



SPRING CHALLENGE

For U14 and Masters

Hosted by Événements Nordiques Gatineau Nordic Events (ENGNE)

MARCH 10 and 15, 2024

Nakkertok Nordic Centre
Gatineau/Cantley, Quebec





Événements Nordiques Gatineau Nordic Events is pleased to invite you to its new Spring Challenge which will be held over two days on March 10 and 15, 2024 at the Nakkertok Nordic Centre, in Gatineau. Come to cheer athletes that will fight for Ski Nationals title and race after them at the end of the racing days.

LAND ACKNOWLEDGEMENT

Événements Nordiques Gatineau Nordic Events (ENGNE) respectfully acknowledges that the lands on which we live and ski are the traditional unceded territory of the Algonquin Anishnaabeg People. The Algonquin peoples have lived on this land since time immemorial. I am grateful to have the opportunity to be present in this territory. We share a common respect for our natural environment that provides us the privilege of using the topography of mother earth and the snow that falls from the sky to enjoy our chosen activity of cross country skiing.

A. GENERAL INFORMATION

LOCATION

Nakkertok Nordic Centre
900 Gatineau Avenue, Gatineau, Quebec
[Access](#)

PROGRAM

The competitions will run over two days as follows:

DAY	RACE	CATEGORIES	TECHNIQUE
Sunday, March 10	Interval Start	U14 B & G	Free
Friday, March 15	Mass Start	U14 B & G Masters (30 years old and older) M & W	Classic

SANCTION

The event is sanctioned by:

- [Nordiq Canada](#) (NC)
- [Ski de fond Québec](#) (SFQ)

STAKES

- [Canadian Points](#)
- Merchandise for Top-6



TECHNICAL BACKGROUND

The event is held under the following:

- [Canadian Competition Rules](#)
- [Tier II CPL Technical Package](#)
- [Ontario and Quebec No-Fluoro Waxing Protocol](#)

SAFESPORT

Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the [Canadian Sport Helpline](#) or the onsite SafeSport officer (TBD). These individuals can connect you with support and help you file a complaint. For emergencies, call 911.

COMPETITION COMMITTEE

POSITION	NAME
Chiefs of Competition	Pierre Millette
Competition Secretary	Todd Fairhead
Chief of Control and Security	Thomas Lyon
Chiefs of Course	Charles Lacasse / Simon Mason
Chief of Stadium	Andrew Liddiard
Chief of Timing and Results	Phillipe Daoust

JURY

POSITION	NAME
Technical Delegate	TBD
Assistant Technical Delegate	TBD
Chief of Competition	Pierre Millette

INFORMATION AND COMMUNICATION

Email: info@engne.ca

Website: <https://zone4.ca/event/2024/pXaRal/>



SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
Monday, February 19, 2024		Registration opens for the three races	Zone4
Friday March 8, 2024	23:59	Registration closes for the three races	Zone4
Saturday March 9, 2024	12:00	Correction to confirmation list due	iinfo@engne.ca
	15:00	Distance Seeding List for the three races available	Zone4
	19:00	Start List available for U14 2.5 km Interval Start	Zone4
Sunday, March 10, 2024	16:15	U14 2.5 km Interval Start Free Technique Race	Nakkertok Nordic Ski Centre
Thursday March 14, 2024	19:00	Start Lists available for U14 5 km and Masters 30 km Mass Start	Zone4
Friday March 15, 2024	12:45	U14 5 km Mass Start Classic Technique Race	Nakkertok Nordic Ski Centre
	14:00	Masters 30 km Mass Start Classic Technique Race	Nakkertok Nordic Ski Centre

B. COMPETITION

CATEGORIES

CATEGORY	SUB CATEGORY	YEAR OF BIRTH
U14 Girls	U14 G1	2011
	U14 G2	2010
U14 Boys	U14 B1	2011
	U14 B2	2010
Masters Women	M W 30 years old and older	1993 and sooner
Masters Men	M M 30 years old and older	1993 and sooner



RACES

CATEGORY	March 10, 2024 Interval Start Free Technique	March 15, 2024 Mass Start Classic Technique
U14 Girls	2.5 km	5 km
U14 Boys	2.5 km	5 km
Masters Women	N/A	30 km
Masters Men	N/A	30 km

ELIGIBILITY

Races are open to U14 and Masters categories only. The following conditions apply:

Ski de Fond Québec License

Skiers residing in Quebec must have a SFQ racing license or obtain a SFQ day license (\$5 per race) available with the online registration.

Nordiq Canada License

All U14 and Masters skiers must have a valid Nordiq Canada annual license or obtain a Nordiq Canada day license (\$6 per race) available with the online registration.

Canadian Points

Canadian points will be awarded to Nordiq Canada annual license holders only.

Please note that racing up for U12 is not allowed.

REGISTRATION

Registration will open on Monday February 13, 2024 in [Zone4](#). All registration fees must be paid online on Zone4.

Race Fees: Race fees will be \$35 per race per U14 racer and \$40 per race per person for Master categories. Race fees include a \$5 fee designated for snow enhancement. Registration closes on Friday, March 8, 2024 at 23:59 EST.

Sales Taxes: sales taxes (GST and QST) and processing fees will be added to the race fees.

Licenses: Nordiq Canada licenses (and SFQ licenses for Quebec skiers) must be entered at the time of registration.

