
20h	Meeting for all teams	Auditorium de Thérèse-Martin High School
21h	Coaches' meeting	Room F-136
22h	Curfew	-
SATURDAY		
6h à 8h	Breakfast	Cafeteria
10h30	Start of the first race	Competition site
11h30 à 13h	Lunch	Elementary school
13h à 15h	Training of various activities	As desired
14h	Accommodations open	Thérèse-Martin High School
15h à 17h	Activities in gymnasium	Gymnasium F wing Thérèse-Martin High School
16h30	Coaches' meeting	Room F-136
17h30 à 19h15	Spaghetti dinner	Cafeteria
19h30	Medals and prizes	Auditorium
20h à 21h	Show	Auditorium
22h	Curfew	-

*** Pour des raisons logistiques, l'accès à l'école ainsi que le dépôt de matériel est interdit avant 18h. Merci de votre compréhension et de votre collaboration.**

**** Aucune circulation dans l'école pendant le spectacle**

HORAIRE

SUNDAY		
HEURE	ACTIVITY	PLACE
6h à 8h	Breakfast	Cafeteria
10h30	Start of the first race	Competition site
11h30 à 13h	Lunch	Elementary School
13h à 15h	Training or various activities	As desired
14h	Accommodations open	Thérèse-Martin High School
16h15	Medals ceremony	Auditorium
17h30 Note : Le retour au lieu d'hébergement ne peut pas se faire avant 21h30	Banquet	Château Joliette 450 rue St-Thomas Joliette
23h	Curfew	-
MONDAY		
6h à 8h	Breakfast and cleaning of classroom	Cafeteria and team's room
9h30	Start of first race	Competition site
12h	Medals ceremony Distribution of snacks	Competition site
12h30	Departure	-

MODALITÉS D'INSCRIPTION

FRAIS	<ul style="list-style-type: none"> • 200\$ per athlete • 125\$ per coach or support staff <i>Each team must have a minimum of two coaches or support staff with a maximum ratio of 1 adult for 5 athletes.</i> <p style="text-align: center;"> 1 à 10 athletes > 2 coaches 11 à 15 athletes > 3 coaches 16 à 20 athletes > 4 coaches 21 à 25 athletes > 5 coaches etc. </p> <ul style="list-style-type: none"> • 185\$ for coaches/support staff who are in excess of the above ratio. <p>Includes :</p> <ul style="list-style-type: none"> • race fees • lodging • 3 breakfasts (5 items each) • 2 lunches • Saturday's supper • Sunday's banquet • Monday's snack • 1 gift
REGISTRATION	www.zone4.ca : Championnat Jeunesse NORAM 2019
DEADLINE	Monday, February 11 th 2019 à 23h59 (eastern time)
REFUND	Under no circumstances will a refund be provided. A special activity will be organize if the races are cancelled.
RACE COURSES	See annexes at the end of this document. <u>Courses will be closed 15 minutes prior to the first race departure.</u>
STADIUM	See annexes at the end of this document. Will be posted at competition site and at Thérèse-Martin High School.
TRAINING	Friday, February 15th 2019, 12h à 16h30 Saturday, February 17th 2019, 13h à 16h Sunday, February 18th 2019, 13h à 15h
COACHES' MEETINGS	Friday, February 15th février 2019, 21h Saturday, February 16th 2019, 16h30 Thérèse-Martin High School, F136
START ORDERS	<ul style="list-style-type: none"> • Random draw (from Zone4) for Saturday's race only. • The starting order for Sunday's race will be determined by the results of Saturday's race. • The starting order for Monday's race will be determined by 2018 championship results banner.
BIB PICK UP	Received at the coaches' meeting or between 9:00 and 9:45 am at the race office located at the competition site (Bureau de course).

AWARDS

<p>DESCRIPTION OF THE AWARD</p>	<ul style="list-style-type: none"> • Medals for the first three (3) athletes of each category and ribbons for 4th to 10th place for Saturday's and Sunday's race. • Medals for the six (6) members and coach of the three (3) winning teams of the sprint-relay race. (official and mixed teams). • Medals for the six (6) members and coach of the winning team of the sprint-relay race (non-official teams). <p>Banner for the winning team</p> <p>Cumulative time :</p> <ol style="list-style-type: none"> 1) 2 best time 2005-2006 – Girls 2) 2 best time 2005-2006 – Boys 3) 2 best time 2007-2008 – Girls 4) 2 best time 2007-2008 – Boys <p>Banners for the following categories</p> <p>Cumulative of the 3 fastest times for each race on Saturday and Sunday for each age group.</p> <ol style="list-style-type: none"> 1) Midget – Boys 2) Midget – Girls 3) Mini-midget – Boys 4) Mini-midget – Girls
<p>AWARD DISTRIBUTION</p>	<p>Saturday, 19h15 – Auditorium of Thérèse-Martin High School Sunday, 16h15 – Auditorium of Thérèse-Martin High School Sunday, 17h30 – Banquet – Château Joliette Monday, around 12h – Competition site</p>

