



## **RACE NOTICE**



*Thérèse-Martin High school's Club Défi, through its sports-study program, is proud to invite you to attend the 19<sup>th</sup> edition of the most prestigious race in Canada for the pee-wee and midget categories.*



Name of the competition	<p align="center"><b>NORAM YOUTH CHAMPIONSHIP</b>  <b>2014</b>  <b>19<sup>TH</sup> EDITION</b></p>
Host Club	Club Défi T.M. Group Cirtech-PVC Quebec
Competition site	<p align="center">Les Sentiers Brandon  St-Gabriel-de-Brandon, Quebec</p>
Trail access fees	<b>Free for athletes and coaches only.</b> The trails will be accessible for regular users from 12:30 pm only.
Address	<p>1, Marier street  St-Gabriel-de-Brandon, Quebec  Lanaudière region</p>
Directions	<p><a href="http://goo.gl/maps/QM5Yh">http://goo.gl/maps/QM5Yh</a></p> <p><u>From Montreal</u></p> <p>Highway 40 Est, exit 122 (highway 31 north) up to Joliette. Take route 131 north, 4.4 km after Notre-Dame-de-Lourdes, keep your right at the “Y” intersection and follow indications for St-Gabriel-de-Brandon. At the intersection of route 347, turn left (north). At the traffic lights in front of the church, turn left on Dequoy street and drive to the end of the road. The recreation center is on your left.</p> <p><u>From Quebec</u></p> <p>Highway 40 West, exit 144 (Berthierville), take route 158 West and 347 North till St-Gabriel-de-Brandon. At the traffic lights in front of the church, turn left on Dequoy street and drive to the end of the road. The recreation center is at your left.</p>

Date	<b>March 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup></b>
Sanction	<b>SFQ and CCC</b>
Eligibility	Participants must be born in 2000, 2001, 2002, 2003 and be members of a club affiliated to SFQ or their respective divisions and must have a valid provincial or state (U.S.) license. Athletes living in Quebec are invited to get their provincial license at a cost of 50\$, before the inscription. Quebec athletes who do not want to take part in all 3 events and athletes who are not from Quebec without a license may provide one per day on site at a cost of \$10 per day for SFQ.

## **ORGANIZING COMMITTEE**

President	Patrick Gauthier
Race Director	Daniel Bellerose
Race Secretary	Carole Provençal
Trail Director	Joël Grégoire
Stadium director	Jean-Francois Vadnais
Chief Controller	Alain Houde
Chief of Timing	Pierre Plazanet
Responsible for Zone 4	Marie-Claude Raiville
Technical Services	Benoit Dériger
Communication	Mylène Tremblay and Liette Corriveau
Protocol	Alain Houde and Michelle Lessard
Technical Delegate	Francine Bisson (SFQ)
Accommodation	Nancy Picard
Food	Eric Barrette and Mylène Tremblay
Volunteers	Liette Corriveau
Financing	Michelle Lessard
Security	Joseph Piuze
Information	<p>Daniel Bellerose (french service)  Phone: (450) 752-8200  e-mail: <a href="mailto:danbellerose@videotron.ca">danbellerose@videotron.ca</a></p> <p>Alain Brunet (english service)  Phone : (450) 886-3573  e-mail: <a href="mailto:alain.defitm@hotmail.com">alain.defitm@hotmail.com</a>  web site: clubdefi.ca</p>

## **RACE PROGRAM**

Categories (Age on December 31 <sup>st</sup> 2013)	gender	Saturday (free technique, individual start)		Sunday (classic technique, mass start)	
		Distance	10:00 am	Distance	10:00 am
M00 13 yrs old	F	4 km		6 km (2X3km)	
M00 13 yrs old	M				
M01 12 yrs old	F				
M01 12 yrs old	M				
P02 11 yrs old	F	3 km (1X2km + 1X1km)		3 km	
P02 11 yrs old	M				
P03 10 yrs old	F				
P03 10 yrs old	M				

**Monday 10:00 am**

**Sprint- Relay (*skate*)  
(6 x 1 100 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 the 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:**

\* A club can have more than one team for this race.

\*\* 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.

\*\*\* 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 (bare-chests forbidden).

