



RACE NOTICE

Thérèse-Martin High school's Club Défi, through its sports-study program, is proud to invite you to attend the 21st edition of the most prestigious race in Canada for the pee-wee and midget categories.



Cascades



Name of the competition	NORAM YOUTH CHAMPIONSHIP 21st EDITION
Hosting club	Club Défi T-M
Competition site	Les Sentiers Brandon St-Gabriel-de-Brandon, Quebec
Trail access fees	Free for athletes and coaches <u>only</u>. The trails will be accessible for regular users from 13:30 pm.
Address	1726 rue Dequoy St-Gabriel-de-Brandon, Quebec J0K 2N0 Lanaudière region
Directions	https://goo.gl/maps/ia58qJ5YxEQ2
Date	February 13th-14th-15th 2016
Sanction	SFQ
Eligibility	<p>Participants must be born in 2002, 2003, 2004 or 2005 and be members of a club affiliated to SFQ or their respective divisions and must have a valid provincial or state (U.S.) 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 \$52, 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 provide a daily license on site at a cost of \$3 per day.</p>

ORGANIZING COMMITTEE

President	Patrick Gauthier
Race Director	Daniel Bellerose
Race Secretary	Sophie Brissette, Carole Provençal
Trail Director	Joël Grégoire, François Breault
Stadium director	Éric Varin
Chief Controller	Alain Houde
Chief of Timing	Sébastien Bolduc
Responsible for Zone4	Marie-Claude Rainville (for any mistakes or questions regarding registration, write to noramdefi@yahoo.ca).
Technical Services	Benoit Dériger
Communication	Michelle Lessard
Protocol	Alain Houde et Stéphanie Breault
Technical Delegate	Francine Bisson (SFQ)
Accommodation	Myrabel Braün (for special needs or any request regarding accommodation, write to myrabel@videotron.ca).
Food	Éric Barrette et Brigitte Ladouceur (regarding food allergies, write to maric02@videotron.ca).
Volunteers	Angèle Turgeon
Financing	Michelle Lessard
Security	Martin Grégoire
Information	Daniel Bellerose (bilingual services) Telephone 450-752-8200 Email : danbellerose@videotron.ca Web site : www.clubdefi.ca

RACE PROGRAM

Categories (Age on December 31 st 2015)	Gender	Saturday (free style, individual start)		Sunday (classic technique, mass start)	
		Distance	10:30 am	Distance	10:30 am
M02 — 13 yrs old	G	4 km		6 km (2 x 3 km)	
M02 — 13 yrs old	B				
M03 — 12 yrs old	G				
M03 — 12 yrs old	B				
P04 — 11 yrs old	G	3 km (1 x 2 km + 1 x 1 km)		3 km	
P04 — 11 yrs old	B				
P05 — 10 yrs old	G				
P05 — 10 yrs old	B				

Monday – 9:30 am

Sprint- Relay (*free style*)
(6 x 1000 m)

Official teams

6 athletes **from the same club** including:

- ONE GIRL 10 **OR** 11 YEARS OLD
- ONE BOY 10 **OR** 11 YEARS OLD
- ONE GIRL 12 **OR** 13 YEARS OLD
- ONE BOY 12 **OR** 13 YEARS OLD
- TWO OTHER ATHLETES (NO RESTRICTIONS)

Mixed teams

6 athletes **from at least two different clubs** including:

- ONE GIRL 10 **OR** 11 YEARS OLD
- ONE BOY 10 **OR** 11 YEARS OLD
- ONE GIRL 12 **OR** 13 YEARS OLD
- ONE BOY 12 **OR** 13 YEARS OLD
- TWO OTHER ATHLETES (NO RESTRICTIONS)

Non-official teams

6 athletes **from at least two different teams** (no age or gender restrictions).
A club may have more than one team.

The list of the official teams must be given at registration (on Friday between 6 pm and 8 pm).
Please fill in the form in annex. The list of mixed teams and non-official teams, must be given at the coaches' meeting on Saturday (4:30 pm).

Important notice:

Note 1 : A club can have more than one team for this race.

