



COUPE SKINOUK
13 JANUARY 2018
Relais plein air du parc de la
Gatineau



Photo Bernard Pigeon

RACE NOTICE





Dear Skiers,

Club Skinouk extends a warm invitation to all skiers to compete at its 25th Coupe Skinouk.

The event will take place on January 13th, 2018 at the Relais plein air du parc de la Gatineau, in Gatineau (Québec).

In addition to being part of the National Capital District (NCD) Series, the Coupe Skinouk is now a CPL race. The Coupe Skinouk also serves as the Outaouais Regional School Championships as well as the Jeux du Québec regional final to qualify the region for the 2019 Jeux du Québec.

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

Pierre Millette
Club Skinouk President
Chief of Competition



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A. GENERAL INFORMATION

Organization	Club Skinouk
Date	13 January 2018
Site	Relais plein air du parc de la Gatineau 397, Cité des Jeunes Boulevard Gatineau (Hull Sector), Quebec
Sanction	Ski de fond Québec (SFQ)

Stakes

- Canadian Points (Midget to Master categories)
- NCD Series
- Jeux du Québec Regional Final
- Regional School Championship RSEQ-Outaouais

Race Format

- Atom to Peewee categories: Mass Start, Classic
- Midget to Master categories: Skiathlon

Competition Committee

Position	Name
Chief of Competition	Pierre Millette
Technical Delegate	Jim McCarthy
Assistant Chief of Competition	Frédéric Forge
Competition Secretary	Caroline Forest
Chief of Stadium	Jacques Dumont
Chief of Course	Jacques Montcalm
Chiefs of Timing	Philippe Daoust / Richard Fortin
Chief of Control and Security	Manon Prévost

Jury

- Technical Delegate: Jim McCarthy
- Chief of Competition: Pierre Millette
- Coach: to be determined

Technical Background

- [NCD Race Series Technical Package](#)
- [Normes d'opération des Jeux du Québec – ski de fond](#) [ONLY AVAILABLE IN FRENCH]
- [Règlementation spécifique ski de fond – sport scolaire](#) [ONLY AVAILABLE IN FRENCH]
- [Canadian Competition Rules](#)
- [Tier II CPL Technical Package](#)
- [CCC Competition Model](#)



Information to Skiers

All registered skiers and coaches will receive a technical document with the relevant information no later than 11 January 2018.

- Email: evenements@skinouk.ca
- Website: <http://club.skinouk.ca/>
- Facebook : <https://www.facebook.com/Skinouk/>

Important Information Regarding Waxing

The NCD Series only allows the use of non-fluoro (NF) or low fluoro (LF) glide waxes. The following products are not permitted:

- High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids; and
- Cold weather powder additives and hardeners.

The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.



B. REGISTRATION AND PROGRAM

RACE FORMAT

IMPORTANT: NCD categories will be used for the starts. For each gender, Atom and Mighty-Mites categories will start together (**Atom**), as well as Junior A, Senior and Master (**Open**).

NCD Series

Category (Age at 31 Decembre 2017)					Race
Category	Gender	Age	Year of Birth	Code	13 January Mass Start Classic
Atom	F	6	2011	AF1	1.5 km
		7	2010	AF2	1.5 km
	M	6	2011	AM1	1.5 km
		7	2010	AM2	1.5 km
Mighty-Mites	F	8	2009	MMF1	1.5 km
		9	2008	MMF2	1.5 km
	M	8	2009	MMM1	1.5 km
		9	2008	MMM2	1.5 km
Peewee	F	10	2007	PWF1	3.5 km
		11	2006	PWF2	3.5 km
	M	10	2007	PWM1	3.5 km
		11	2006	PWM2	3.5 km
Category	Gender	Age	Year of Birth	Code	13 January Skiathlon
Midget	F	12	2005	MF1	2 X 3.5 km
		13	2004	MF2	2 X 3.5 km
	M	12	2005	MM1	2 X 3.5 km
		13	2004	MM2	2 X 3.5 km
Juvenile	F	14	2003	JF1	2 X 3.5 km
		15	2003	JF2	2 X 3.5 km
	M	14	2003	JM1	2 X 3.5 km
		15	2002	JM1	2 X 3.5 km
Junior B	F	16	2001	JBF1	2 X 5 km
		17	2000	JBF2	2 X 5 km
	M	16	2001	JBM1	2 X 5 km
		17	2000	JBF2	2 X 5 km
Junior A	F	18-19	1998-1999	JAF	2 X 8.5 km
	M	18-19	1998-1999	JAM	2 X 8.5 km
Senior	F	20-29	1988-1997	SF	2 X 8.5 km
	M	20-29	1988-1997	SM	2 X 8.5 km
Master	F	30 & over	1987 and before	MF	2 X 8.5 km
	M	30 & over	1987 and before	MM	2 X 8.5 km



