



RACE NOTICE

Thérèse-Martin High school's Club Défi-La Montagne Coupée, through its sports-study program, is proud to invite you to attend the 22nd edition of the most prestigious race in Canada for the pee-wee and midget categories.



Name of the competition	NORAM YOUTH CHAMPIONSHIP 22nd EDITION
Hosting club	Club Défi T-M – La Montagne Coupée
Competition site	Les Sentiers Brandon St-Gabriel-de-Brandon, Quebec
Trail access fees	Free for athletes and coaches <u>only</u>. The trails will be accessible for regular users from 13:30 pm.
Address	1726 rue Dequoy St-Gabriel-de-Brandon, Quebec J0K 2N0 Lanaudière region
Directions	https://goo.gl/maps/ia58qJ5YxEQ2
Date	February 18th-19th-20th 2017
Sanction	SFQ
Eligibility	<p>Participants must be born in 2003, 2004, 2005 or 2006 and be members of a club affiliated to SFQ or their respective divisions and must have a valid provincial or state (U.S.) license.</p> <p>No upgrade to the above category is accepted.</p> <p>Athletes living in Quebec are invited to get their provincial license at a cost of \$52, before the inscription. Quebec athletes who do not want to take part in all three (3) events and athletes who are not from Quebec and without a license may provide a daily license on site at a cost of \$3 per day.</p>

ORGANIZING COMMITTEE

President	Alain Houde
Race Director	Daniel Bellerose
Race Secretary	Sophie Brissette, Guylaine Morin
Trail Director	Joël Grégoire, François Breault
Stadium director	Éric Varin, Patrice Petelle
Chief Controller	Alain Houde
Chief of Timing	Sébastien Bolduc
Responsible for Zone4	Marie-Claude Rainville (for any mistakes or questions regarding registration, write to marieclauderainville@yahoo.ca).
Technical Services	Benoit Dériger
Communication	Michelle Lessard
Protocol	Stéphanie Breault, Marie-Christine Venne
Technical Delegate	Francine Bisson (SFQ)
Accommodation	Myrabel Braün For special needs or any request regarding accommodation, write to myrabel@videotron.ca
Food	Éric Barrette et Brigitte Ladouceur Regarding food allergies, write to maric02@videotron.ca
Volunteers	Angèle Turgeon
Financing	Michelle Lessard
Security	Martin Grégoire
Information	Daniel Bellerose (bilingual services) Telephone 450-752-8200 Email : danbellerose@videotron.ca Facebook : Club Défi T.M.

RACE PROGRAM

Categories (Age on December 31 st 2015)	Gender	Saturday (free style, individual start)		Sunday (classic technique, mass start)	
		Distance	10:30 am	Distance	10:30 am
M03 — 13 yrs old	G	4 km		6 km (2 x 3 km)	
M03 — 13 yrs old	B				
M04 — 12 yrs old	G				
M04 — 12 yrs old	B				
P05 — 11 yrs old	G	3 km (1 x 2 km + 1 x 1 km)		3 km	
P05 — 11 yrs old	B				
P06 — 10 yrs old	G				
P06 — 10 yrs old	B				

Monday – 9:30 am

Sprint- Relay (*free style*)
(6 x 1100 m)

Official teams

6 athletes **from the same club** including:

- ONE GIRL born in 2005 **OR** 2006
- ONE BOY born in 2005 **OR** 2006
- ONE GIRL born in 2003 **OR** 2004
- ONE BOY born in 2003 **OR** 2004
- TWO OTHER ATHLETES (NO RESTRICTIONS)

Mixed teams

6 athletes **from at least two different clubs** including:

- ONE GIRL born in 2005 **OR** 2006
- ONE BOY born in 2005 **OR** 2006
- ONE GIRL born in 2003 **OR** 2004
- ONE BOY born in 2003 **OR** 2004
- TWO OTHER ATHLETES (NO RESTRICTIONS)

Non-official teams

6 athletes **from at least two different teams** (no age or gender restrictions).

The list of the official and mixed teams must be completed through ZONE4 prior to Saturday 18th at 6:00 pm.

Important notice:

Note 1 : A club can have more than one team for this race.

Note 2 : Semi-finals and a final will be held for the “Official teams”. The first five (5) teams from each semi-final and the five (5) best “lucky losers” will participate in the final for a total of fifteen (15) teams.

Note 3 : Athletes are invited to wear fancy dress for the sprint-relay race. The bib must remain visible during the race.

Note 4 : Athletes must however wear appropriate clothing for wintry conditions (ex. bare-chests are forbidden).