Note 2 : Semi-finals and a final will be held for the "Official teams". The first three (3) teams from in each semi-final and the four (4) best "lucky losers" will participate in the final for a total of ten (10) teams.

Note 3 : Athletes are invited to wear fancy dress for the sprint-relay race. The bib must remain visible during the race.

Note 4 : Athletes must however wear appropriate clothing for wintry conditions (ex. bare-chests are forbidden).

Obstacle
course
slalom
Fun
Jump

SCHEDULE OF EVENTS

<u>Friday</u>		
Time	Activity	Place
12:00 pm to 4:00 pm	Training	Competition site
6:00 pm	Registration and opening of the lodging	Thérèse-Martin High school, 916 rue Ladouceur, Joliette
8:00 pm	Meeting for all teams	Auditorium of Thérèse-Martin High school
9:00 pm	Coaches' meeting	Room F-160, Thérèse-Martin High school
10:00 pm	Curfew	
<u>Saturday</u>		
Time	Activity	Place
6 00 am to 8:00 am	Breakfast	Cafeteria
10:30 am	Start of the first race	Les Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Lunch	Elementary school (Dequoy street)
1:00 pm to 4:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
3:00 pm to 5:00 pm	Activities in gymnasium	Gymnasium F wing
4:30 pm	Coaches' meeting	Room F-160, Thérèse-Martin High school
5:30 pm to 7:30 pm	Spaghetti dinner	Cafeteria
7:30 pm	Medals and prizes	Auditorium
8:00 pm to 9:30 pm	Activities in gymnasium (each team <u>must</u> provide surveillance by an adult from their team).	Gymnasium F wing
	Film	Auditorium
10:00 pm	Curfew	

Sunday

Time	Activity	Place
6:00 am to 8:00 am	Breakfast	Cafeteria
10:30 am	Start of the first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Lunch	Elementary school (Dequoy street)
1:00 pm to 3:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
4:15 pm	Medals ceremony	Auditorium
5:30 pm Please note that you cannot come back to the school before 9 :30 pm.	Banquet	Château Joliette 450 rue St-Thomas, Joliette
11:00 pm	Curfew	

Monday

Time	Activity	Place
6:00 am to 8:00 am	Breakfast and cleaning of classroom 9:00 am 12:00 pm 12:00 pm	Cafeteria and team's room
9:30 am	Start of first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Medals ceremony Distribution of snacks	Competition site
12:30 pm	Departure	

REGISTRATION DETAILS

	<p>\$175 per athlete, 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
Entry fees	<p>Coaches or support staff: \$100/pers.</p> <p>Each team must have a minimum of two coaches or support staff with a maximum ratio of 1 adult for 5 athletes.</p> <p>1 to 10 athletes = 2 coaches 11 to 15 athletes = 3 coaches 16 to 20 athletes = 4 coaches 21 to 25 athletes = 5 coaches <i>and so on ...</i></p> <p>\$160 for coaches/support staff in excess of the above ratio.</p>
Registration	http://new.zone4.ca/
Deadline	Monday, February 8 th , 11:59 pm (eastern time)
Race courses	<p>See annexes at the end of this document and will be posted on the club's web site at www.clubdefi.ca (NORAM Jeunesse section) or the <i>Championnat jeunesse NORAM</i> facebook page.</p> <p>Courses will be closed 15 minutes prior to the first race departure.</p>
Stadium	Will be posted at competition site, at Thérèse-Martin high school and will on the club's web site at www.clubdefi.ca (NORAM Jeunesse section).
Training	<p>Friday, February 12th, 12:00 pm to 4:00 pm</p> <p>Saturday, February 13th, 1:00 pm to 4:00 pm</p> <p>Sunday, February 14th, 1:00 pm to 4:00 pm</p>
Coaches' meetings	<p>Friday, 9:00 pm</p> <p>Saturday, 4:30 pm</p> <p>Thérèse-Martin High school, F-160</p>
Start orders	<p>Random draw (from Zone4) for Saturday's race only.</p> <p>The starting order for Sunday's race will be determined by the results of Saturday's race.</p> <p>The starting order for Monday's race will be determined by 2015 banner results since relay races couldn't take place in 2015.</p>
Bib pick up	Received at the coaches' meeting or after 9:00 am at the race office located at the competition site (Bureau de course).