Jeux du Québec Regional Final

Category (Age at 31 Decembre 2017)			Race
Gender	Age	Year of Birth	13 January Mass Start Classic
F	6	2011	1.5 km
	7	2010	1.5 km
	8	2009	1.5 km
	9	2008	1.5 km
M	6	2011	1.5 km
	7	2010	1.5 km
	8	2009	1.5 km
	9	2008	1.5 km
F	10	2007	3.5 km
	11	2006	3.5 km
M	10	2007	3.5 km
	11	2006	3.5 km
Gender	Age	Year of Birth	13 January Skiathlon
F	12	2005	2 X 3.5 km
	13	2004	2 X 3.5 km
M	12	2005	2 X 3.5 km
	13	2004	2 X 3.5 km
F	14	2003	2 X 3.5 km
	15	2002	2 X 3.5 km
M	14	2003	2 X 3.5 km
	15	2002	2 X 3.5 km

Regional School Championship

Category (Age at 31 Decembre 2017)				Race
Category	Gender	Age	Year of Birth	13 January Mass Start Classic
Hummingbird	F	9-8	2008-2009	1.5 km
	M	9-8	2008-2009	1.5 km
Mosquito	F	11-10	2006-2007	3.5 km
	M	11-10	2006-2007	3.5 km
Category	Gender	Age	Year of Birth	13 January Skiathlon
Benjamin	F	13-12	2004-2005	2 X 3.5 km
	M	13-12	2004-2005	2 X 3.5 km
Cadet	F	15-14	2002-2003	2 X 3.5 km
	M	15-14	2002-2003	2 X 3.5 km
Juvenile	F	17-16	2000-2001	2 X 5 km
	M	17-16	2000-2001	2 X 5 km



ELIGIBILITY

Skiers residing in Quebec must have a Ski de Fond Quebec (SFQ) license or obtain a SFQ day license available with the online registration.

All Midget and older skiers must have a Cross Country Canada (CCC) annual license to be eligible for Canadian points and to be seeded in the start chevron. Skiers who do not have an annual license must obtain a CCC day license available with the online registration. **Junior and younger skiers residing in Ontario** who are members of a competition program of a XCSO and CCC recognized club do not need a CCC day license.

All skiers residing in Ontario who do not have a CCC annual license and are not member of a recognized club must obtain a CCC day license.

Only skiers with a permanent address in Quebec and in the administrative region 07 of the Outaouais (the address on the school report card of the skier will settle any dispute as to eligibility) will be eligible for the Jeux du Quebec Regional Final.

To qualify for the RSEQ-Outaouais Regional School Championship standings, you must check the Regional School Championship and indicate your school.

Racing up is allowed at registration online only on condition that the distance covered by the next category does not exceed the limit allowed for the category by the CCC Competition Model. The athlete who will race up must select the minimum year of birth of the new category when registering online.

REGISTRATION

Only online registration at <http://www.zone4.ca/> will be accepted. The deadline for registration is **Wednesday 10 January 2018, at 11:59 pm.**

Registration lists will be posted on Zone4.ca. **It is recommended that you review the list** to check for any mistakes. In case of a mistake, you must contact the organizers no later than January 12, 2017 at 12 pm.

Registration fee per race is \$15 for Atom and Peewee categories and \$20 for Midget to Master categories. Registration fees must be paid online.

If the organization has to cancel the event for reasons outside its control, the competitors will not be refunded.

If the registrant withdraws his or her registration no later than January 6, 2018, the organization will refund all fees paid except an amount



representing \$5.00 for administration fees. After that date, these will not be refunded.

SEEDING

The year of birth and the [ranking of the 2017 NCD series](#) will be used to determine the positions on the start chevron for Atom and Peewee categories. Participants who are not ranked in the 2017 NCD Series will start behind the participants with the same year of birth.

Canadian points will be used to determine the starting order of the Midget to Open categories. Skiers of those categories without points or with a CCC day license will have their starting order randomly drawn in the same group and will start behind the seeded group. The Canadian points list published on December 22, 2017 will be used.

No change will be possible.

The draw will be done on 12 January 2018 on Zone 4. Start lists will be posted on Zone 4 on 12 January 2018 at 6:00 pm.

BIB DISTRIBUTION

Bibs will be distributed at Relais plein air du parc de la Gatineau from 7:30 am on race day.

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

TIME AND START ORDER

The first start will be at 9:00 am. The start order will be published in the technical document to be distributed no later than 11 January 2018.

TIMING AND RESULTS

Timing will be done with Summit timers and results will be compiled using Zone4.

Results will be published on Zone4.ca no later than 14 January 2018.