Obstacle
course
Slalom
Fun
Jump

SCHEDULE OF EVENTS

<u>Friday</u>		
Time	Activity	Place
12:00 pm to 4:00 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-160, Thérèse-Martin High school
10:00 pm	Curfew	
<u>Saturday</u>		
Time	Activity	Place
6:00 am to 8:00 am	Breakfast	Cafeteria
10:30 am	Start of the first race	Les Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Lunch	Elementary school (Dequoy street)
1:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
3:00 pm to 5:00 pm	Activities in gymnasium	Gymnasium F wing Thérèse-Martin High School
4:30 pm	Coaches' meeting	Room F-160 Thérèse-Martin High school
5:30 pm to 7:30 pm	Spaghetti dinner	Cafeteria Thérèse-Martin High School
7:15 pm	Medals and prizes	Auditorium Thérèse-Martin High School
8:00 pm to 9:00 pm	Performance Bruno Leduc, comedy hypnotist	Auditorium Thérèse-Martin High School
10:00 pm	Curfew	

Sunday

Time	Activity	Place
6:00 am to 8:00 am	Breakfast	Cafeteria
10:30 am	Start of the first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Lunch	Elementary school (Dequoy street)
1:00 pm to 3:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
4:15 pm	Medals ceremony	Auditorium Thérèse-Martin High School
5:30 pm Please note that you cannot come back to the school before 9 :30 pm.	Banquet	Château Joliette 450 rue St-Thomas, Joliette
11:00 pm	Curfew	

Monday

Time	Activity	Place
6:00 am to 8:00 am	Breakfast and cleaning of classroom	Cafeteria and team's room
9:30 am	Start of first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Medals ceremony Distribution of snacks	Competition site
12:30 pm	Departure	

REGISTRATION DETAILS

	<p>\$180 per athlete, includes :</p> <ul style="list-style-type: none"> • race fees • lodging • 3 breakfasts (5 items each) • 2 lunches • Saturday's supper • Sunday's banquet • Monday's snack
Entry fees	<p>Coaches or support staff: \$105/pers.</p> <p>Each team must have a minimum of two coaches or support staff with a maximum ratio of 1 adult for 5 athletes. 1 to 10 athletes = 2 coaches 11 to 15 athletes = 3 coaches 16 to 20 athletes = 4 coaches 21 to 25 athletes = 5 coaches <i>and so on ...</i></p> <p>\$165 for coaches/support staff in excess of the above ratio.</p>
Registration	http://new.zone4.ca/
Deadline	Monday, February 13 th 2017, 11:59 pm (eastern time)
Refund	<p>under no circumstances will a refund be provided.</p> <p>A special activity will be organize if the races are cancelled.</p>
Race courses	<p>See annexes at the end of this document.</p> <p>Courses will be closed 15 minutes prior to the first race departure.</p>
Stadium	Will be posted at competition site and at Thérèse-Martin high school.
Training	<p>Friday, February 17th 2017, 12:00 pm to 4:30 pm</p> <p>Saturday, February 18th 2017, 1:00 pm to 4:00 pm</p> <p>Sunday, February 19th 2017, 1:00 pm to 3:00 pm</p>
Coaches' meetings	<p>Friday, February 17th 2017, 9:00</p> <p>Saturday, February 18th 2017, 4:30 pm</p> <p>Thérèse-Martin High school, F-136</p>
	Random draw (from Zone4) for Saturday's race only.
Start orders	<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 2017 championship results banner.</p>
Bib pick up	Received at the coaches' meeting or between 9:00 and 9:45 am at the race office located at the competition site (Bureau de course).

AWARDS

Description of the awards

Medals for the first three (3) athletes of each category and ribbons for 4th to 10th place for Saturday and Sunday's race.

Medals for the six (6) members and coach of the three (3) winning teams of the sprint-relay race. (official and mixed teams).

Medals for the six (6) members and coach of the winning team of the sprint-relay race (non-official teams).

Banner for the winning team.

Cumulative time of the two (2) fastest boys and the two (2) fastest girls for age groups born in 2003 and 2004 and age groups born in 2005 and 2006, for each race on Saturday and Sunday.

Banners for the following categories.

Cumulative of the 3 fastest times for each race on Saturday and Sunday for each age group.

- 1) Boys born in 2003 and 2004
- 2) Girls born in 2003 and 2004
- 3) Boys born in 2005 and 2006
- 4) Girls born in 2005 and 2006

Award Distribution

Saturday at 7:15 pm at the auditorium of Thérèse-Martin High school.

Sunday at 4:15 pm at the auditorium of Thérèse-Martin High school **and** during banquet at Château Joliette (starting at 5:30 pm).