## **SCHEDULE OF EVENTS**

<b><u>Friday</u></b>		
<b>Time</b>	<b>Activity</b>	<b>Place</b>
12:00 pm to 4:30 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-163, Thérèse-Martin High school
10:00 pm	Curfew	
<b><u>Saturday</u></b>		
<b>Time</b>	<b>Activity</b>	<b>Place</b>
6:00 am to 8:00 am	Breakfast	Cafeteria
10:00 am	Start of the first race	Les Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
11:30 am	Lunch	Elementary school (Dequoy street)
13:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
4:30 pm	Coaches' meeting	Room F-163, Thérèse-Martin High school
5:30 pm to 7:00 pm	Spaghetti dinner	Cafeteria
7:15 pm	Medals and prizes	Auditorium
8:00 pm	Movie and activities in the gymnasiums	Auditorium, Gymnasiums in F wing
10:00 pm	curfew	

<b><u>Sunday</u></b>		
<b>Time</b>	<b>Activity</b>	<b>Place</b>
6:00 am to 8:00 am	Breakfast	Cafeteria
10:00 am	Start of the first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
11:30 am	Lunch	Elementary school (Dequoy street)
1:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
4:00 pm	Coaches' meeting (if necessary)	
5:30 pm Please note that you cannot come back to the high school before 21:30.	Banquet	Château Joliette, 450 St-Thomas, Joliette
11:00 pm	Curfew	
<b><u>Monday</u></b>		
<b>Time</b>	<b>Activity</b>	<b>Place</b>
6:00 am to 8:00 am	Breakfast and cleaning of classroom	Cafeteria and team's room
10:00 am	Start of first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Medals Distribution of snack	Competition site
12:30 pm	Departure	

## REGISTRATION DETAILS

Entry fees	<p>\$165 per athlete, includes :</p> <ul style="list-style-type: none"> <li>• race fees</li> <li>• lodging</li> <li>• 3 breakfasts</li> <li>• 2 lunches</li> <li>• Saturday's supper</li> <li>• Sunday's banquet</li> <li>• Monday's snack</li> </ul> <p>Coaches or support staff: \$90/pers.</p> <p>Each team is allowed 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</p> <p>\$150 for coaches/support staff in excess of the above ratio.</p>
Registration	<a href="http://new.zone4.ca/">http://new.zone4.ca/</a>
Deadline	Monday, February 25 <sup>th</sup> 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 <a href="http://www.clubdefi.ca">www.clubdefi.ca</a>.</p> <p>Courses will be closed 15 minutes prior to the first departure.</p>
Stadium	Will be posted at competition site, at Thérèse-Martin high school and will on the club's web site at <a href="http://www.clubdefi.ca">www.clubdefi.ca</a> .
Training	<p>Friday, February 28<sup>th</sup>, 12:00 pm to 4:30 pm</p> <p>Saturday, March 1<sup>st</sup>, 1:00 pm to 4:00 pm</p> <p>Sunday, March 2<sup>nd</sup>, 1:00 pm to 4:00 pm</p>
Coaches' meetings	<p>Friday, 9:00 pm</p> <p>Saturday, 4:30 pm</p> <p>Sunday, 4:00 pm (if necessary)</p> <p>Thérèse-Martin High school, F-163</p>
Start orders	<p>Random draw 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 last year's results.</p>
Bib Pick Up	Received at the coaches' meeting or after 9:00 am at the race office located at the competition site ( <i>Bureau de course</i> ).

## **AWARDS**

Description of the awards	<p>Medals for the three first athletes of each category and ribbons for 4<sup>th</sup> to 10<sup>th</sup> 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 style="text-align: center;"><b><u>Banner for the winning team.</u></b></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;"><b><u>Banners for the following categories.</u></b></p> <ol style="list-style-type: none"> <li>1) 12-13 year old boys</li> <li>2) 12-13 year old girls</li> <li>3) 10-11 year old boys</li> <li>4) 10-11 year old girls</li> </ol> <p>Cumulative of the 3 fastest times for each race on Saturday and Sunday for each age group.</p>
Award Distribution	<p>Distributed Saturday at 7:15 pm at the auditorium of Thérèse-Martin High school, Sunday during banquet at Château Joliette and Monday at 12:00 am at the competition site.</p>
<p>Waxing rooms</p> <p>Connection of waxing or other equipments to the warehouse's electrical system is NOT permitted. Please use the mobile generators supplied by our organization.</p>	<p>Warehouse of "Les Sables Techniques inc." (near the start area)</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>