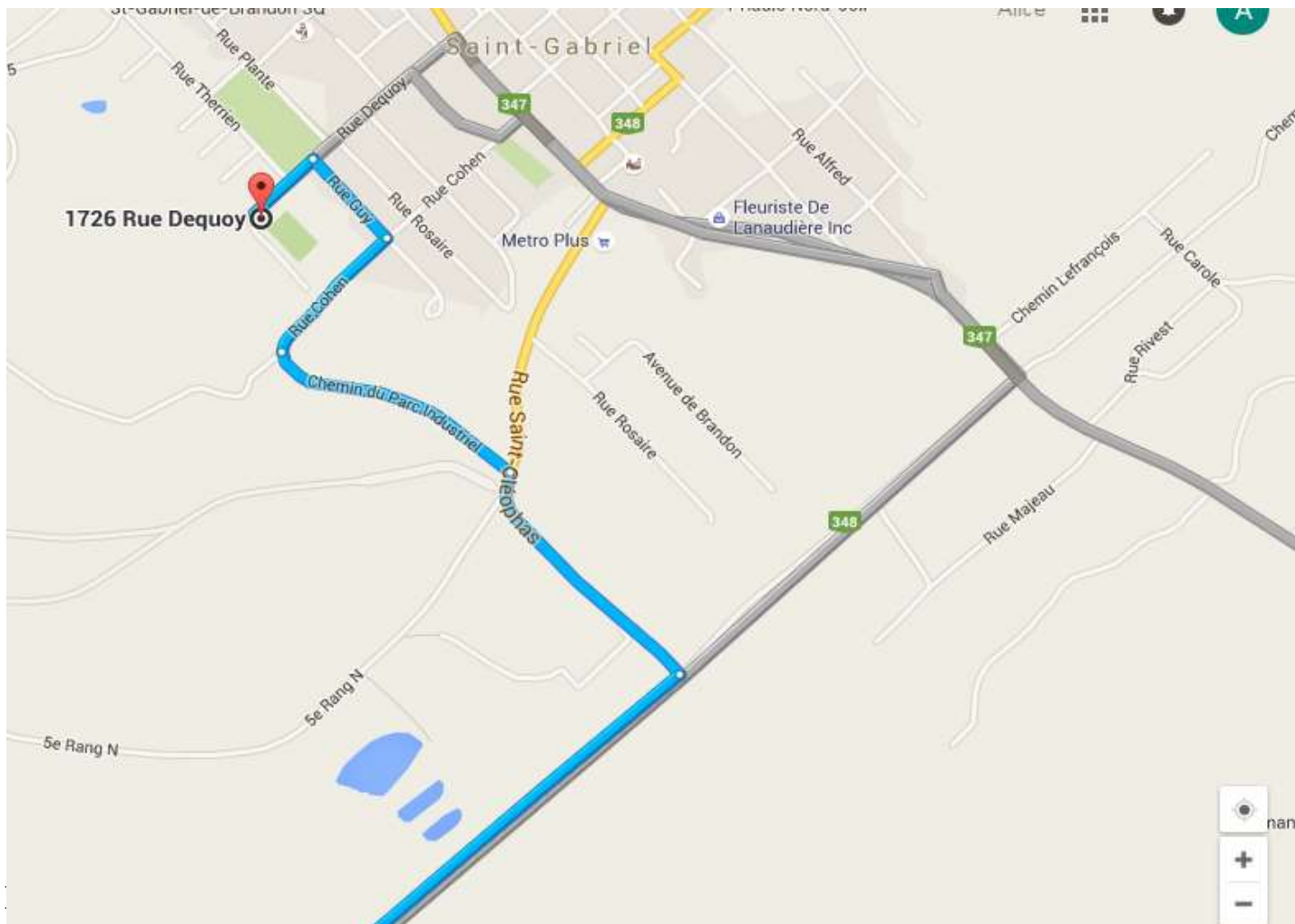
FARTAGE

SERVICES OFFERED TO TEAMS

<p>WAXING FACILITIES</p>	<p>In the municipal garage (near the stadium)</p> <p>Friday, from 12:00 to 4:00 pm Saturday, from 6:00 am to 9:00 pm. Sunday, from 6:00 am to 9:00 pm. Monday, from 6:00 am to 10:00 am For teams using their own waxing trailer, a parking lot will be available near the warm-up area.</p>
<p>ETHICS</p>	<p>Several coaches asked that we establish limits with waxing products. Thus, considering the spirit of this championship, differences in physical development at this age and disparities in team budgets, we demand not to use any form of pure fluorinated products (powder, bloc, paste, liquid). Thank you in advance for your cooperation. Powders and gels are prohibited.</p>
<p>SPECIAL RULE</p>	<p>A time penalty will be assessed against all athletes who do not respect the rules, especially those concerning the race style, rather than a written reprimand which would have no effect given their age and level of competition. Disqualifications may still occur (eg: for obtaining an advantage by not respecting the course). All infractions will be submitted to the jury for final determination.</p>

