



CLUB DE SKI DE FOND DU PARC DU MONT-ORFORD

THE HAYWOOD NORAM SERIES
AT BISHOP'S UNIVERSITY
ALTAGAS SPRINT SERIES
WORLD SENIOR CHAMPIONSHIPS TRIALS
CANADA GAMES TRIALS FOR THE QUÉBEC DELEGATION
ORFORD – SUBARU QUÉBEC CUP #2

Dear members of the Cross-Country Ski community,

Our 2019 organizing committee extends a warm invitation to the Haywood NorAm and AltaGas circuit multi event and qualifying competition. This event will be held on our existing FIS homologated course as well as on new trails which should be homologated in time for this competition.

The event to be held from Friday, January 18th to Sunday, January 20th, 2019 is a joint initiative from the Club de Ski de Fond du Parc du Mont-Orford and Bishop's University. The competition will take place at Bishop's University Nordic Center in Lennoxville, in the scenic region of the Eastern Townships in the heart of the province of Quebec.

Friday will be dedicated to free technique sprints while Saturday will offer distance races in the classic technique with individual starts. On Sunday athletes will return to free technique but with mass starts.

We are pleased to welcome all athletes, coaches, and family members to our FIS sanctioned trails. We are also proud to share our enthusiasm for our sport and to make it known in our region by showcasing North America's elite athletes.

While the clubhouse will remain the race committee headquarters, this year's participants, teams and event activities will be channeled towards the Bishop's University Sports Center, whose modern facilities will undoubtedly meet the needs of a sporting community such as ours.

A challenging event, highly competitive, and guaranteed snow!

Athletically yours

René Pomerleau
President of the Organizing Committee

Charles Saint-Jean
Chief of competition

NORAM HAYWOOD AT BISHOP'S UNIVERSITY
ALTAGAS SPRINT SERIES
COUPE QUÉBEC ORFORD-SUBARU



A. GENERAL INFORMATION

DATES

JANUARY 18th, 19th and 20th 2019

[Zone4](#) online registration opens on December 14th, 2018

Registration deadline is Tuesday, January 15th, 2019 at 11:59pm

LOCATION

In order to make the best out of your NorAm experience the OC invites you to plan a quick visit of our new site. A thorough walk through should not take you more than 15 minutes and will allow everyone, from athletes to visitors, to better enjoy our facilities. For more details, this [site map](#), will help you locate the essentials. Please use the legend in the menu section on the left hand side of your screen.

ATHLETES LOUNGE, BATHROOMS AND SHOWER FACILITIES, WAITING AND REST AREA, WI-FI ZONE

Athletes, teams and their guests are invited to spend as much time as possible between their races and on their down time at the Bishop's University's John H. Price [Sports and Recreation Center](#), 2600 College Street (Qc route 116), Lennoxville.

A team of volunteers will be on hand to guide you to the areas available for our event. We intend to fully utilize the sports center so that everyone will be able to enjoy this recently built, state of the art sports complex. A catering service will be available on site.

University car parking: on weekdays, the daily parking fee is \$7 and must be paid on site at the parking meters. Parking is free of charge on Saturdays and Sundays.

WAXING FACILITIES, WAXING TRAILER PARKING AND ACCESS TO TEST AND WARM-UP TRACKS

A large temporary wax tent will be set up in the [golf Clubhouse's parking lot](#) and will be available to all teams. Teams with a waxing trailer will be required to leave it without its pulling vehicle in the adjoining parking lot.

A heated [waxing building](#) with electricity will also be available to competitors. Sitting right next to the sports complex, this building is located 700 meters away from the start/finish area and 450 meters from the warm up tracks.

[Test tracks](#) will be available very close to the parking lot and reserved for testing.

Warming up and cooling down athletes will be directed towards the [warm up tracks](#) or to the sports complex.

Coaches who wish to ski on the course must either use a CCC Coach Bib or buy one on Zone4 for this competition. The bib is to be picked-up at the race secretary office and worn at all times on the race course.