### **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.

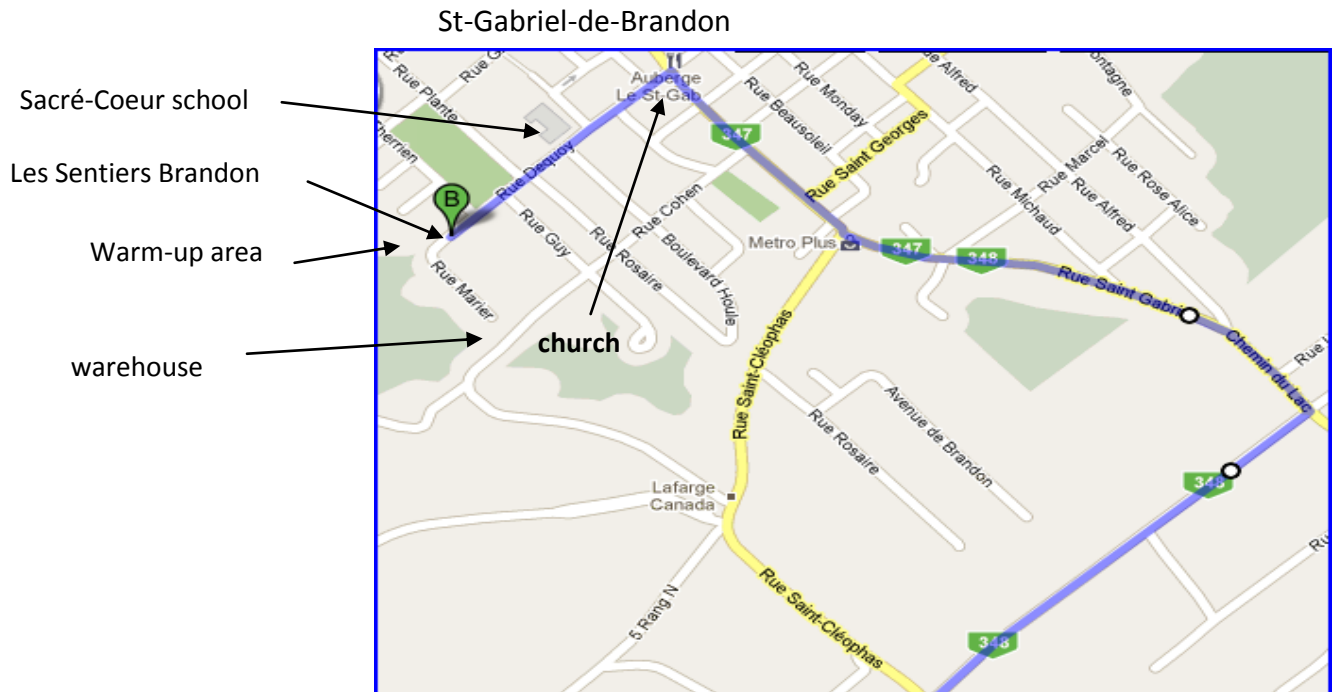


## SERVICES OFFERED TO TEAMS

<p>Lodging</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 the Monday morning. Thank you in advance.</p> <p><b>NEW :</b> 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 are a part of <i>GROUPE DEFI TM # 105 268</i></p>	<p>For athletes and coaches/support staff:</p> <p>Thérèse-Martin High school</p> <p>For others:</p> <p>Refer to the web site of Tourisme Lanaudière: <a href="http://www.lanaudiere.ca">www.lanaudiere.ca</a></p> <p>Cottages rentals : <a href="http://www.cottagesquebec.com">www.cottagesquebec.com</a></p>
<p>Parking</p>	<p>Parking areas are available at the competition site or at a 4 minutes 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>* Banquet <b>included</b> in the registration fees for the athletes and coaches.</p> <p>Extra tickets at the cost of \$32 will be available at <a href="http://www.zone4.ca">www.zone4.ca</a> Access to the main hall is not guaranteed, another hall close by will be available if needed.</p>