ANNEX 1 – DIRECTIONS (FROM JOLIETTE)

<p>LODGING</p>	<p>For athletes and coaches/support staff: at Thérèse-Martin High school</p> <p>*** Before final departure from the lodging facilities, each team must make sure to leave the classrooms as it was when they arrived. Your collaboration is essential to make sure that all the classrooms will be ready for school on Monday morning at 8:00 am. Thank you in advance.</p> <p>In addition each club lodged at TM high school will be held responsible for the classroom(s) and all equipment contained in those classrooms throughout the championship. In the event of any damage to the classroom(s) or equipment in them the club in question will be liable and will assume the repair costs caused by any negligence or vandalism.</p> <p>Lodging for teams and support staff : We have obtained a special rate for rooms at The Château Joliette. When making the reservations, make sure to mention you're a part of Club Défi TM-La Montagne Coupée #243207</p> <p>Other options : Web site of Tourisme Lanaudière: www.lanaudiere.ca</p>
<p>PARKING</p>	<p>Parking areas are available at the competition site or within a short walking distance</p>
<p>MEDICAL</p>	<p>A first aid service will be available on site by a nurse and a doctor.</p>
<p>SOCIAL ACTIVITIES</p>	<p>SPAGHETTI DINNERS AND BANQUET Tickets for spaghetti night (Saturday) and banquet (Sunday) tickets are included in the registration fees for athletes and coaches (Zone4).</p> <p>Extra tickets for spaghetti dinners, at the cost of \$15 and for the banquet, at the cost of \$33, will be available at www.zone4.ca</p> <p>Sunday's banquet : Access to the main hall is not guaranteed, another hall close by will be available if needed.</p>