Athletes registered for an event will be granted free access to the trails on race day. Access to the courses is included for Thursday January 17th, the official practice day. Anyone wishing to ski the courses on Wednesday January 16th must pay the trail access fees at the golf Club House.

BIB PICK-UP

On the morning of the event, bibs will be handed out in the Golf [Club House](#).

COMPETITION SITE, TEAM CAPTAINS MEETINGS, SECRETARY, COMPETITION AND JURY OFFICE, ORGANIZING COMMITTEE

Old Lennoxville Golf Club, 19 rue du Golf, Sherbrooke, QC J1M 2E6 [Club House](#)

PROGRAM

The competition will be held over 3 days :

- Friday, January 18th : timed Sprint event in free technique for all categories: Open (Junior A, Senior, U23 and university & college athletes, Junior B and Juvenile boys and girls, but for Midget boys and girls who will take part in a prologue event in free technique with interval starts.
- Saturday, January 19th : distance event, classic technique with individual starts for all categories.

- Sunday, January 20th : distance event, free technique with mass starts.

SANCTIONING

The competition is sanctioned by :

- The Fédération Internationale de Ski (FIS)
- Cross Country Canada (CCC)
- Ski de fond Québec (SFQ)

STAKES

- FIS Continental Cup Series;
- Haywood NorAm Series;
- AltaGas Sprint Series;
- Coupe Québec;
- Quebec University and College Series;
- Senior World Championships Trials
- Canada Games Trials (for Quebec athletes)

TECHNICAL BACKGROUND

The event is guided by the rules enforced by FIS, SFC and SFQ. Said rules can be found on the relevant websites :

[2018 Canadian Competition Rules](#)

[2018-19 Haywood NorAm Technical Package](#)

[Coupe Québec et championnat jeunesse / Règlements officiels](#)

CONTACT INFORMATION

René Pomerleau, President of the Organizing Committee (819) 571.0704 or rpomerle@skidefondorford.qc.ca

Charles Saint-Jean, Chief of Competition (514) 923.5250 or cosaintjean@hotmail.com

For inquiries concerning registration, please contact Marie-Josée Grignon, Competition Secretary at

mjgrignon@skidefondorford.qc.ca

COMPETITION COMMITTEE	
Position	Name
President of the Organizing Committee	René Pomerleau
Chief of Competition	Charles Saint-Jean
Assistant Chief of Competition	Angelo Cristofanilli
Chiefs of Course	André Bérubé and Claude Doyon
Chief of Stadium	Éric Racine
Competition Secretary	Marie-Josée Grignon
Chief of Marshalls	Éric Beaulieu
Chief of Timing and Results	Mario Champigny
Volunteer Coordination	Michel Langlois
Communication	Jean Pinard

JURY MEMBERS	
Responsibilities	Name
Technical Delegate	Daniel Bellerose
Chief of Competition	Charles Saint-Jean
CCC Race Director	Dave Dyer
Assistant Technical Delegate	Frances Norlen
Guest member of the Jury	René Pomerleau

SCHEDULE OF EVENTS		
All Eastern Standard Time. Please visit http://www.skidefondorford.qc.ca/ or NorAm Bishop's Orford FB for updates.		
Date	Time	Event
Sunday, January 13th	23 :59	Deadline for reduced rate registration
Tuesday, January 15th	23:59	Registration deadline
Wednesday, January 16th	8:00	Training day, skiers and coaches must pay access fees to use the trails
Thursday, January 17th	8:00	Official training day, trail access is included in registration
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Friday, January 18th	8:00	Courses open
	9:00	Free Technique Sprint qualifying
	11:00	Free Technique Prologue for Midget category
	11:30	Free Technique Sprint heats
	15:30	Training and course inspection for Saturday's event
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Saturday, January 19th	8:00	Courses open
	9:00-15:00	Classical Technique distance event, Interval Starts
	15:30	Training and course inspection for Sunday's event
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Sunday, January 20th	8:00	Courses open
	9:00-15:00	Free Technique distance event, Mass Starts

Please refer to the section TECHNICAL ZONES below for details, but diagonal technique and turning technique zones will be implemented during the classic race

The Protest Procedure is outlined in the FIS ICR – CCC 361 Protest forms will be available in the Race Office. A \$100 CAD cash fee must accompany the protest form.