## ANNEX 1 - DIRECTIONS

### From Joliette



## ANNEX 2

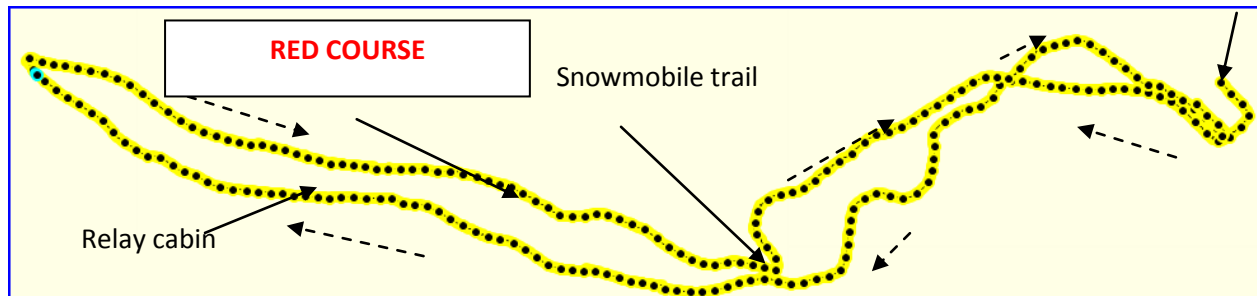
# **NORAM YOUTH CHAMPIONSHIP**

**2014**

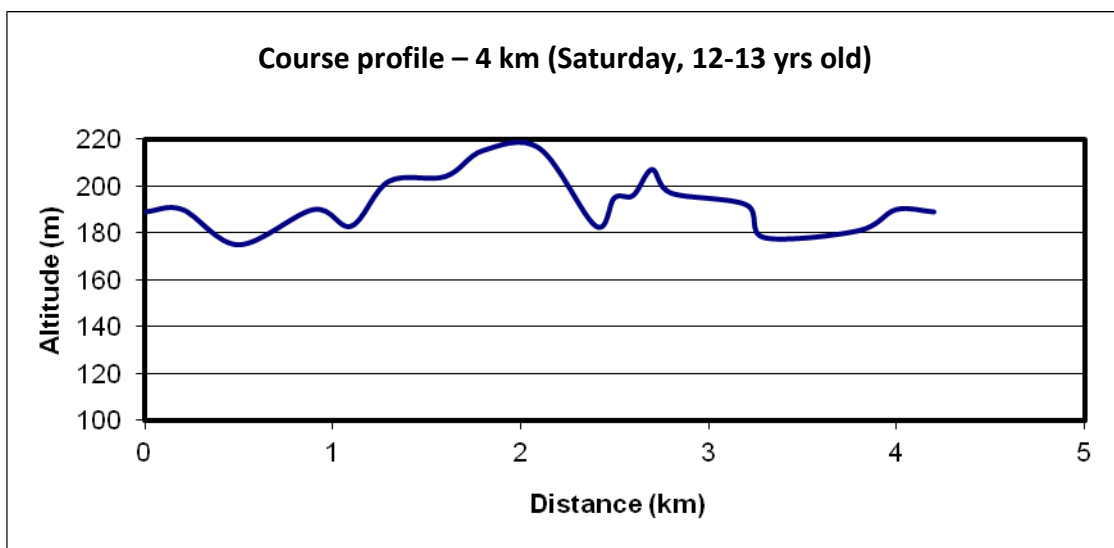