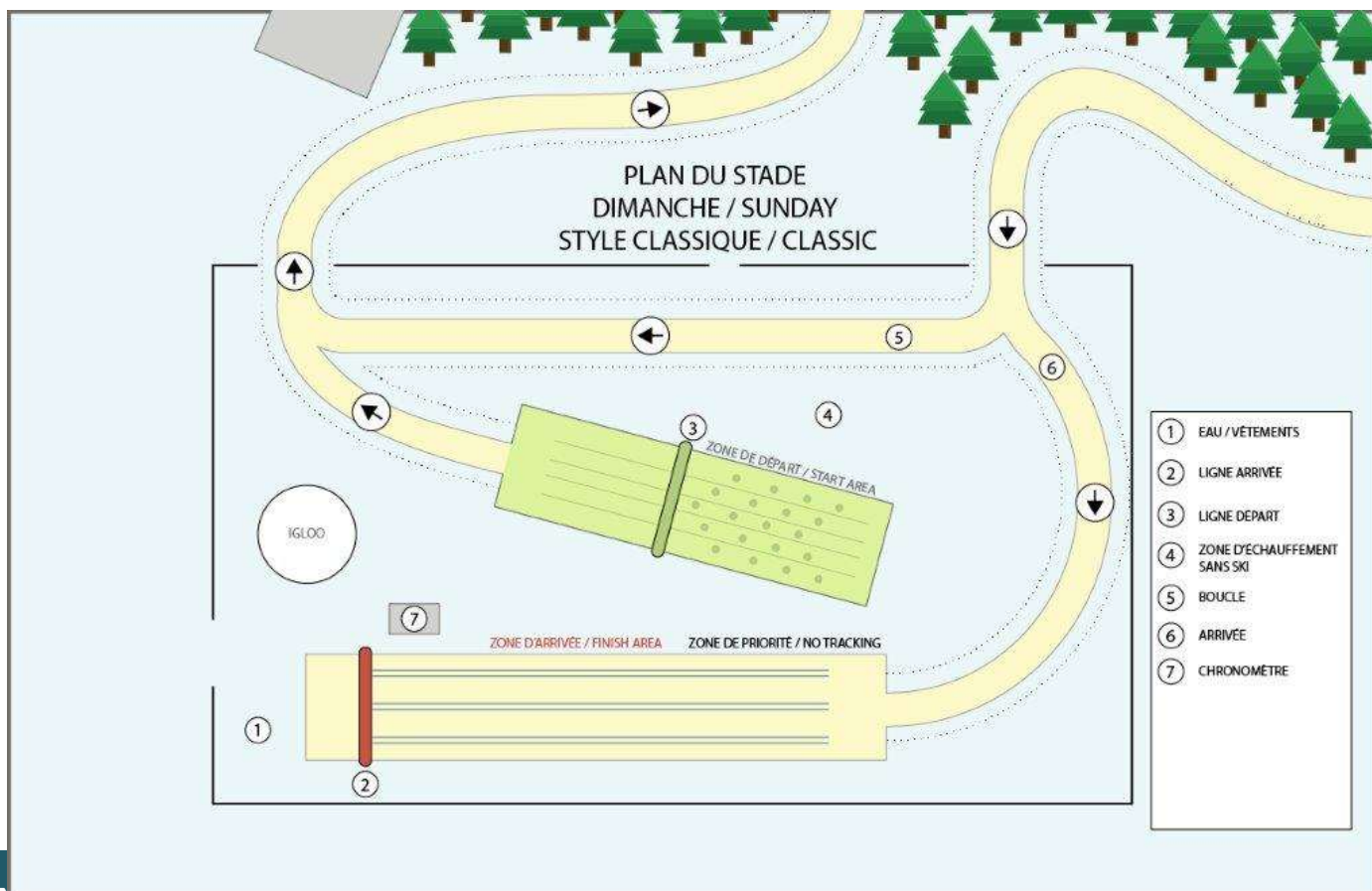
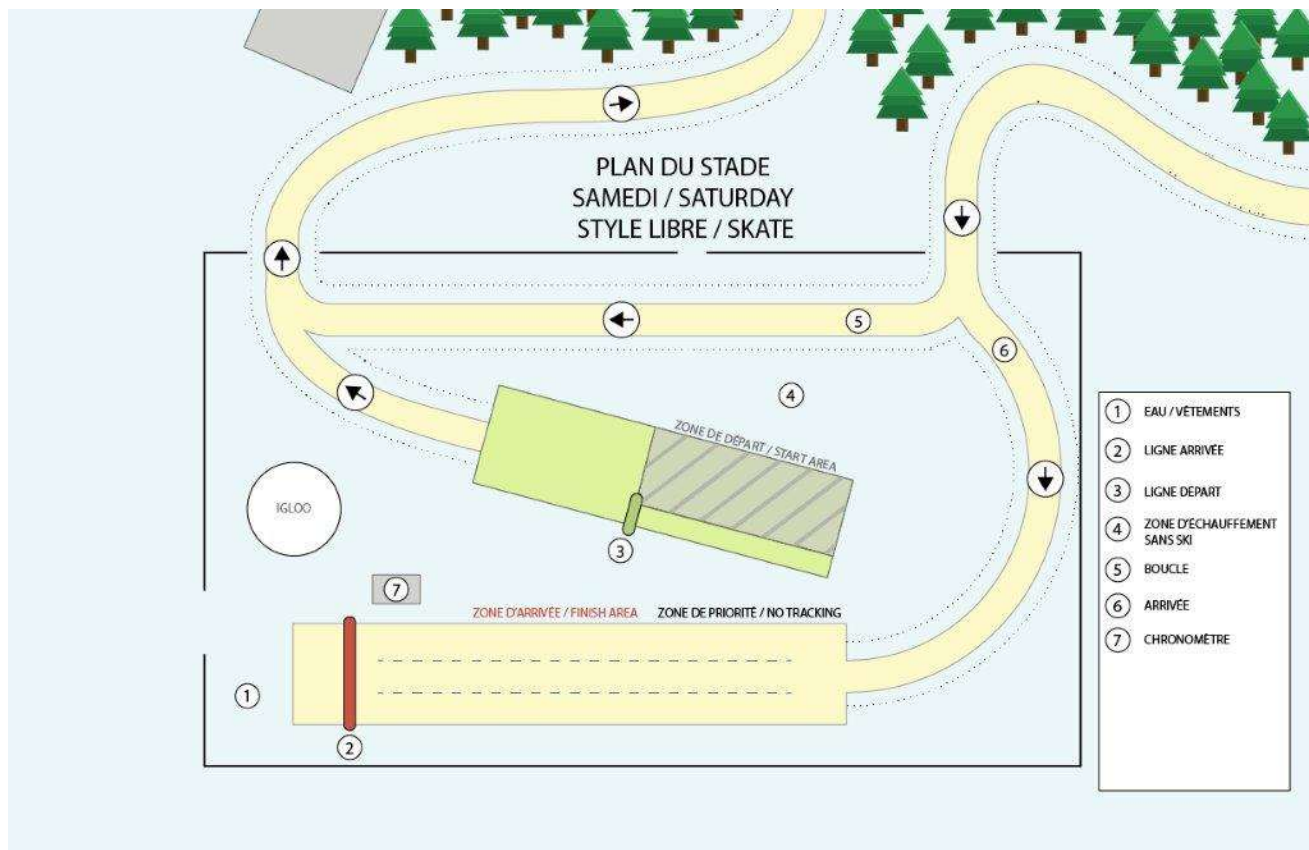
1726 rue Dequoy
St-Gabriel-de-Brandon, QC
J0K 2N0