B. PROGRAM AND REGISTRATION

RACE FORMAT, CATEGORIES AND DISTANCES				
Category	Year of Birth	Friday	Saturday	Sunday
		Free	Classic	Free
Open		Sprint, Qualifier and Heats*	Interval Starts	Mass Starts
Junior A Women	1999-2000	1300m	10 km	20 km
Junior A Men	1999-2000	1600m	15 km	30 km
U23 Women	1996-1998	1300m	10 km	20 km
U23 Men	1996-1998	1600m	15 km	30 km
Senior Women	1995 & earlier	1300m	10 km	20 km
Senior Men	1995 & earlier	1600m	15 km	30 km
Para-Nordic			Interval Starts	Mass Starts
PN Standing Women	N/A	N/A	2,5 km	5 km
PN Standing Men	N/A	N/A	2,5 km	5 km
PN Sit Ski Women	N/A	N/A	2,5 km	5 km
PN Sit Ski Men	N/A	N/A	2,5 km	5 km
Autres catégories		Sprint, Qualifier and Heats*	Interval Starts	Mass Starts
Midget Girls	2005-2006	Prologue 2,5 km	2,5 km	3,3 km
Midget Boys	2005-2006	Prologue 2,5 km	2,5 km	3,3 km
Juvenile Girls	2003-2004	1000 m	5 km	10 km
Juvenile Boys	2003-2004	1000 m	7,5 km	10 km
Junior B Girls	2001-2002	1000 m	10 km **	10 km
Junior B Boys	2001-2002	1300 m	15km **	10 km
Master Women	1995 & earlier	N/A	10 km	10km
Master Men	1995 & earlier	N/A	15 km	10 km

* Sprint heats will be timed in accordance with section 4.1, paragraph 2 of the Haywood NorAm Technical Package

** Junior B (Boys and Girls) will start with the Open category

For the Mass Start event, due to safety considerations, athletes in the Open category who get lapped by the race leaders on the race course, could be pulled from the event by a jury member. The jury could also decide to apply such a policy for other events and categories.

SEEDING AND CATEGORY ELIGIBILITY

The list of athletes registered in the events will be published on [Zone4](#) and on the Club de Ski de Fond du Mont-Orford event created on the club's Facebook page [NorAm Bishop's Orford FB](#). Coaches are required to communicate any irregularities by email to migrignon@skidefondorford.qc.ca, by the latest at the Team Captain's meeting preceding the event for which the list was published.

All athletes in the Open category (senior, junior A and racing up junior B) will be seeded together by gender for the qualifying round in order of CPL Sprint, with the best skier starting first. Qualifying Juniors will automatically be entered into the Junior quarterfinal heats, unless an athlete's intent to race up as a Senior has been communicated to race secretary office, at the latest at the Team Captain's meeting to be held on January 17th, 2019. The most recent CPL Sprint will be used to determine the order of the start.

USSS skiers with FIS Points are included in the CPL. US skiers without a FIS license will be seeded accordingly to their results at the US Nationals and other NorAm current season events.

The Midget category prologue's starting order will be determined by Distance CPL. Those not on the CPL including those with a SMDL (day licence) will be randomly placed following the last CPL-listed skier.

For interval start races, the Distance CPL will be used for seeding all categories. Within each category, skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will be randomly assigned within each group. A Jury decision will determine the start order for each group. Athletes without CPL ranking or with a SMDL (day licence) will be assigned to a separate group after the points ranked athletes and randomized.

For the mass start races, seeding and bib assignment for all categories will be by Distance CPL. Athletes not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier. A Chevron start will be used.

University and College skiers of Junior age can compete in either Junior or Senior categories, but not both and must chose the same category for all events. For the sprint competition, skiers will be ranked according to the qualifying order only.