AWARDS

Description of the awards	<p>Medals for the first three athletes of each category and ribbons for 4th to 10th place for Saturday and Sunday's race.</p> <p>Medals for the six members of the three winning teams and for the coaches of the sprint-relay race. (official and mixed teams).</p> <p>Medals for the six members and coach of the winning team of the sprint-relay race (non-official teams).</p> <p style="text-align: center;"><i>Banner for the winning team.</i></p> <p>Cumulative time of 2 fastest boys and 2 fastest girls for age groups 12-13 and age group 10-11 for each race on Saturday and Sunday.</p> <p style="text-align: center;"><i>Banners for the following categories.</i></p> <ol style="list-style-type: none"> 1) 12-13 year old boys 2) 12-13 year old girls 3) 10-11 year old boys 4) 10-11 year old girls <p>Cumulative of the 3 fastest times for each race on Saturday and Sunday for each age group.</p>
Award Distribution	<p>Saturday at 7:30 pm at the auditorium of Thérèse-Martin High school.</p> <p>Sunday at 4:15 pm at the auditorium of Thérèse-Martin High school and during banquet at Château Joliette (starting at 5:30 pm).</p> <p>Monday around 12:00 pm at the competition site.</p>
Waxing facilities	<p>In the new 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</p> <p>For teams using their own waxing trailer, a parking lot will be available near the warm-up area.</p>

Waxing code of ethics:

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.

Special rule:

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.