Coordonnées : <https://goo.gl/maps/ia58qJ5YxEQ2>

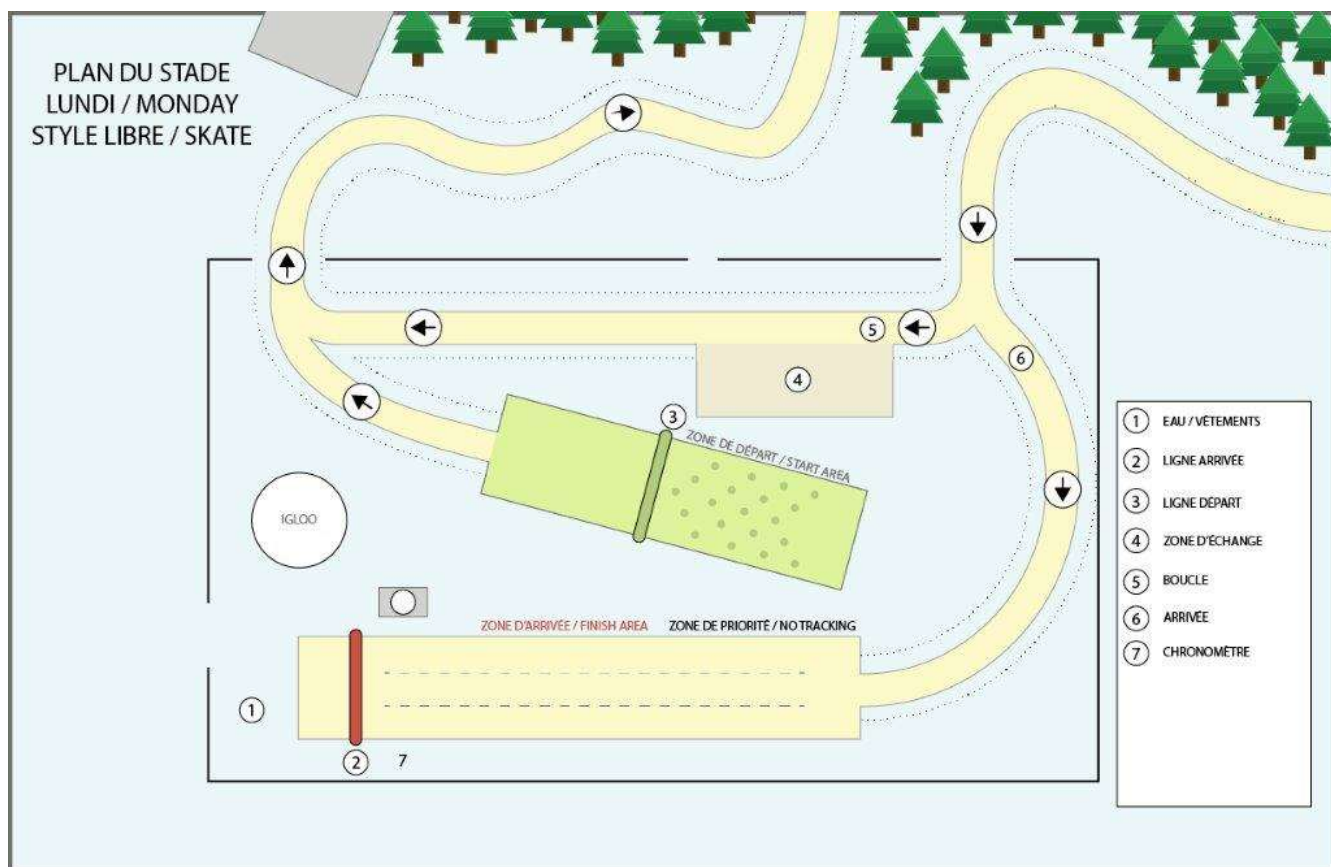
ANNEX 2 – SITE (OVERVIEW)



