



## RACE NOTICE

### QUEBEC CUP EVENT # 4

### QUEBEC CUP SUBARU-BISHOP'S FIS

### BISHOP'S UNIVERSITY 24 AND 25 FEBRUARY 2018

Mont Orford Nordic Club is proud to announce that it will be hosting its very first FIS sanctioned race at Bishop's University in Sherbrooke Quebec as part of the Quebec Cup # 4 weekend on Saturday and Sunday February 24-25, 2018.

You are cordially invited to race the newly built trails which are the very first to be FIS homologated on a Canadian University campus. The highly challenging and technical course (FIS D rating) was designed to blend harmoniously within the existing grounds of the University. It is our pleasure to welcome you to Bishop's University's first ever FIS (Federation International de Ski) race on courses sanctioned by the International Ski Federation (FIS).

Saturday's race will be dedicated to Free Technique Sprints for Midget and above categories. The young Atoms and Peewee categories will be racing short distance prologues. Sunday's mass start distance race will be in the classic style.

**Name of Competition**

Quebec Cup Subaru-Bishop's FIS

**Host Club**

Club de ski de fond parc du Mont-Orford

**Site**

Old Lennoxville Golf Club

**Fees access to race course****IMPORTANT information:**

Free access on Friday, February 23rd.

For Saturday and Sunday races:

The costs of accessing the site (\$2.50 per day) are included in the registration fee for athletes..

Free for spectators, parents and companions.

Coaches must register their email and SMS information on Zone4. This information will be used to communicate any changes and or notices made during the event.

**Address**

**Old Lennoxville Golf Club**  
**19, rue du golf**  
**Sherbrooke, QC**  
**J1M 2E6**

**Directions**

From Highway 10 and / or 55 at Sherbrooke, take exit 140 to Highway 410.

Take Highway 410 to its end, take exit 13 to Queen Street and follow the Sherbrooke direction on the roundabouts. After the second roundabout, proceed approximately 800 m on Route 108 and then turn right after the Ultramar garage station on Massawippi Street. Turn left after the bridge onto Winder Street and continue straight on until you reach the golf course (200 meters).

<https://www.google.ca/maps/place/Club+de+golf+Lennoxville/@45.3588965,-71.8525601,17z/data=!3m1!4b1!4m5!3m4!1s0x4cb64d55f8f1b885:0x60ff33c7c3fd6d8d!8m2!3d45.3588928!4d-71.8503714>

**Dates**

February 24 & 25, 2018

**Sanction**

FIS : Fédération Internationale de ski  
SFC : Ski de fond Canada  
SFQ : Ski de fond Québec

## Eligibility

All athletes, including Midgets and University Skiers, must hold a valid competition license issued by CCC or the FIS, or hold a recognized national cross-country ski license from their respective country's federation. Biathlon athletes and other Nordic disciplines must hold a valid CCC license or a daily license for CCC supporter members (LJMS)

All Quebec athletes in the Juvenile to Senior categories must also hold an annual SFQ license. Midget competitors must also hold an annual SFQ license or purchase a daily SFQ license for each day of racing at registration.

University skiers must meet the university standards specified in the Quebec Cup specifications.

For the regional component: the annual or SFQ day license (\$ 5 per day) is mandatory (Atom and Peewee).

SFQ day license (\$ 5 / day) and SFC day license (\$ 5 / day) are mandatory for the Masters categories, Senior Regional Sport and Para-Nordic

## **Organizing Committee**

<b>Event Organizing Competition Chairperson</b>	René Pomerleau
<b>Chief of Competition</b>	Charles-Olivier Saint-Jean
<b>Competition Secretary</b>	Marie-Josée Grignon / Mario Champigny
<b>Chief of course</b>	Nicolas Doyon / André Bérubé
<b>Chief of stadium</b>	Éric Racine / Angelo Cristofanilli
<b>Chef of controller</b>	Éric Beaulieu
<b>Chief of timekeeping &amp; data processing</b>	Catherine Moreau / Isabel Dupont
<b>Communications</b>	Jean Pinard
<b>Chief of volunteers</b>	Michel Langlois / Stacy St-Martin
<b>Inscriptions</b>	Élyse Bernier / Suzanne Méthot
<b>Food services</b>	Diane Bernard