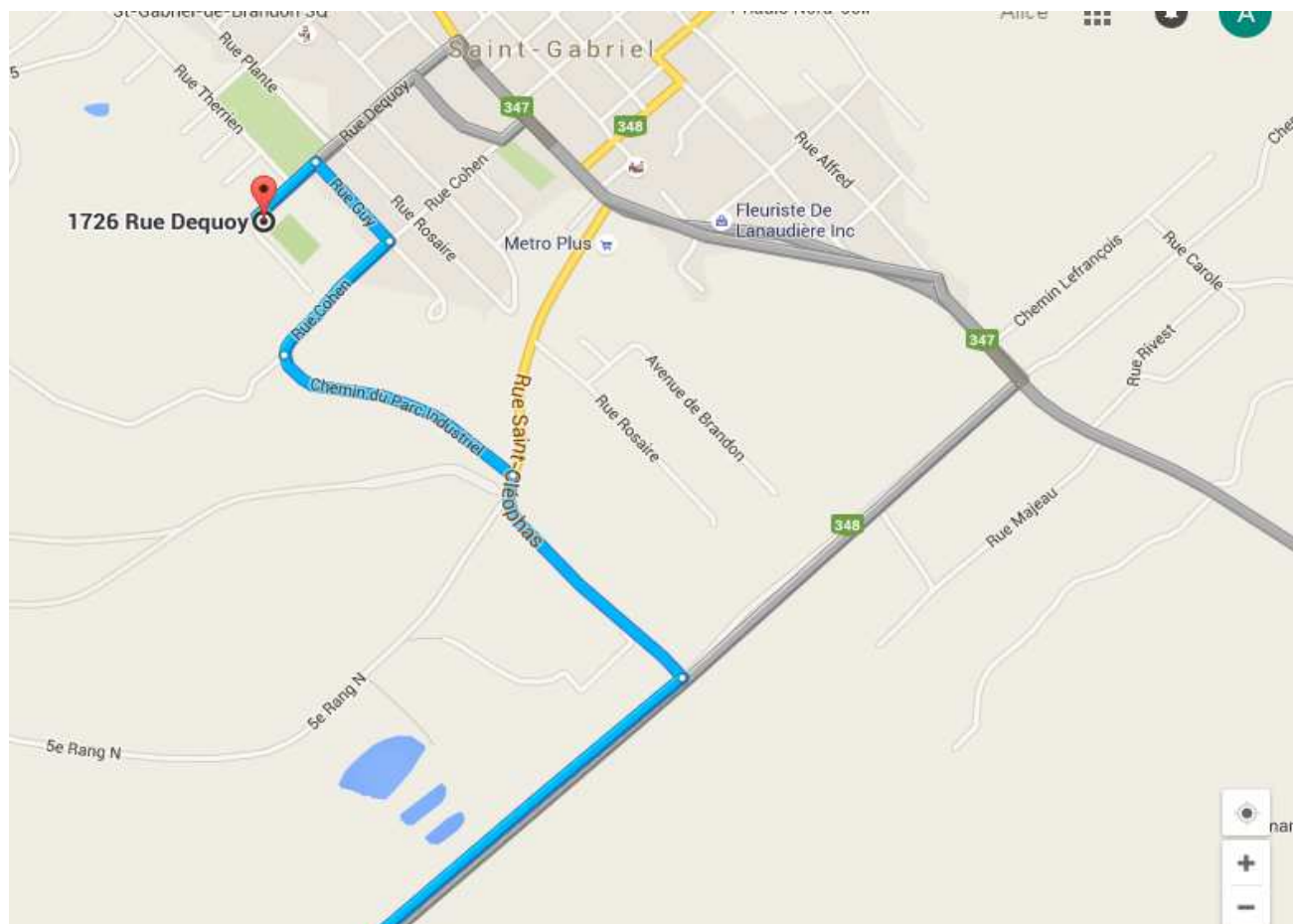
SERVICES OFFERED TO TEAMS

Lodging	<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 space (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 families and friends :</p> <p>We have obtained a special rate for rooms at The Château Joliette. When making the reservations, make sure to mention that you a part of GROUPE DEFI TM # 15418.</p> <p>Other options :</p> <ul style="list-style-type: none"> • Web site of Tourisme Lanaudière: www.lanaudiere.ca • Cottages rentals : www.cottagesquebec.com <p>You may also consult the list of lodging and restaurants offered in the area (annex 4).</p>
Parking	<p>Parking areas are available at the competition site or within a short walking distance (maximum four minutes).</p>
Medical	<p>A first aid service will be available on site by a nurse and a doctor.</p>
Social activities	<p style="text-align: center;">Banquet and danse</p> <p>* Banquet ticket is included in the registration fees for athletes and coaches.</p> <p>Extra tickets at the cost of \$32 will be available at www.zone4.ca</p> <p>Access to the main hall is not guaranteed, another hall close by will be available if needed.</p>