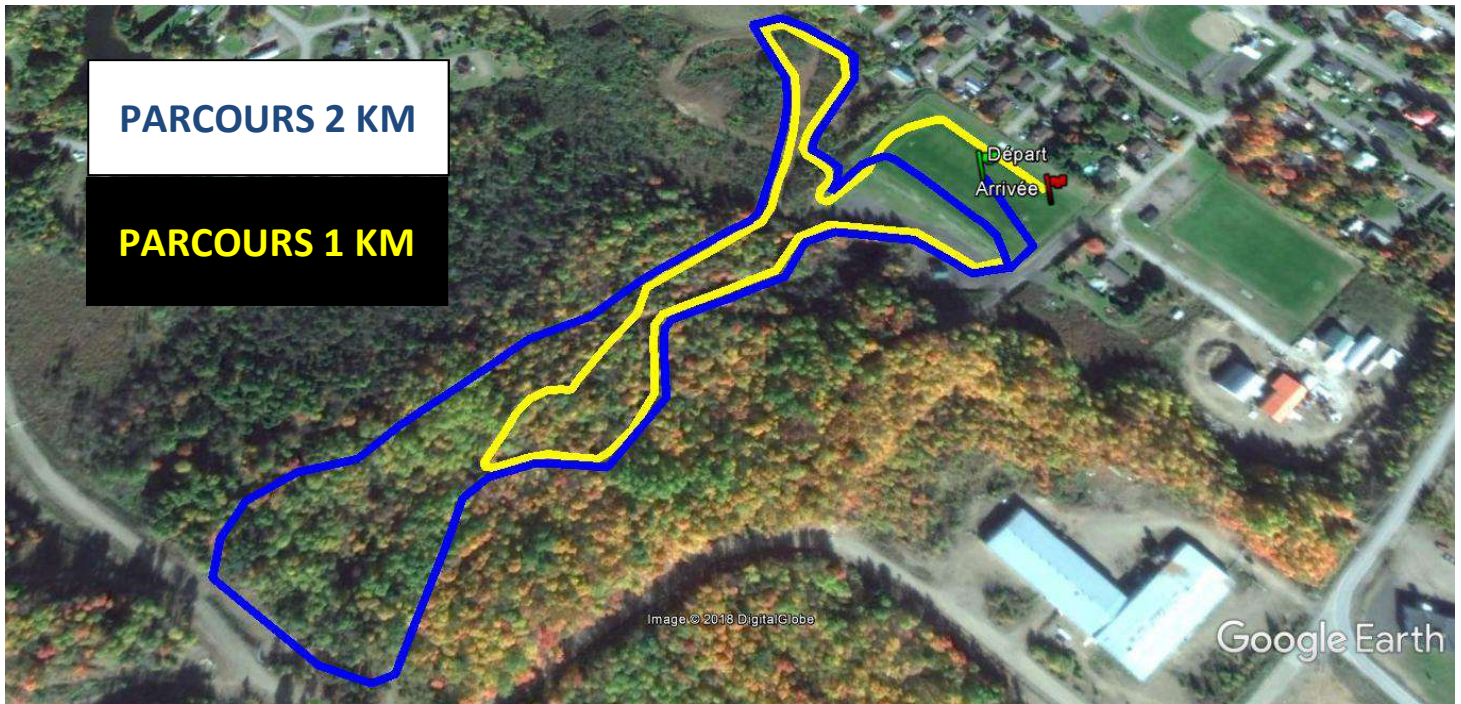
ANNEX 2 – STADIUM



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ANNEX 3 – COURSES MINI-MIDGET (3KM – SATURDAY)