As indicated in the CCC Competition Model, athletes may "race up". Athletes wishing to do so should consult with their coaches and/or parents to select the most appropriate race category. Please keep in mind that some skiers may be seeking to meet criteria for provincial teams selection.

LICENSING

- A. All skiers competing in the NorAm Series must hold a valid racing licence issued by CCC or FIS or hold a recognized national cross-country license from another country or a Supporting Member Day License (SMDL). SMDL does not allow the accumulation of Canadian points. Biathletes and athletes from other nordic disciplines must hold a valid annual license issued by CCC or a SMDL. All skiers on the NorAm Series must hold a FIS license to be eligible to race for money awards.
- B. All Quebec skiers competing in Juvenile to Senior categories must also hold a SFQ annual license. Quebec skiers competing in Midget categories must also have a SFQ license or buy a SFQ Day License online for each race day.
- C. Masters must at least hold a CCC Day License, and a SFQ day license for Québec residents. The annual SFQ and SFC licenses are also accepted.
- D. Para-Nordic guides must sign the CCC consent form as a guide for a visually handicapped Para-Nordic skier who has purchased a guide license unless they themselves have a CCC issued license. Although guides do not pay registration fees, they should register on Zone4 and must sign the CCC Discharge form at the Race Office unless they hold a valid CCC license.
- E. Aside from meeting requirements (A) or (B), full-time student athletes registering for the University and College series must meet the academic standards specified in the appropriate Quebec Cup circuit specifications.

DOPING CONTROL

Participants in the Haywood NorAm at Bishop's University must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. To avoid a positive result in any of these tests and the consequences of an anti-doping rule violation, athletes are encouraged to review all details of this notice at www.cces.ca/athletezone.

AWARDS AND MEDALS

Medals will be awarded by gender to the top three of each category: Open (Senior, Junior A and Junior B "race-up", university and collegiate athletes, Para-Nordic (standing and sit ski), Junior B, Juvenile and Midget. There will be no medals by

year of birth. No matter the category or event, athletes must be on site to receive their medal; no reason will be considered to remit the medal or award to someone else but the winning athlete.

1. NorAm Series: Cash prizes and event souvenir, Open categories men and women, all three events : 1st 500\$, 2nd 300\$, 3rd 200\$, 4th 150\$, 5th 100\$ and 75\$ to the best U23.
2. AltaGas Sprint Series : 100\$ to the fastest male and female athlete in qualifying.
3. SFQ bursary for Quebec athletes : 200\$ to the male and female athlete with the lowest cumulative time for all three events of this competition in the Senior-U23, Junior A and university/college Series categories.
4. SFQ bursary : 200\$ to the athletes (boys and girls) with the lowest cumulative time of all three events of this competition for the Junior B age category, regardless of where athletes reside.
5. Best masters, women and men, will receive a race souvenir.

AWARDS AND MEDALS CEREMONY

All awards and medals will be presented as soon as possible after each category is done competing, based on unofficial results.

REGISTRATION

All entries and payments must be done online through [Zone 4](#) . Registration opens on December 15th, 2018 and closes on Tuesday, January 15th, 2019 at 23h59 EST.

Any late entry, after January 15th, 2019 but prior to January 18th, 2019 will incur a surcharge of \$40 per registration, payable on-site at the race secretary office.

Other requests to register after January 18th, 2019 (00h00 EST) will require Jury approval and a surcharge of \$100 per registration. Requests for Jury approval must be made through the race secretary at mjgrignon@skidefondorford.qc.ca.

Athletes and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration and/or at the Captain's meeting. If you are having difficulty with the on-line registration or if you require any correction, please contact the race secretary at mjgrignon@skidefondorford.qc.ca . A seeding list will also be distributed at the TCM for review by the coaches. Please contact the race secretary at mjgrignon@skidefondorford.qc.ca should any corrections be required.