ANNEX 1

DIRECTIONS

From Joliette : local map of St-Gabriel-de-Brandon

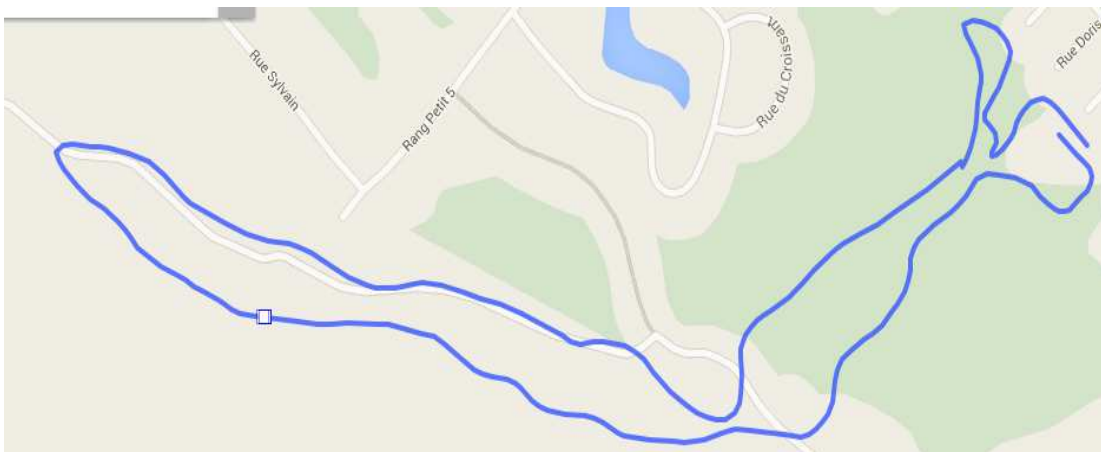


ANNEX 2

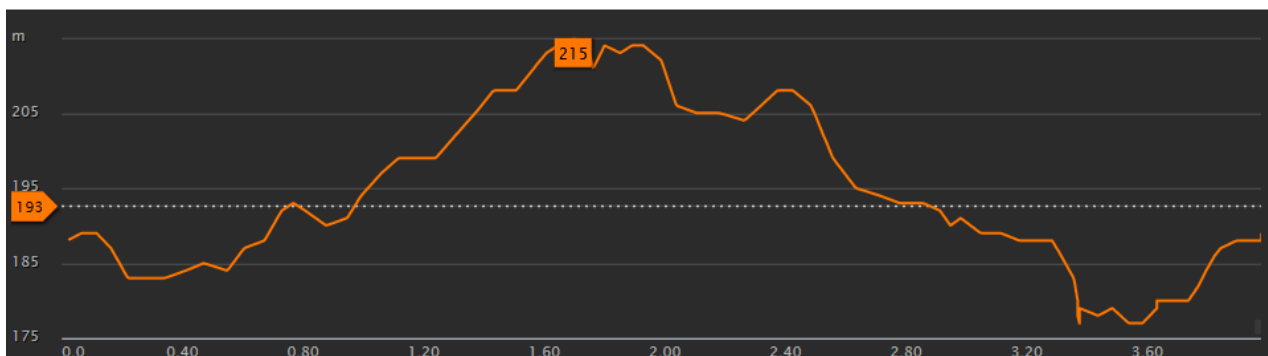
NORAM YOUTH CHAMPIONSHIP 2015 Courses

4 km – Saturday,

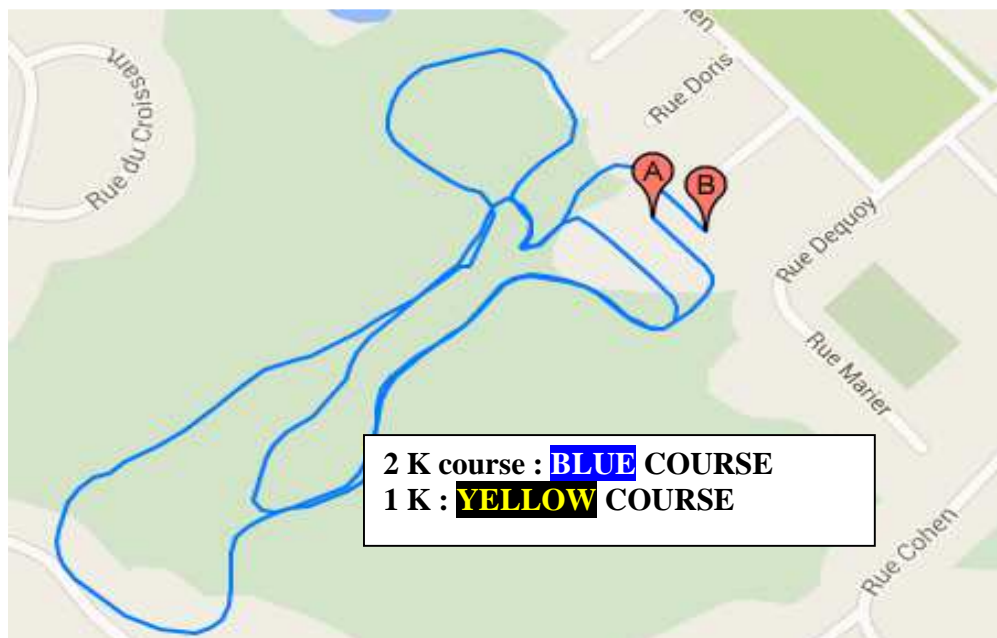
M2002 et M2003



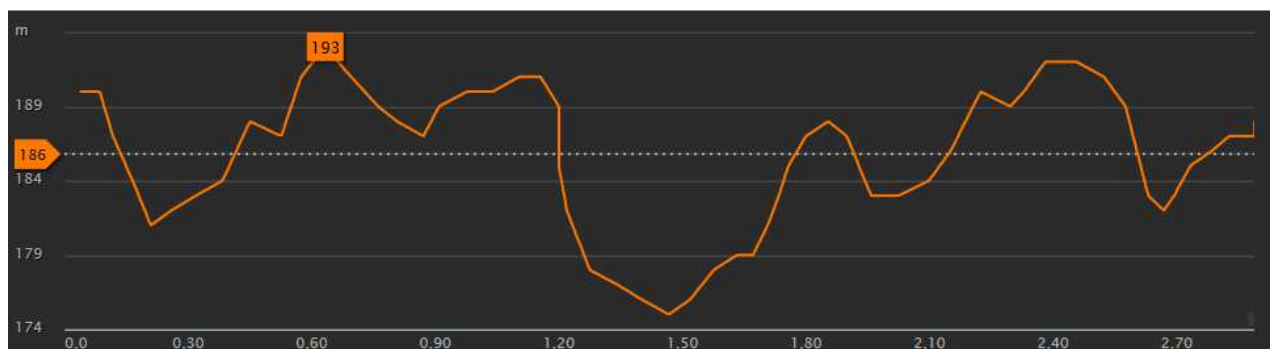
HD : 38 m MM : 26 m MT : 76 m



3 km (1 x 2 km + 1 x 1 km) – Saturday, P2004 et P2005



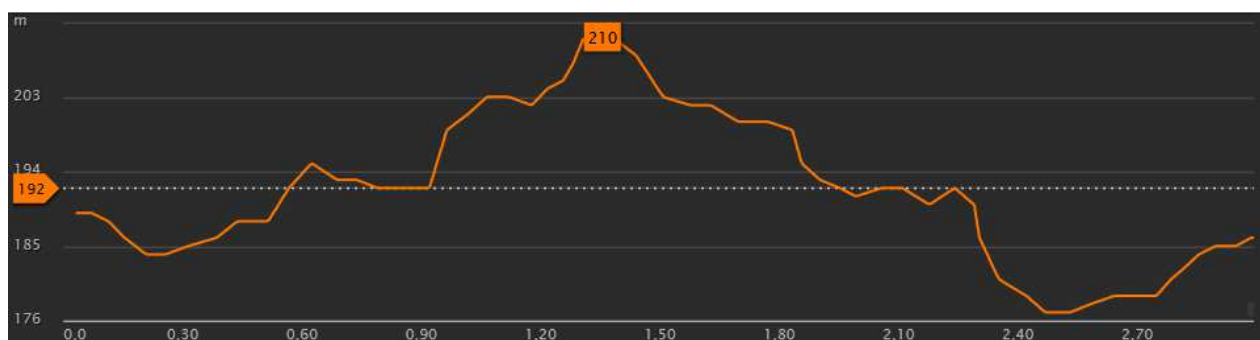
HD : 16 m MM : 10 m MT : 36 m



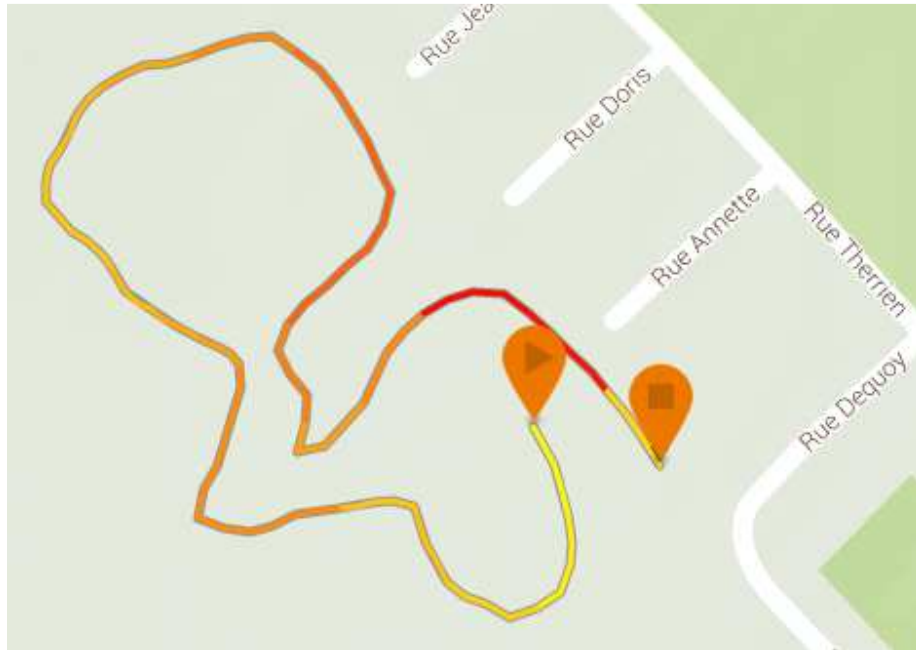
3 km – Sunday, P2004 et P2005