## **Information**

René Pomerleau  
819-571-0704  
[rpomerle@skidefondorford.qc.ca](mailto:rpomerle@skidefondorford.qc.ca)  
<http://www.skidefondorford.qc.ca>

## Jury members

<b>Technical delegate</b>	Jim McCarthy
<b>Assistant Technical delegate</b>	Daniel Deschênes
<b>Chief of Competition</b>	Charles-Olivier Saint-Jean
<b>Competition Chairperson</b>	René Pomerleau

<b>Competition Secretary</b>	Marie-Josée Grignon
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Our club has recently trained and certified new Level 2 Officials. We have paired them with experienced officials to allow them to gain experience.

Race Category (Age on 31 Dec 2017)		Free Technique Saturday February 24, 2018		Classic Style Sunday February 25, 2018	
		Cost before February 18th Add +25% as of February 19 <sup>th</sup> 2018	Distance (km) Individual Start	Cost before February 18th Add +25% as of February 19 <sup>th</sup> 2018	Distance (km) Mass start
		Taxes not included		Taxes not included	
<b>Race ups are authorized with coach and or parent approvals only</b>					
Atom girls (2009- 2012)		25\$	Prologue 0,8 km (green)	25\$	0,8 km (green)
Atom boys (2009- 2012)		25\$	Prologue 0,8 km (green)	25\$	0,8 km (green)
Pee Wee girls (2006- 2008)		25\$	Prologue 1.2 km (red)	25\$	2,5 km (red)
Peewee boys (2005- 2008)		25\$	Prologue 1.2 km (red)	25\$	2,5 km (red)
Midget girls (2004-2005-(2006))		25\$	Sprint 800 m (green)	25\$	3 km (yellow)
Midget boys (2003) 2004-2005)		25\$	Sprint 800 m (green)	25\$	3 km (yellow)
Juvenile girls (2002-2003(2004))		45\$	Sprint 1.1 km FIS (yellow)	45\$	7,5 km (2 X 3,75) (yellow) FIS
Juvenile boys (2002-2003))		45\$	Sprint 1.1 km FIS (yellow)	45\$	10 km (3 X 3,3) (red) FIS
Junior B women (2000-2001 (2002))		45\$	Sprint 1.1 km FIS (yellow)	45\$	10 km (3 X 3,3) (red) FIS
Junior B men (2000-2001)		45\$	Sprint 1.1 km FIS (yellow)	45\$	15 km (4 X 3,75) (yellow) FIS
<b>Open Women</b>	Junior A (1998-1999)	45\$	Sprint 1,1 km FIS (yellow)	45\$	10 km (3 X 3,3) (red) FIS
	U23 (1995-1997)				
	Senior elite (1994 and older)				
<b>Open Men</b>	Junior A (1998-1999)	45\$	Sprint 1.4 km FIS (blue)	45\$	15 km (4 X 3,75) (yellow) FIS
	U23 (1995-1997)				
	Senior élite (1994 and older)				
Senior sport and Master men and women (+ de 30) classed by 10 year groups		45\$	N/A	25\$	5 km initiation (blue)
Senior sport and Master women (+ 30 years old) classed by 10 year groups (1986 and prior)		45\$	Sprint 1,1 km (yellow)	45\$	15 km (3 X 5 km blue)
Senior sport and Master men (+ years old) classed by 10 year groups (1986 and prior)		45\$	Sprint 1.4 km (blue)	45\$	15 km (3 X 5 km blue)