Monday around 12:00 pm at the competition site.

Waxing facilities

In the municipal garage (near the stadium)

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

For teams using their own waxing trailer, a parking lot will be available near the warm-up area.

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. Powders and gels are prohibited.

Special rule:

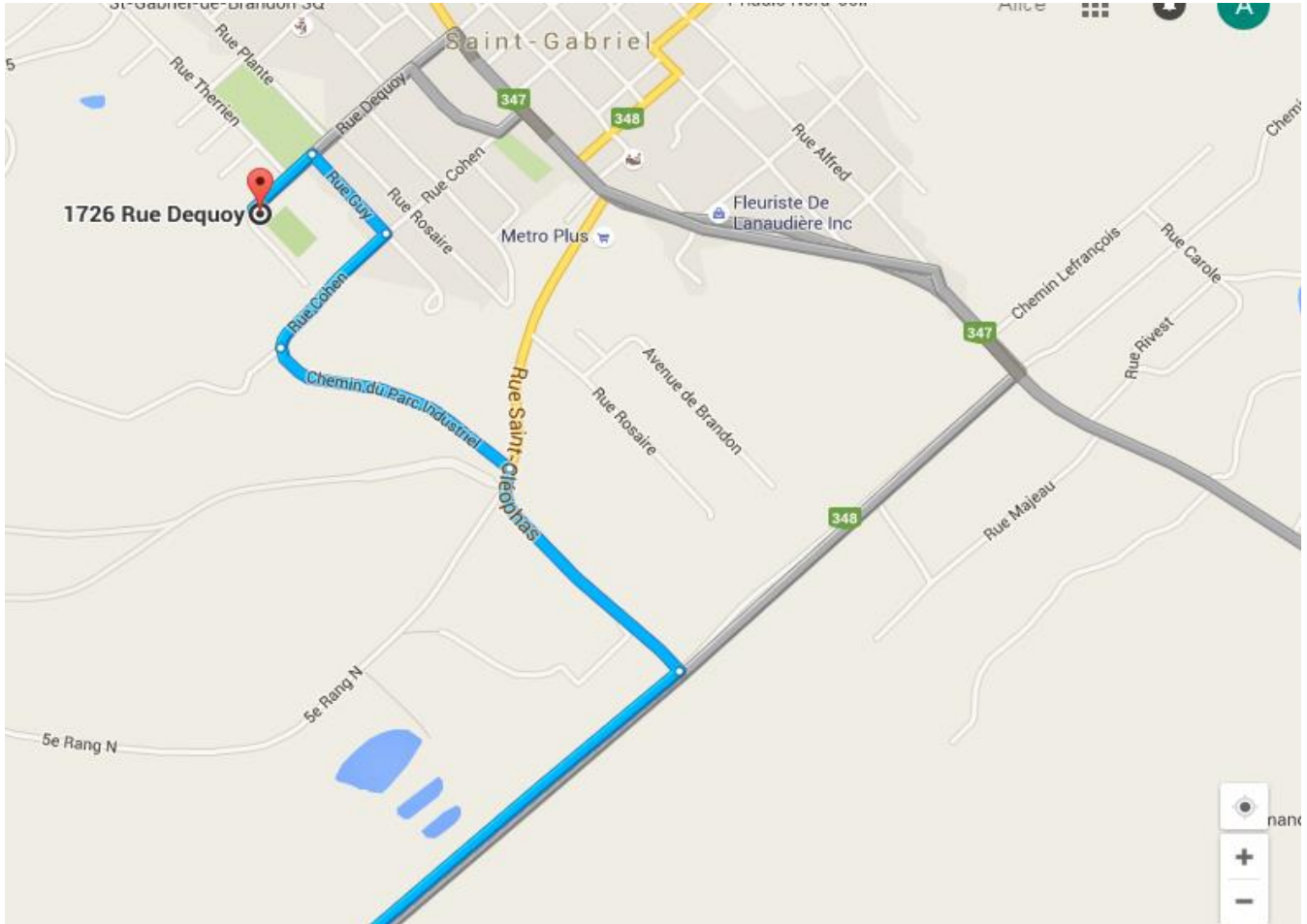
A time penalty will be assessed against all athletes who do not respect the rules, especially those concerning the race style, rather than a written reprimand which would have no effect given their age and level of competition. Disqualifications may still occur (eg: for obtaining an advantage by not respecting the course). All infractions will be submitted to the jury for final determination.