6 km (2 x 3 km) – Sunday, M2002 et M2003



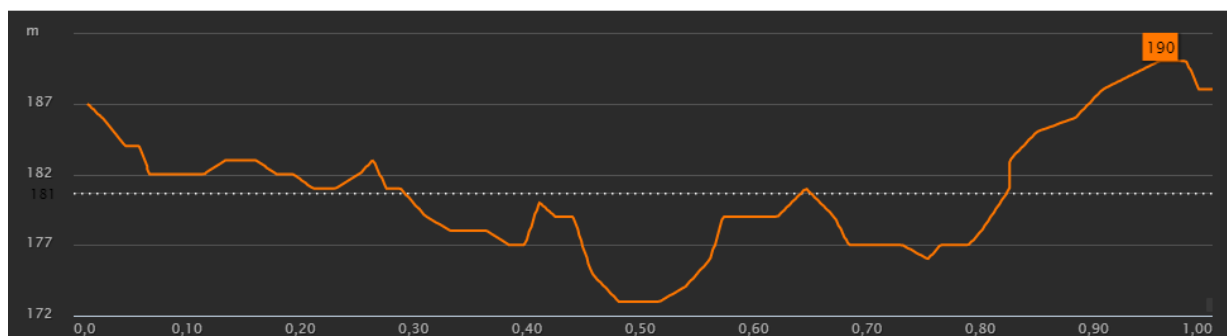
3 km : HD : 34 m MM : 24 m MT : 66 m
6 km : HD : 34 m MM : 24 m MT : 132 m



Sprint relay course - Monday
Obstacle course
(6 X 1000 m)



HD : 16 m MM : 10 m MT : 21 m



ANNEX 3
FORM FOR MONDAY'S SPRINT RELAY



TEAM: _____ # _____

Please mark :

- ☐ Official team
☐ Mixed team
☐ Non-official team

Please write with care

The order of the skiers is significant. You'll have to follow this order for the race

#	NAME	10 - B	10 - G	11 - B	11 - G	12 - B	12 - G	13 - B	13 - G
EX.	STEVE LAMONTAGNE					X			
1									
2									
3									
4									
5									
6									

Entraîneur : _____

Signature : _____

NOTE : Please use a form for each relay team.

ANNEX 4

LODGING AND RESTAURANTS

Liste des restaurants

Code téléphonique : 450

Ville Saint-Gabriel

Auberge le St-Gab, 109 Dequoy,	450 835-3337,	60 places
Barba's Pizzeria, 138 Makinongé,	450-835-6600/450-835-9541,	50 places
Chez Isabelle, 137 de Lanaudière	450-835-1965	35 places
Bosquet du Lac, 300 Ave du Parc,	450-835-3232,	34 places
Chez Baba, 15 St-Gabriel,	450-835-2138,	50 places possibilité pour groupe de 40