## Schedule

DATE	ACTIVITY	SITE
<b>Friday Feb 23rd</b>		
13h00	Official training Waxing tent opening	Sprint Circuit
16h00	Coaches meeting Random draw	Golf Clubhouse For further information contact the Race secretary; <a href="mailto:mjgrignon@skidefondonford.qc.ca">mjgrignon@skidefondonford.qc.ca</a>
<b>Saturday Feb 24th.</b>		
08h00 à 12h00	Bib distribution	Golf clubhouse (basement)
6h30	Waxing tent opening	
9h00	Race start (Sprint Qualifications)	Old Lennoxville Golf Club start area
10h30	Prologue Starts (Atom & Peewee)	
11h00	Sprint Heats start	
12h00	Lunch (distribution of light lunch for athletes and volunteers)	Golf clubhouse
11h00	Medal ceremony regional races (Atom & Peewee,)	Next door to Clubhouse
15h00 or following the category finals	Medal ceremony Sprints	
16h00	Coaches meeting for Sunday's race	Golf clubhouse <a href="#">Race Information and documents click here</a>  For further information contact the Race secretary; <a href="mailto:mjgrignon@skidefondonford.qc.ca">mjgrignon@skidefondonford.qc.ca</a>
<b>Sunday Feb 25th</b>		
06h30	Wax tent opening	Next door to Clubhouse
08h00 à 12h00	Bib Distribution	Golf clubhouse (basement)
09h00	Race start	Old Lennoxville Golf Club start area
10h00	Medal ceremony (Midget)	Next door to Clubhouse
11h00	Medal ceremony Open, Junior B men, Juvenile girls + Atom et Peewee	
11h30	Lunch (distribution of light lunch for athletes and volunteers)	Golf clubhouse
12h00	Medal ceremony Juvenile men + Open et Junior B women	Next door to Clubhouse
13h15	Medal ceremony Masters + Senior sport	Next door to Clubhouse

**For additional information contact René Pomerleau at 819-571-0704**

**Rules and regulations**

The event will comply with the current regulations issued by FIS, SFQ and CCC. See the following links:

<http://www.cccski.com/getmedia/df3461fb-30ee-455a-8d8b-cdc1626f44df/2017-ICR-CCR-V3-including-marked-precisions-Fin.pdf.aspx>

[http://www.skidefondquebec.ca/sites/default/files/docs/2017-2018\\_coupe\\_quebec-reglements\\_0.pdf](http://www.skidefondquebec.ca/sites/default/files/docs/2017-2018_coupe_quebec-reglements_0.pdf)

**Terms of registration****Fees**

Registration and day licenses fees are indicated on the Registration fee table. **Please note that sales taxes will be added to the race fees.**

**Registration**

Online registration opens January 1, 2018

<https://zone4.ca/register.asp?id=17134&lan=1&cartlevel=1>

Zone4 transaction costs are not refundable.

In cases of force majeure (cancellation by the organization due to weather conditions) or insufficient participation. 70% of the registration fee will be refunded to athletes if the cancellation is made 48 hours prior to the first race or before February 22, 9:00. If cancellation occurs the morning of the race, no fees are refunded.

**Deadline for registration**

Tuesday February 20, 2018 at 11 :59 PM EDT

**Course map**

<http://www.skidefondorford.qc.ca/competitions/coupe-quebec/>

**Stadium layout**

<http://www.skidefondorford.qc.ca/competitions/coupe-quebec/>

**Official training**

As of 1:00 PM, Friday February 23, 2018 for the Sprint and Prologue. As of 2:00PM Saturday, February 24, 2018 for Sunday's races. Please note that training outside these hours is not allowed. Athletes must leave race course 15 minutes before the start of the races.

**Access to Start and Finish zones area is prohibited at all times**

**Coaches meeting**

Friday February 23, 2018 at 4 :00 PM  
Saturday February 24, 2018 4 :00 PM  
Old Lennoxville Golf Club, Clubhouse

[Race Information and documents click here](#)

For further information contact the Race secretary;  
[mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca)

**Seeding**

The list of athletes will be posted on our news site. Coaches must inform us of any irregularities by email. The regulations of Cross Country Quebec will apply.  
[mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca).