## **Courses**

**4 km – Saturday, M2000 et M2001**

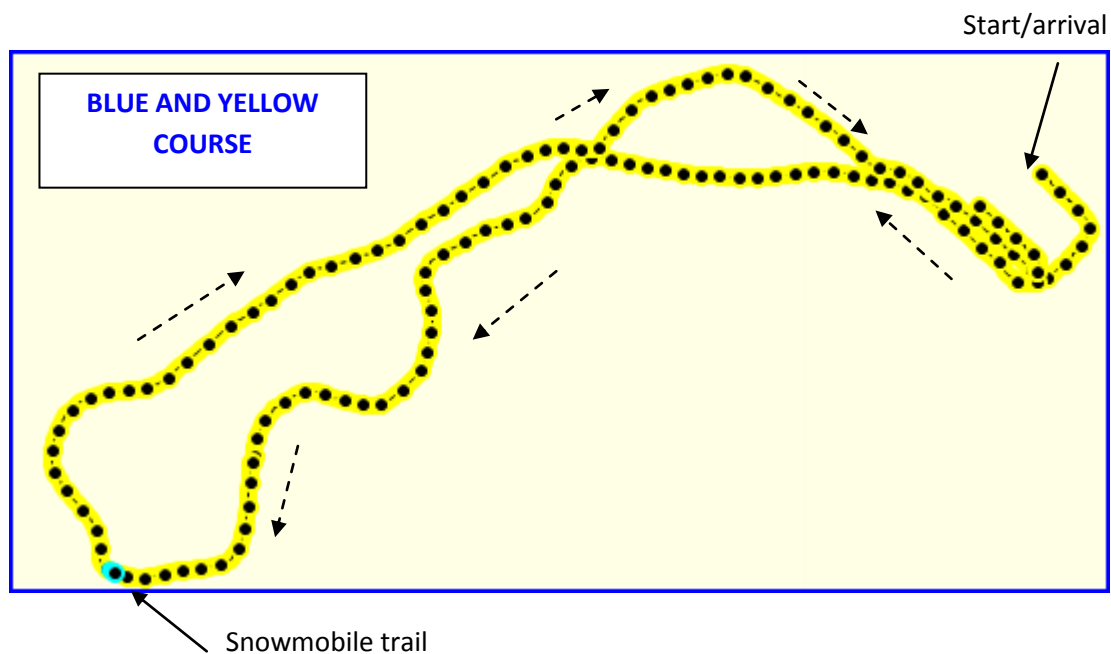
Start/arrival



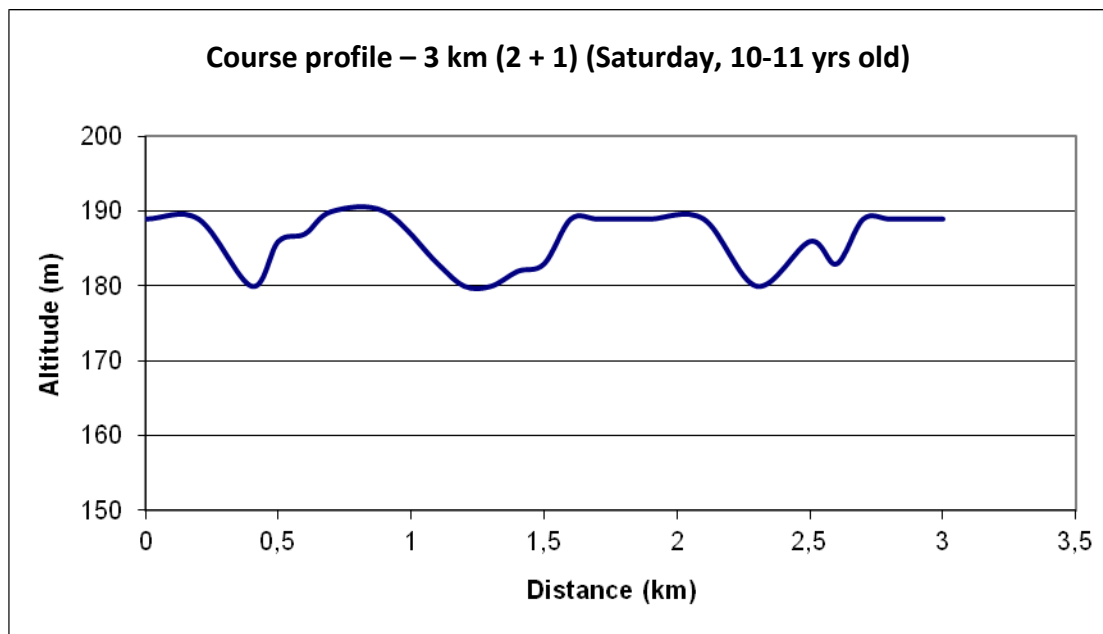
HD : 40 m    MM : 26 m    MT : 76 m



### 3 km (1 x 2km + 1 x 1 km) – Saturday, P2002 and