La Belle Province, coin Maskinongé et Ave du Parc

Chez mon oncle Émile, 263 rue Beauvilliers	450-835-1355	
La Calèche d'Or	450-835-2727	116 places
Le Mistral, 349 Beauvilliers,	450-835-4821	
? Resto-Bar 239	450-835-1369	45 places
Venise Pizzeria, 239 Beauvilliers,	450-835-7611	
Métro Bourgeault, 160 St-Gabriel,	450-835-4794	28 places

Saint-Damien, (environ 10 km)

Rest.Pizza DAN.D Rte 347	450-835-7004	
Restaurant Le Rescapé	450-835-2227	

Saint-Didace, (10 km)

Auberge du Château St-Didace, 590 Principale,	450-835-2122	60 à 70 places
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Mandeville (10 km)

Hôtel St-Charles, 9 St-Charles Borromée,	450-835-2611	65 places
Restaurant La Mastigouche,	450-835-5771	40 places

Lodging

Liste des hébergements

Ville Saint-Gabriel

Auberge le St-Gab, 109 rue Dequoy, 450-835-3337, 7 chambres, reservationaubergelestgab.com, tout juste rénové, 3 étoiles, - de 1 km

Motel Bosquet du Lac, 300 Ave du Parc, 450-835-3232, 8 chambres, 1 étoile, env. 1.5 km

Gîte Au Jardin d'Eden, 1510 6^e rang, 450-835-5851, 4 chambres
www3.sympatico.ca/jardin.deden, 3 soleils, env. 4 km

Chalets à louer :

Yves Comeau	2 chalets	514-924-5567
Guy Mayer	3 chalets	450-581-3132/cell. 514-238-8200

Mandeville

Chalets Beausoleil 4 chalets 450-835-1545 (près Rest. La Mastigouche)

L'Auberge Rond (chalets) 450-835-0947

Chalets de l'Ours noir (Gîte) 450-916-5656 ou 450-639-2579

St-Damien-de-Brandon

Gîte au Cœur de mon Village, 6885 Principale, 450-835-0246, 3 chambres
jolavraie@hotmail.com

Berthier (à environ 30 km)

Day's Inn, 760 Gadoury, 1-888-367-6853, 61 unités, 3 étoiles

Motel B.R., 801 Grande Côte, 450-836-3277, 5 unités, 2 étoiles

Gîte de l'oie blanche, 980 rue Montcalm, 31 km, 4 unités, 3 soleils

Manoir La Tourelle, 120 Rang Rivière Bayonne, 4 unités, 3 soleils

Joliette (à environ 33 km)

Château Joliette, 450 rue St-Thomas, 1-800-361-0572, 89 unités, 3 étoiles

Motel Lanaudière, 535 Rte 131, 450-759-6780, 23 unités. 2 étoiles

Motel Joliette, 2070 Visitation, 450-756-4518, 22 unités, 2 étoiles

Motel Le Classique, 310 Visitation, 450-756-0588, 20 unités, 2 étoiles

Gîte aux P'tits Oiseaux, 722 Boul. Base-de-Roc, 752-1401, 3 unités, 3 soleils

Gîte la Petite Monet, 3306 Boul. Base-de-Roc, 759-5798, 3 unités, 3 soleils

Gîte Sous les Érables, 90 Louis-Bazinet, 450-755-2318, 4 unités, 4 soleils

Villa des Tourterelles, 7 de la Rive, 752-1919, 2 unités, 3 soleils

Notre-Dame-de-Lourdes (à environ 26 km)

Auberge Le Louis-Philippe II, 5650 rue Principale, 1-866-753-5019, 4 soleils

St-Jean-de-Matha (à environ 18 km)

Auberge de la Montagne Coupée, 1000 Ch. De la Montagne Coupée,
1-800-363-8614, 46 unités, 4 étoiles

Auberge du Pro, 2591 Rte 131, 1-866-391-9301, 41 unités, 3 étoiles

Gîte Plume & Café, 700 Rang St-François, 3 unités, 3 soleils

La Bouchardière, 171 Rg Guillaume Tell, 1-866-444-3033, 3 unités, 3 soleils