SERVICES OFFERED TO TEAMS

Lodging	<p>For athletes and coaches/support staff: at Thérèse-Martin High school</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 Monday morning at 8:00 am. Thank you in advance.</p> <p>In addition each club lodged at TM high school will be held responsible for the classroom(s) and all equipment contained in those classrooms throughout the championship. In the event of any damage to the classroom(s) or equipment in them the club in question will be liable and will assume the repair costs caused by any negligence or vandalism.</p> <p>Lodging for teams and support staff : We have obtained a special rate for rooms at The Château Joliette. When making the reservations, make sure to mention you're a part of Club Défi TM-La Montagne Coupée # 180610.</p> <p>Other options :</p> <ul style="list-style-type: none"> • Web site of Tourisme Lanaudière: www.lanaudiere.ca • Cottages rentals : www.cottagesquebec.com 	
	Parking	<p>Parking areas are available at the competition site or within a short walking distance (maximum four minutes).</p>
	Medical	<p>A first aid service will be available on site by a nurse and a doctor.</p>
Social activities	<p style="text-align: center;">Banquet and danse</p> <p>* Spaghetti supper's (Saturday) and banquet's (Sunday) tickets are included in the registration fees for athletes and coaches (Zone4).</p> <p>Extra tickets for banquet, at the cost of \$33, will be available at www.zone4.ca</p> <p>Sunday's banquet : Access to the main hall is not guaranteed, another hall close by will be available if needed.</p>	