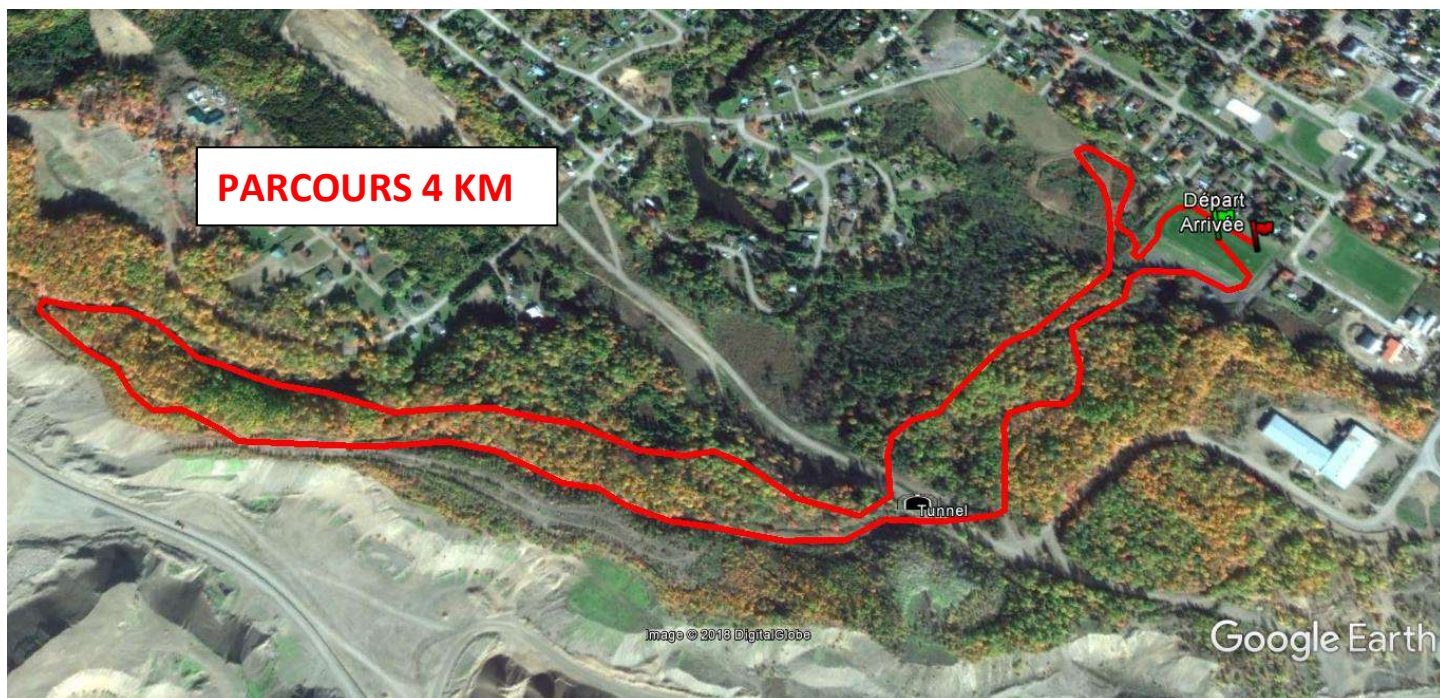
HD : 16 m
MM : 10 m
MT : 36 m

PARCOURS 2 KM

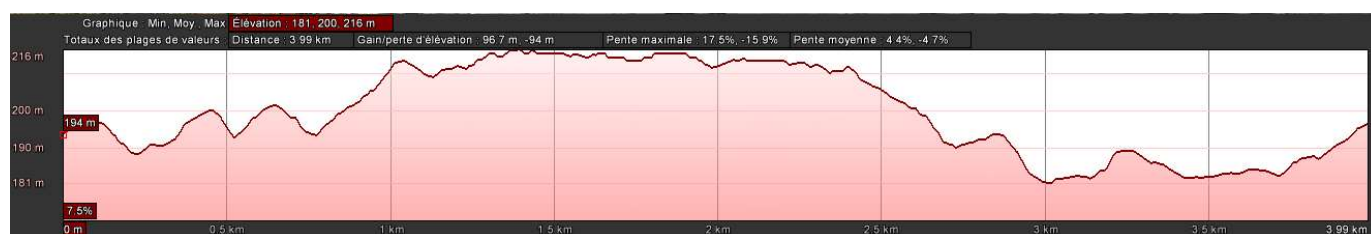
PARCOURS 1 KM



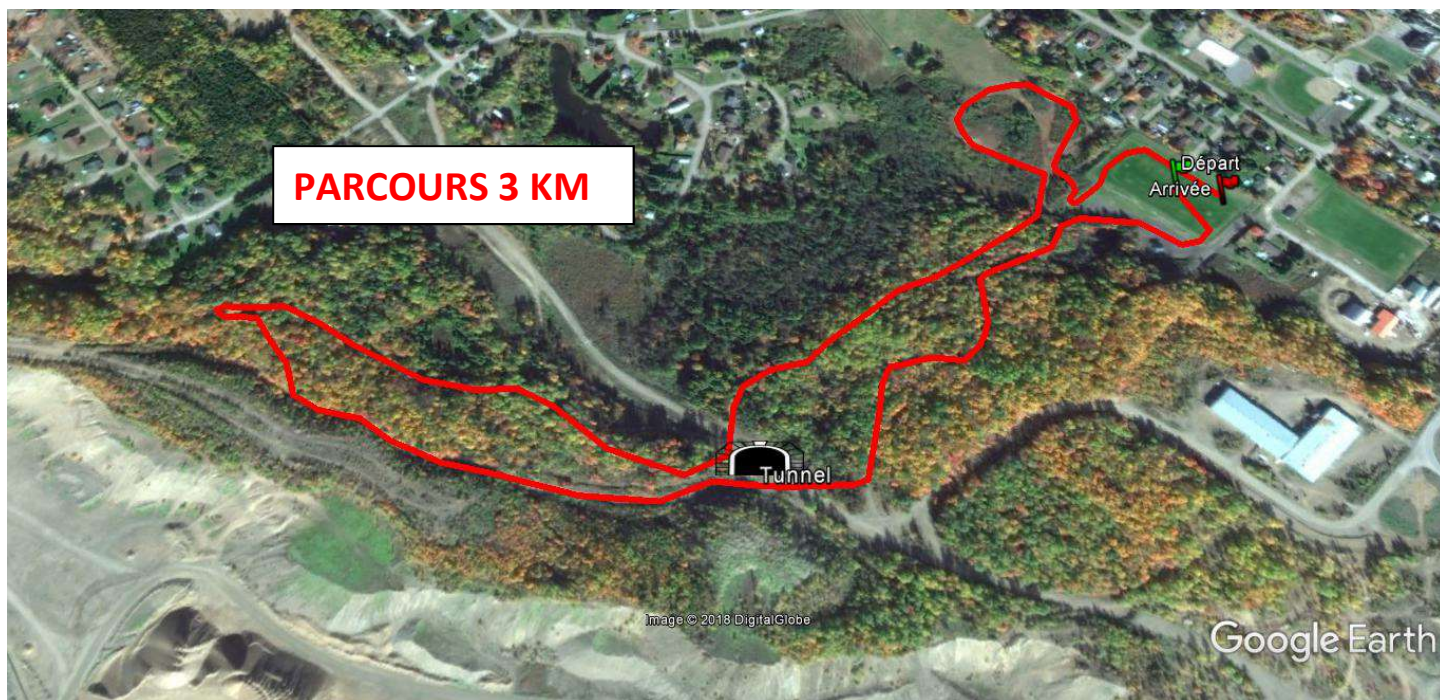
ANNEX 3 – COURSE MIDGET (4KM – SATURDAY)