P2003

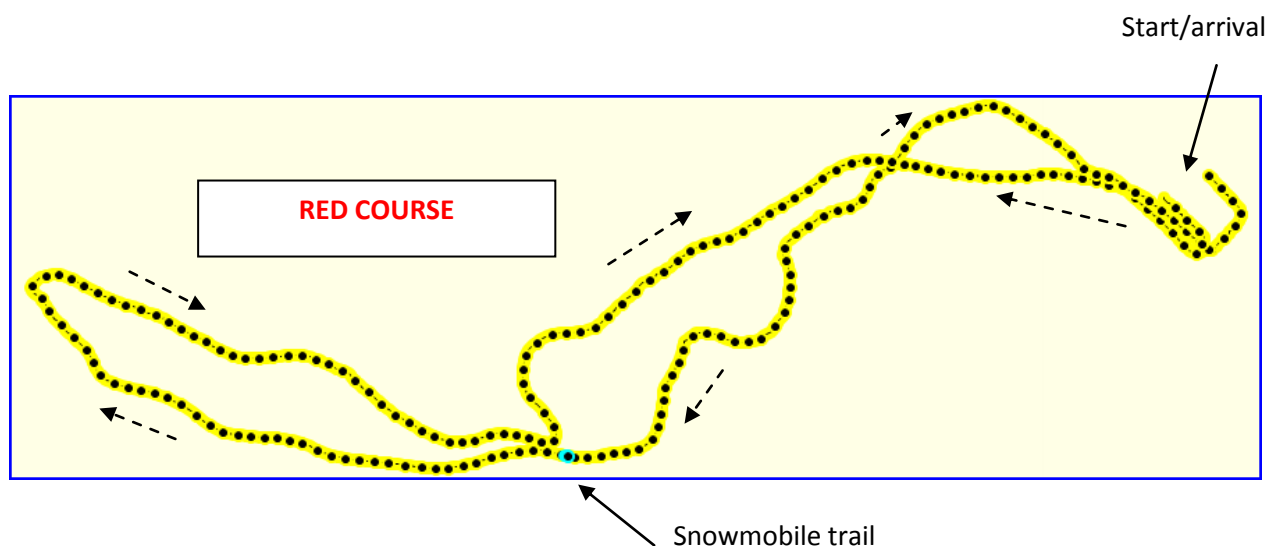


HD : 10 m    MM : 10 m    MT : 36 m



**3 km – Sunday, P2002 and P2003**

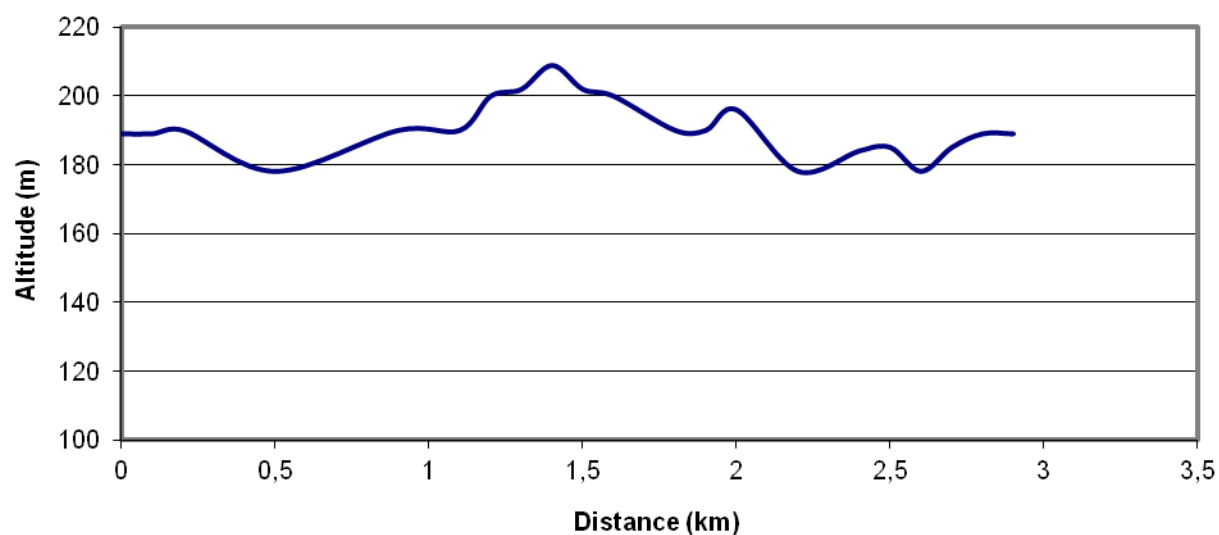
**6 km (2 x 3 km) – Sunday, M2000 and M2001**