IMPLEMENTATION OF TURNING ZONES RULE

Pursuant to Article 310.2.2.2 of the Canadian Competition Rules, the organizer will mark sections of the course in the classic technique races where turning techniques are allowed.

AWARDS

Awards will be given 20 minutes after the posting of the category unofficial results at the Relais. Awards will be as follow:

- Coupe Skinouk medals to first three finishers of each year of birth from Atom to Junior B categories;
- Coupe Skinouk medals to first three finishers of Junior A, Senior and Master categories;
- Jeux du Québec Regional Final medals to first three Quebec residents of each year of birth from Atom to Juvenile categories;
- RSEQ medals to first three finishers of Hummingbird to Juvenile categories; and
- School Championship banner for Mosquito to Juvenile categories boys and girls. The ranking of first three racers in each institution will be counted for the team classification.



C. FACILITIES AND SERVICES

ACCESS AND PARKING





Many free parking spaces are available near the Relais plein air du parc de la Gatineau.



STADIUM

The stadium is located in the field on the west side of the the Relais plein air du parc de la Gatineau, and north of the Complexe sportif Mont-Bleu. The stadium map will be available in the technical document to be distributed no later than 11 January 2018.



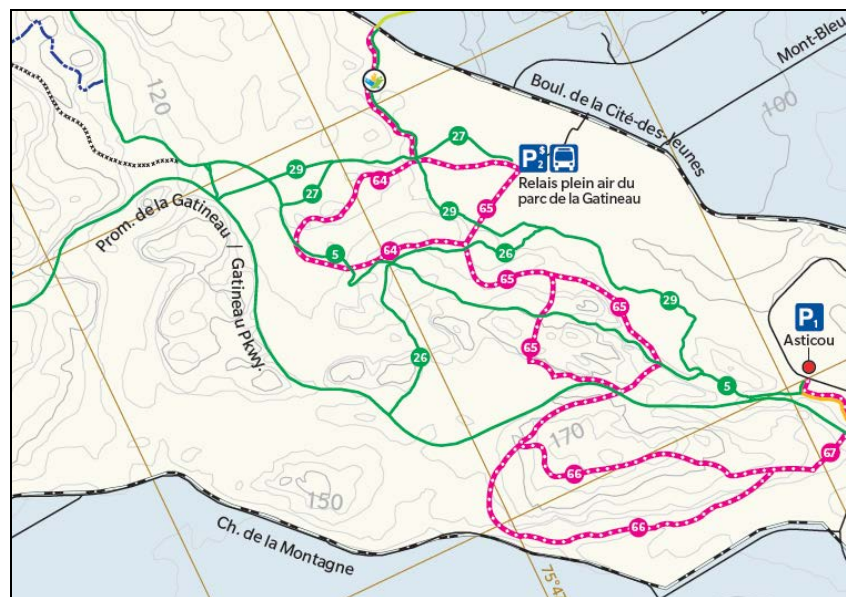


COURSE

The trails used for the course are located in the Gatineau Park Seuil sector. The following trails will be used:

- 1.5 km – trail 29, 27 and the stadium field
- 3.5 km – trail 29, 26, 5 and 27
- 5 km – trail 29, 26, Gatineau Parkway and 27
- 8.5 km – 5 km course then 3,5 km course

Course maps will be available in the technical document to be distributed no later than 11 January 2018.



Grooming and Tracksetting

Demsis will groom and trackset the course.

Trail Conditions

For information on trail conditions, please visit [Gatineau Park](#).

Weather Conditions

For information on local weather conditions, please visit [Environment Canada](#).

Safety on Course

Marshalls will be posted on the course at intersections with other ski and snowshoe trails to inform Park users to be cautious and to request they give way to racers. The Gatineau Park does not allow exclusive use of its trail system, and the organizers cannot close the trails to other users.



ATHLETE SERVICES

Secretariat

The Competition Secretariat will be located on the main level of the Relais plein air du parc de la Gatineau. It will be open from 7 am to 4 pm.

The scoreboard will be located outside the Relais plein air du parc de la Gatineau.

First Aid

First aid on-site will be structured as follows:

- Gatineau Park Patrollers on the trails during the race
- Demsis First Aid Worker with a snowmobile and a sled at Relais plein air; and
- Demsis First Aid Worker at the stadium.

Waxing

There is limited space available inside the Relais plein air du parc de la Gatineau

Food and Refreshment

Energy drink, water and cookies will be served at the finish line.

There will be a snack bar inside the Relais, a fund raiser for Skinouk Athletes. Please support them!

Accommodation

For a list of accommodations in Gatineau, please visit [Tourisme Outaouais](#)



D. CONTINGENCY PLANS

Any information regarding a change of site or date if necessary will be announced on 6 January 2018 on the [Skinouk Website](#).