ANNEX 1 DIRECTIONS

From Joliette : local map of St-Gabriel-de-Brandon

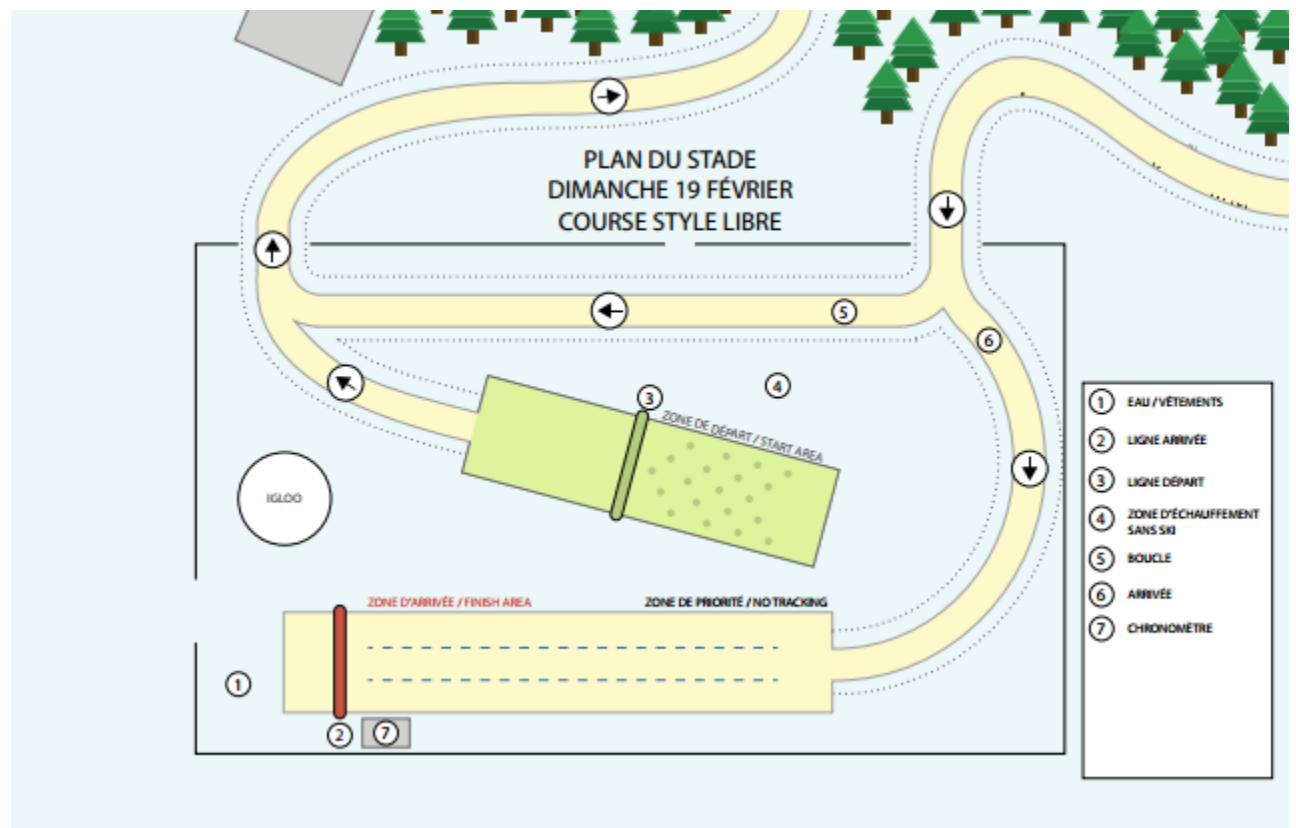
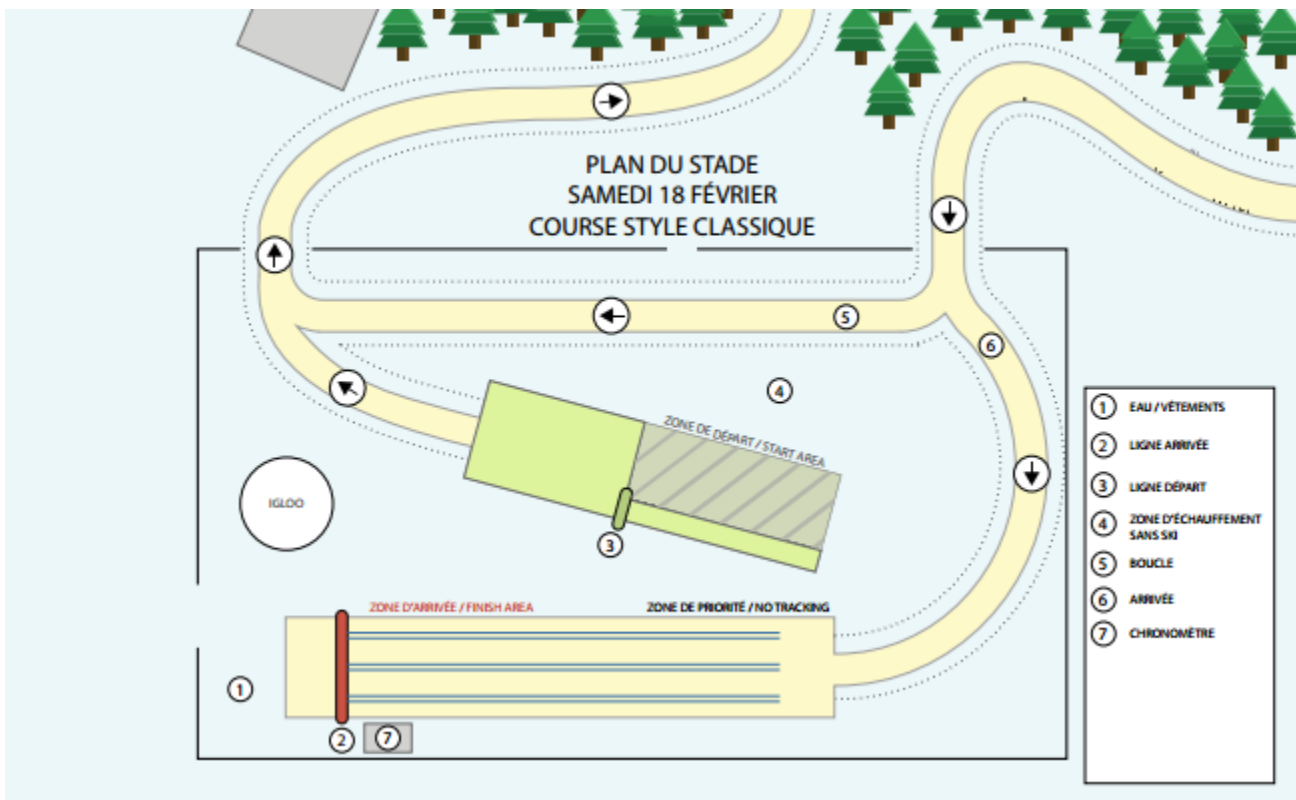