**Bib distributions**

Old Lennoxville Golf Club, Clubhouse basement between 8 AM and 12 PM on race day.

**Medals and prizes****Medal Description**

Medals will be awarded to the first three in each category. The athlete must be present in person to receive his or her medal. Medals will not be handed to another person acting on the winner's behalf.

**Scholarship prize**

The Québec Cup scholarships are awarded to the 1st of each category (Junior B, Junior A, U23 / Senior, and University), only members of Ski de fond Québec which combines the best result of the 2 races of the weekend. The bursaries are awarded by Ski de fond Québec or the sponsoring partner if applicable. The athlete must be present to receive his Coupe Québec scholarship. Under no circumstances will the scholarship be handed to another person acting on the athlete's behalf.

Prizes will be awarded 30 minutes after the end of races.

**Waxing Tent**

A waxing tent will be made available.

**Notice on pole length  
(New rules)**

Note that the new pole length rule will apply for the classic style race. The height of the poles must not exceed 83% of the height of the athlete. The height is measured between the tip of the stick and 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

**Classic Technique**

Please take note that particular attention will be placed on insuring that ICR rules relating to the classic technique are adhered to. Controllers will be assigned to specific areas to validate the technique.

**IMPORTANT: IMPLIMENTATION OF THE NO DOUBLE POLE RULE**

Clarification of no-double pole zone rule under the ICR Internationally, FIS is concerned about preserving classical technique for the future and has asked National Ski Federations to test the implementation of no-double pole zones in FIS level domestic competitions this winter. The OC is informing you that as per ICR 310.2.1.5 "the Jury may ban the use of specific techniques on marked sections of the course," the Jury will add a No-double Pole Zone during the classic style distance race. Clarification of the rule and sanctions i) Only diagonal technique with diagonal movements of both arms and legs are allowed in the no double pole zone; this means there can only be one pole in the ground at any time. All other techniques are not allowed in the zone. ii) The zones will be clearly marked (start and stop) for the Official Training day; officials with video, as well as jury members will verify that the rule is followed during competition. iii) In case of infractions the jury will sanction the skier according to the ICR.

**Athlete Services**
**Food services**

Golf Clubhouse

Light lunch will be served to athletes after each race.

Several restaurants, grocery stores and convenience stores are less than one kilometer from the race site.

**Accommodations**

The City of Sherbrooke has many hotels to accommodate groups of all sizes.

**Parking**

Priority will be given to guest Club trailers along the Clubhouse entrance. A 100-car parking lot is also available at the Golf Club. Additional parking is available at the University; however, it is approximately 600 meters to race site

**Medical**

First aid will be provided by first responders (Canadian Ski Patrol). A medical doctor will also be present.

**Race schedule**

Saturday Feb 24, 2018 (Free Technique)		Sunday Feb 25, 2018 (Classic Technique)			
Tentative Schedule		Tentative Schedule			
Individual Start (15 sec.)				Start	Category
9h00	Qualifications All categories	9h00	3 km	Mass	Midget boys
		9h05	3 km	Mass	Midget girls
		9h10	15 km	Mass	Junior B & Open men
		10h00	7,5 km	Mass	Juvenile girls
10h30	Prologue Start Peewee	10h20	0,8 km	Mass	Atom boys
10h45	Prologue Start Atom	10h22	0,8 km	Mass	Atom girls
11h00	Sprint waves start	10h30	2,5 km	Mass	Peewee boys
	Midget and over	10h32	2,5 km	Mass	Peewee girls
		10h40	10 km	Mass	Juvenile men
		10h45	10 km	Mass	Junior B & Open women
		11h25	15 km	Mass	Senior Sport & Master men
		11h27	15 km	Mass	Senior Sport & Master women
		11h30	5 km	Mass	Masters men & women