4 KM : HD : 38 m MM : 26 m MT : 76 m



ANNEX 3 – COURSES MIDGET OR MINI-MIDGET (3KM) – SUNDAY

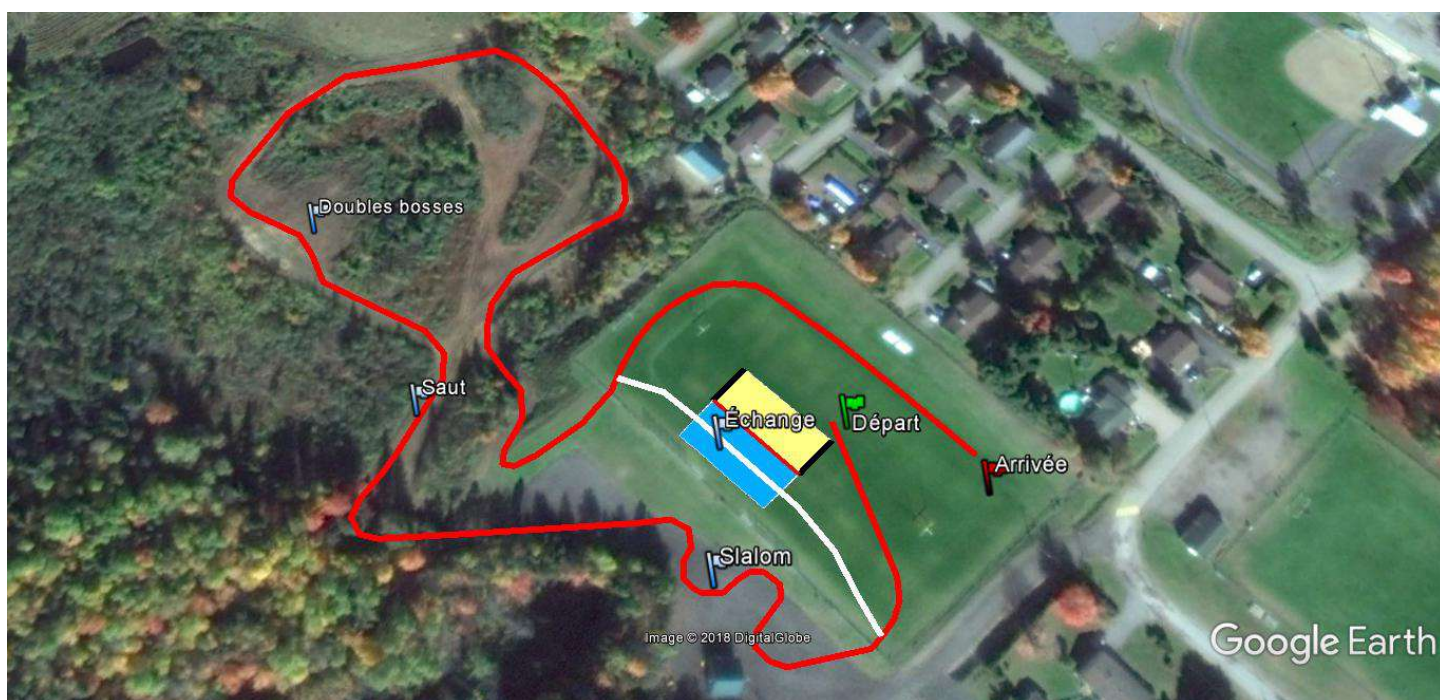


3 km : HD : 34 m MM : 24 m MT : 66 m

6 km : HD : 34 m MM : 24 m MT : 132 m



ANNEX 3 – OBSTACLE COURSES (Sprint Relay - 1KM – MONDAY)



SPRINT RELAY 1 KM : **HD : 16 m MM : 10 m MT : 21 m**