ANNEX 2

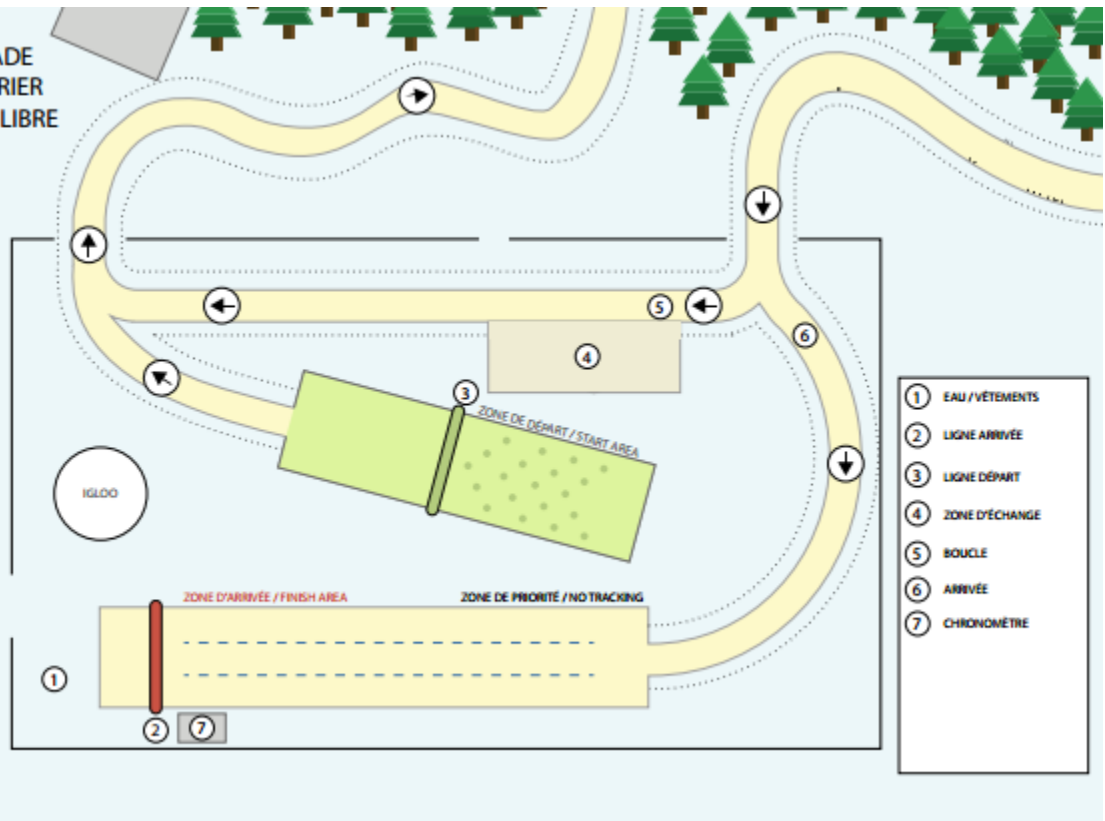
NORAM YOUTH CHAMPIONSHIP 2017

SITE'S OVERVIEW





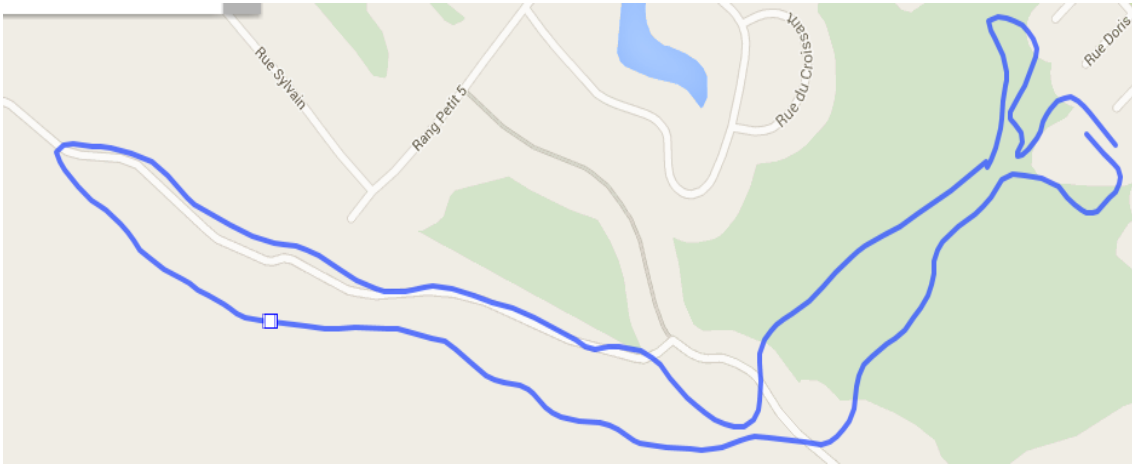
PLAN DU STADE
LUNDI 20 FÉVRIER
COURSE STYLE LIBRE