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

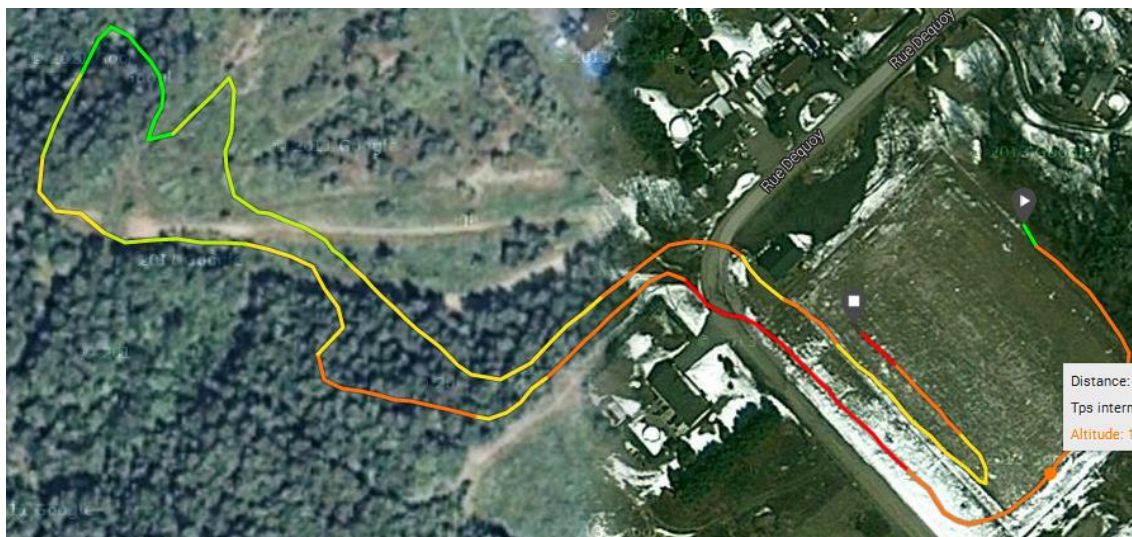
**6 km :**      HD : 34 m      MM : 24 m      MT : 132 m

**Course profile – 3 km (Sunday, for everyone)**

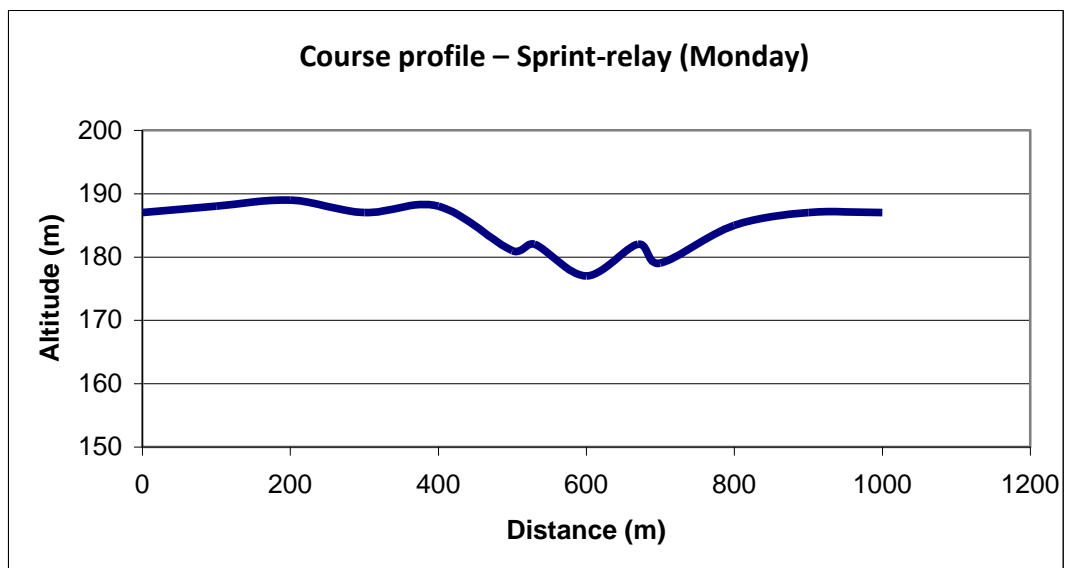


## Sprint relay course - Monday

(6 X 1 100 m)



HD : 12 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

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*Please write with care*

NAME

CATEGORY

Ex: STEVE LAMONTAGNE

12 yrs old M

#	NAME	CATEGORY
1		
2		
3		
4		
5		
6		

Coach: \_\_\_\_\_

Signature: \_\_\_\_\_

**NOTE :** Please use a form for each relay team.