Coaches and Team Captains must register through [Zone 4](#) in order for the organizing committee to establish emails and SMS lists which will be used to communicate any changes or any decisions taken over the course of the event. We will also be communicating any event changes on the Club de ski de fond Orford Facebook page [NorAm Bishop's Orford](#) and website <http://www.skidefondorford.qc.ca/>.

The organizing committee has no intent to refund any fees. However, any refund request may be addressed to the organizing committee, that shall treat them on a discretionary and case to case basis. In the event of a cancellation, refunds may be made considering incurred expenses and CCC technical package directives (2018-19 Haywood NorAm Technical Package version 2.2.4 2018-2019). No refunds will be made for any day licenses (CCC or SFQ) or for fees (CCC or SFQ) not required and purchased by mistake. There will not be any refunds for athletes not showing up at an event or any overpayment. SFQ fees or CCC or SFQ day licenses will not be refunded.

Student-athletes registering for the Quebec University & College Series must comply with Annex A - Sections A.1 and A.2 of «Coupe Québec et championnat jeunesse, Règlements officiels», page 30 of this document :

http://skidefondquebec.ca/sites/default/files/docs/2018-2019_coupe_quebec-reglements_0.pdf

Other student-athletes must comply with their Canadian provincial or American university requirements. To be eligible for any university prizes, the athletes must forward to the race secretary a signed authorization or email from an official coach and/or sports director stating the athlete's status as a student-athlete.

Registration fee

Item	Fee
All categories, including Para-Nordic skiers	45\$
Midget	35\$
SFC Day license per race entry, payable on-line	5\$
SFQ Day license per race entry, payable on-line	5\$

Note that taxes will be added only to the race registration fee.

All licenses registrations will be reviewed by the race secretary office. Improperly registered athletes will be required to normalise their situation with the proper body prior to the first Captain's meeting to be held on Thursday, January 17th, 2019 at 17h30 EST.

BIB PICK-UP

Bib distribution will take place at the [Club House](#) on the morning of each event. Clubs and teams will be charged 75\$ for every bib not returned at the end of an event.

TRANSPONDERS

Transponders will be used for each event. They will be distributed and collected behind the Start Zone. Clubs and teams will be charged 100\$ per transponder not returned at the end of an event.

TECHNICAL ZONES

CLASSICAL TECHNIQUE

The FIS is concerned about preserving classical technique and has asked National Ski Federations to implement technical zones when holding FIS level domestic competitions. Per ICR 310.2.1 "the Jury may ban or enforce the use of specific techniques on marked sections of the course". The Jury may add diagonal stride only Zones during the classical technique event. In these technical zones, only the diagonal stride technique including the herringbone climbing technique without gliding, with a diagonal movement of both arms and legs is allowed. This means that there can only be one pole planted in the ground at any time. All other techniques are not allowed in the designated area. The zones will be clearly marked "Tech. zone, classical technique" with the "Start" and "End" indication for the official training day and the event. Marshalls with video support, as well as members of the jury will ensure that the rule is respected during the event.

TURNING TECHNIQUE

There will be special attention brought to the application of the classical technique to ensure that the ICR norm is respected. Marshalls will be assigned on the race course to monitor that the rules are being respected and will notify the jury of any infractions. The course will be clearly marked where turning techniques are allowed on the bends. For more precision, see the FIS publication [Classical Technique Clarification Cross-Country](#) .

POLE LENGTH NOTICE

For the classical technique event, pole length rule will be applied. The pole length must not exceed 83% of the height of the athlete. The height is measured between the ski tip and the insertion point of the strap. A template will be available on site to validate and verify the length of the poles. An athlete is subject to disqualification if he or she does not meet this requirement.

C. FACILITIES

ACCESS

The competition will be hosted at Bishop's University in Sherbrooke on the Old Lennoxville Golf Club site, located at 19 rue du Golf, Sherbrooke, QC J1M 2E6.

Trail access fees are included in the race entry fee for competition days and official training day. Athletes registered for an event will be granted free access to the trails on race day. For the non-official training day, anyone who intends to ski on the trails will have to pay the applicable access fee, at the golf Club House. Parents and other supporters will have to do the same throughout the competition.