Courses

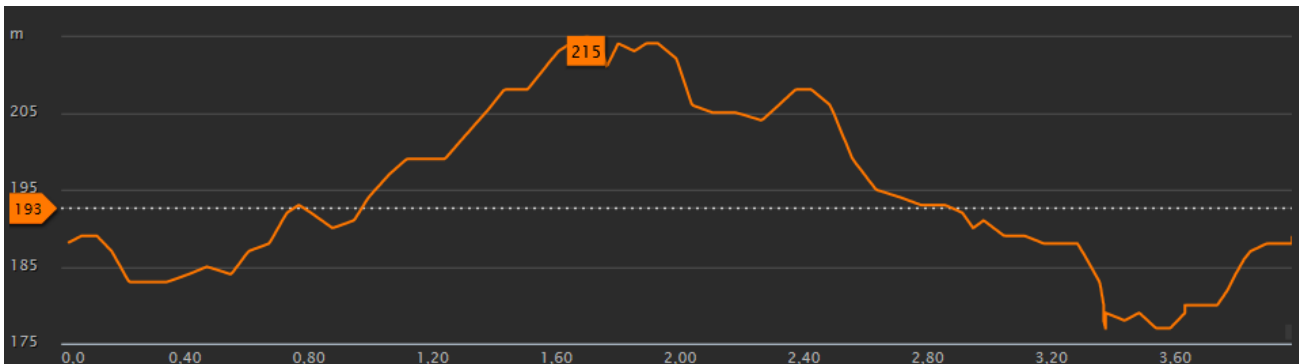
4 km – Saturday,

M2003 et M2004

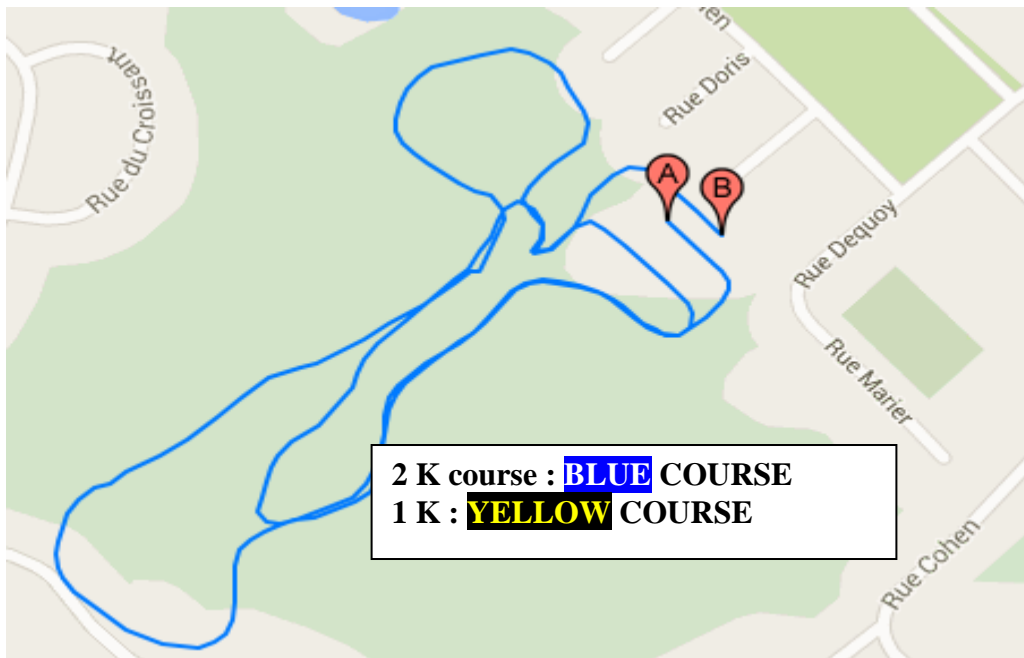


PA

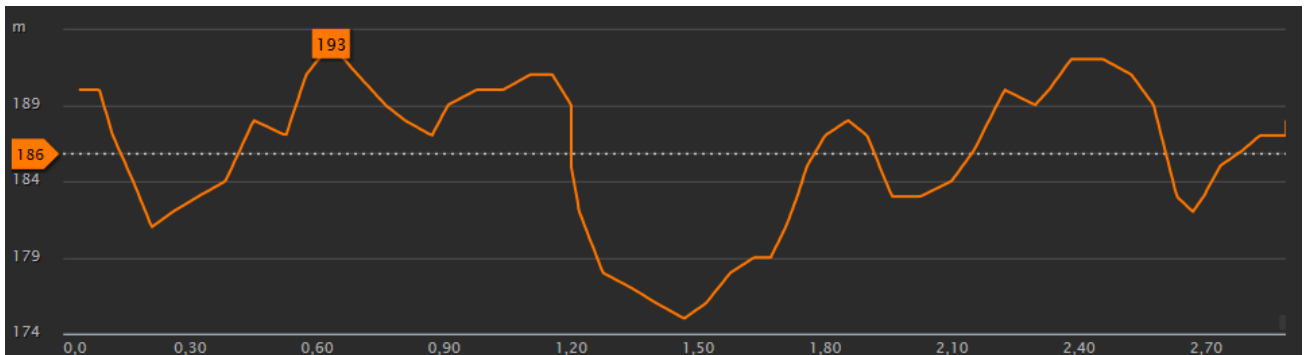
HD : 38 m MM : 26 m MT : 76 m



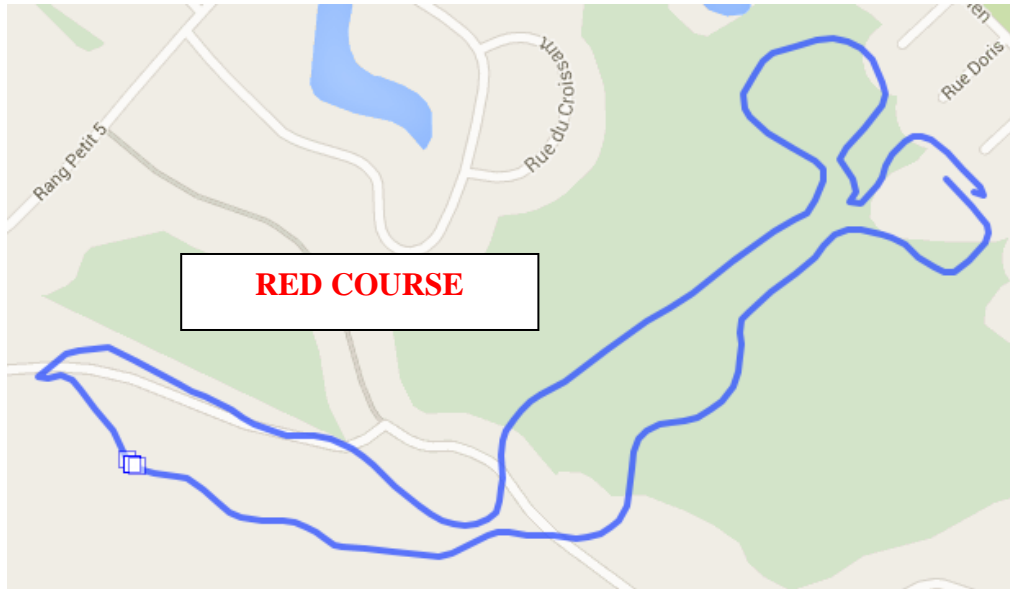
3 km (1 x 2 km + 1 x 1 km) – Saturday, P2005 et P2006