Nordiq Canada Tier 2 Event License: Racers who do not hold a valid Nordiq Canada license must purchase a \$6 Tier 2 Event license for each race.



Ski de Fond Quebec License: Quebec resident who do not hold a SFQ racing license must purchase a \$5 Day License for each race.

Refund: Refund requests will be processed as follows:

- Before the registration closes: 100% of the registration fee including SFQ Day Licence at
- Between the end of registration and the deadline for corrections to the confirmation list: 50% of the entry fee including SFQ Day Licence
- No refunds for demands received after the deadline to provide corrections to the confirmation list or if the athlete does not show up at the start.
- No refunds for overpaid SFQ Day Licence.
- No refund for a race day cancelled for cold or adverse weather conditions.
- No refund of Zone 4 and online banking transaction fees.
- U12 skiers that would register would be declined and reimbursed 85 % of the amount including SFQ day licenses

Event/day cancellation: The Masters categories require a minimum of 20 skiers to be held. If the race is cancelled, all registrants will be reimbursed but Zone 4 fees and Nordiq Canada day licence.

Corrections: Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the Chief of Competition at info@engne.ca before noon EST Saturday March 9, 2024.

The following table summarizes the various fees related to the registration

CATEGORY	RACE FEE	NORDIQ CANADA TIER 2 EVENT LICENSE	SFQ DAY LICENSE
U14	\$35 per race	\$6 per race	\$5 per race
Master	\$40 per race	\$6 per race	\$5 per race

Note: race fees include a \$5 snow enhancement fee.

SEEDING

Seeding will be done as follow:

Interval Start

Skiers will be ranked according to their points from the Canadian Distance Points List. Groups will then be formed based on the number of skiers. Starting positions will be randomly assigned within each group.

Mass start

Skiers will be ranked according to their points from the Canadian Distance Points List.



Seeding distance lists for all three races will be distributed at 15:00 on March 9, 2024 for review by the coaches. Please contact the chief of competition at info@engne.ca before 17:00 March 9, 2024, should any corrections be required.

ADDITIONAL INFORMATION

All registered skiers and coaches will receive a technical document with the relevant information for the three races no later than noon on Saturday, March 9, 2024. This document will replace the Team Captains Meeting for those races.

BIBS

Bib pick-up by clubs or individually will take place at the Garage. Bibs will be available for pick up as per the schedule below. Bibs will be sorted as identified during registration.

March 10: 15:00

March 15: 11:30

Clubs or individuals will be charged a bib replacement fee of \$100 for each missing bib.

TRANSPONDERS

GoChip transponders will be used for all the races. Transponders will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time. Clubs or individuals will be charged a transponder replacement fee of \$100 for each missing transponder.

WAXING

The use of fluorinated wax or tuning products containing fluorine including kick wax is not allowed for **all** categories.

WARM-UP

Warm up will be possible to do anytime but outside the race courses.

COURSE AND STADIUM MAPS

Courses and stadium maps will be available on March 3, 2024 at the latest.

FEEDING

There will be energy drink and water available on self-serve basis at the finish of every race. For the Masters race, the OC will organize an area for supporters of the racers to provide personal feeding.



RESULTS

The official timing will be done with Summit Systems timers; the data will be managed by Zone4.

AWARDS

Awards for the top-6 will be distributed after the unofficial results will be published

C. FACILITY INFORMATION

PARKING

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for Para-Nordic participants and ambulance access.

Please be vigilant and respect the signage and the parking volunteers who will attempt to maximize the use of the available space.

ECO-FRIENDLY EVENT

ENGNE has the objective and mandate to present events that are as eco-friendly as possible. We ask all participants to reduce usage of single use plastics, styrofoam, packaging and containers they will bring on the competition site. We ask that you sort and dispose of all wastes in the proper recycling, composting and waste bins located at several locations on site to collect wastes. We also encourage teams to carpool as much as possible. We thank you for helping make a greener planet.

ATHLETE'S LOUNGE / TEAM COMPOUND

Indoor space on site will be limited. Teams are encouraged to bring their own tent for athletes to use for changing.

WAXING

It is recommended to prepare skis at home before coming to the site for the race as the OC cannot guarantee any space for a wax tent or trailer.

COMPETITION OFFICE

The competition office is located on the second floor of the Barn. Opening hours will be as follows:

March 10: 15:00-17:00

March 15: 11:30-17:00



WEATHER

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is

<https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Trail conditions will be tweeted on a regular basis via the @nakkxc X account

FIRST AID AND MEDICAL SERVICES ON SITE

In the unfortunate event of an accident or illness, the Canadian Ski Patrol (CSP) will be well prepared to handle both critical and non-critical cases. Advanced first aid services will be provided on site by the CSP that has all of the necessary equipment and will be set up in a tent behind the finish line for minor care. The CSP will also have a separate room in the Chalet to provide more serious care. If required, they will contact the Coopérative des paramédics de l'Outaouais to transfer a patient to more advanced medical care and to the hospital. The CSP will provide an appropriate number of patrollers based on meeting the needs as mutually agreed upon/outlined in the event safety plan. It will include patrollers at the finish line and at other sites appropriately located around the various courses.

INFECTIOUS DISEASES

The event will follow local and provincial public health guidelines regarding event hosting.

LOST AND FOUND

Lost items are collected on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign-in desk. If you have lost an item, please send an email to info@engne.ca.