PARKING

Sufficient car parking will be available on the university campus. On weekdays, daily parking fee of \$7 is to be paid at the parking meters. Parking is free of charge on Saturday and Sunday. The walking distance from the parking lot to the race site is approximately 600 meter.

COMPETITION OFFICE

The competition office will be located at the golf [Club House](#). It will be open from 7.00 am to 6.00 pm EST on January 18th and 19th. January 20th, the office will close at 5.00 pm EST.

COURSE AND STADIUM MAPS

[Courses maps](#)

TRAINING

All courses will be available for training starting on January 16th at 8:00 am.
Stadium will be off-limits at all times.

WAXING FACILITIES

The provided waxing facilities, adjacent to the competition site will consist of a tent near the test tracks and a heated building with electricity next to the sports complex. It will be accessible for the three days of the event between 6.30 am and 5.00 pm, starting on Thursday, January 17th, 2019. Parking lot, space will be reserved for teams who have their own tents or waxing trailers.

Clubs, teams and training centers using the provided facilities must first submit a list of registered skiers to mjgrignon@skidefondonford.qc.ca by Tuesday, January 15th, 2019 to allow sufficient space to be reserved. Priority will be given to groups that have provided this list. Teams planning to travel with their own facilities must also report it by email to mjgrignon@skidefondonford.qc.ca before January 15th, 2019 to allow the organizers to reserve sufficient space. These teams are also encouraged to use their own generator at the race site.

In accordance with article 8.1, paragraph 3 of the Haywood NorAm Technical Package team technicians should wear at least a half mask respirator rated for Chemical Clean-up, Grinding, Masonry or Painting Spray that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols. N95 (95% Efficient Protection Against Non-Oil Particulates). Full face masks will protect eyes from dangerous vapours and dust. The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.

http://www.uline.ca/BL_992/3M-6000-Reusable-Respirators

https://www.3m.com/product_categories/full-facepiece/

GUIDELINE ON THE USE OF FLUORO GLIDE WAXES FOR MIDGET SKIERS

Use of non-fluoro (NF) or low fluoro (LF) glide waxes is permitted. High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.

WEATHER

Weather bullets are available at [Sherbrooke weather forecasts](#)

Please note that competitions can be delayed or canceled due to temperature.

NOTICE BOARDS

There will be three notice boards on the competition site. One located indoors at the sports center, one near the waxing facilities and one at the stadium.

CONTINGENCY PLAN

Despite our efforts to provide artificial snow making, a back-up site has been identified for use in the case of low or unskiable snow conditions. Any change in the event location or timing will be posted as early as it is known on the Club de Ski de Fond Orford Facebook event page [NorAm Bishop's Orford FB](#) and the club's website www.skidefondorford.qc.ca. If necessary, a decision on event cancellation or change of site will be made by CCC RD one week prior to the event, after Jury consultation. In such event, any refund will be in accordance with Section 2.6 of the NorAm Technical Package.

For selection events, following section 2.5 of the NorAm technical package, please note that Monday January 21st will be the designated alternative competition day in the event of a weather related cancellation.

D. TEAM SERVICES

FOOD

A light snack will be offered to athletes after each event. Athletes will pick-up their lunch between the race finish and the sports center.

A pay for use restaurant is available at the sports complex. Several restaurants, grocery stores and convenient stores are accessible within one kilometer of the race site.

ACCOMODATION

The City of Sherbrooke has a large number of hotels to accommodate groups of all sizes. For a thorough review of the available options, we invite you to consult our partner's website at [Destination Sherbrooke](#).

FIRST AID

First aid will be provided by the city of Sherbrooke's first responders. There will be a doctor on-site throughout the competition.

LOST AND FOUND

Lost items must be brought to the golf Club House and can be claimed at the volunteer desk. A list of items found will be posted on the club's Facebook page Event Événement [NorAm Bishop's Orford FB](#). If you have lost an item and do not see it on the list please send an email to mjgrignon@skidefondorford.qc.ca.