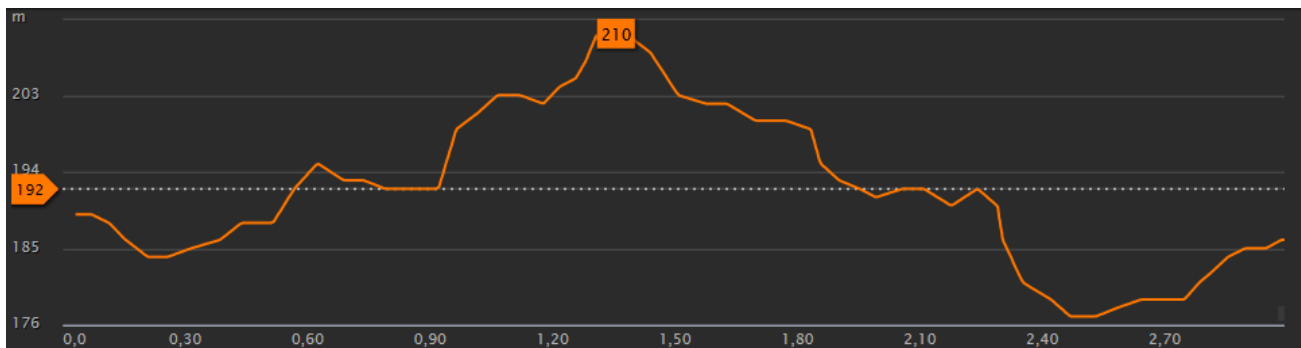
HD : 16 m MM : 10 m MT : 36 m



3 km – Sunday, P2005 et P2006
6 km (2 x 3 km) – Sunday, M2003 et M2004



3 km : HD : 34 m MM : 24 m MT : 66 m
6 km : HD : 34 m MM : 24 m MT : 132 m



Sprint relay course - Monday
Obstacle course
(6 X 1100 m)



HD : 16 m MM : 10 m MT : 21 m

