



HAYWOOD NORAM CANADIAN EASTERN CHAMPIONSHIPS 5 to 7 February, 2016 Nakkertok South Nordic Centre



COMPETITION NOTICE





Dear Skiers,

The Canadian Eastern Championships Organizing Committee 2016 (CECOC2016) extends a warm invitation for skiers to compete at the Haywood NorAm Canadian Eastern Championships.

The CECOC2016 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq
- Kanata Nordic
- XC Chelsea Masters

The event takes place Friday, 5 February through to Sunday, 7 February 2016 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec.

The Canadian Eastern Championships are part of the Haywood NorAm Series, Buff NorAm Sprint Series, FIS Regional Cup Series, Québec Cup, Ontario Cup, and National Capital District Series.

We look forward to welcoming athletes, coaches, officials, and their families.

Cathryn Bjerkelund and Jacques Dumont
CECOC2016 Co-Chairs

Richard McKenna and Pierre Millette
Co-Chiefs of Competition

A. GENERAL INFORMATION

SANCTIONING

The event is sanctioned by the Federation internationale de ski (FIS), Cross Country Canada (CCC), Cross Country Ontario (CCO), Ski de fond Québec (SFQ), and National Capital District (NCD).

TECHNICAL REQUIREMENTS

The event is guided by the following, which can be found on the relevant website:

- [International Ski Competition Rules \(ICR\) - 2015](#)
- [ICR – CCR \(Canadian Competition Rules\) Precisions 2014](#)
- [Rules for the FIS Cross Country Continental Cup](#)
- [Haywood NorAm Series Technical Package 2015-2016](#)

and, where appropriate, by the:

- [Ontario Cup Technical Package 2015-2016](#)
- [Règlements officiels Coupe Québec 2015-2016](#)
- [NCD Race Series Technical Package](#)

SCHEDULE OF EVENTS

Eastern Standard Time (please refer to cecski.ca for updates)

Date	Time	Event
Thursday 28 January	23:59	Deadline for online registration
Tuesday 2 February	23:59	Deadline for corrections of Confirmation List
Wednesday 3 February	13:00–15:00	Sprint and Prologue courses accessible
Thursday 4 February	11:00–15:00	Sprint and Prologue courses open for official training and inspection
	16:00	Team captains' meeting, Ski Chalet, Nakkertok South Nordic Centre
Friday 5 February	9:00	Free Technique sprint qualifying round: Open men and women. Sprint distance Para-Nordic categories.
	11:00	Free Technique sprint heats: Senior and Junior, Men and Women
	14:00	Free Technique Prologue: Midget to Junior Boy/Girl categories.
	16:00–17:00	Training and course inspection for Saturday's races
	17:30	Team captains' meeting, Ski Chalet, Nakkertok South Nordic Centre
Saturday 6 February	09:00	Middle-Distance Free Technique; Interval Starts
	14:30–16:00	Training and course inspection for Sunday's races
Sunday 7 February	09:00	Long-Distance Classic Technique, Mass Start

ORGANIZING / COMPETITION COMMITTEES (Partial list)

Position	Name
Chief of Competition	Richard McKenna, Pierre Millette
Chief of Course	Kevin Mallory, Jeff Pouw
Chief of Stadium	Jérôme Poulin, Richard Turgeon
Competition Secretary, Registrar	Mario Dumas, Hélène Marois
Chief of Timing and Results	Emil Jacobson, Doug Stowe
Chief of Site/Venue	Ken Lindfors
Chief of Waxing Facilities	Marten Burns

JURY

Position	Name
Technical Delegate	René Pomerleau
Assistant Technical Delegate	Al White
CCC Director of Competitions	Dave Dyer
Chief of Competition	Pierre Millette (Richard McKenna alternate)

See the event website (cecski.ca) page for further information; e.g.: Course Maps and Profiles; Detailed Schedule; Seeding and Category eligibility; Awards; Accommodation.

CONTACT INFORMATION

Please contact the Race Registrar at cec.registrar@gmail.com for all information regarding registration. For all other inquiries, please contact the Competition Secretary at cec.race.secretariat@gmail.com.

B. COMPETITION AND REGISTRATON INFORMATION

RACE FORMAT, CATEGORIES AND DISTANCES

Category	Year of Birth	Friday February 5 Free	Saturday February 6 Free	Sunday February 7 Classic
Open Categories		Sprint Qualifier and Heats*	Medium Distance Interval Start	Long Distance Mass Start
Junior Woman	1997, 1996	1400m	10km (2x5km) †	15km (3x5km) †
Junior Man	1997, 1996	1500m	15km (3x5km) †	20km (4x5km) †
Senior Woman	1995 & earlier	1400m	10km (2x5km) †	15km (3x5km) †
Senior Man	1995 & earlier	1500m	15km (3x5km) †	20km (4x5km) †
Para-nordic Categories		Sprint Distance Interval Start	Medium Distance Interval Start	Long Distance Mass Start
PN Standing Woman	2001 & earlier	1250m	5km (2x2.5km)	7.5km (3x2.5km)
PN Standing Man	2001 & earlier	1250m	7.5km (3x2.5km)	10km (4x2.5km)
PN Sit Ski Woman	2001 & earlier	800m	2.5km (2x1.25km)	5km (4x1.25km)
PN Sit Ski Man	2001 & earlier	800m	2.5km (2x1.25km)	5km (4x1.25km)
Other Categories		Prologue Interval Start	Medium Distance Interval Start	Long Distance Mass Start
Midget Girl	2003, 2002	3km	5km (2x2.5km)	5km (2x2.5km)
Midget Boy	2002, 2001	3km	5km (2x2.5km)	5km (2x2.5km)
Juvenile Girl	2001, 2000	3km	5km (1x5km)	7.5km (2x3.75km)
Juvenile Boy	2000	3km	7.5km (2x3.75km)	10km (2x5km)
Junior Girl	1999, 1998	3km	5km (1x5km)	10km (2x5km)
Junior Boy	1999, 1998	3km	7.5km (2x3.75km)	15km (3x5km)
Master Woman	1984 & earlier	n/a	10km (2x5km)	15km (3x5km)
Master Man	1984 & earlier	n/a	15km (3x5km)	20km (4x5km)

† University skiers should register in the appropriate age category (Junior Women/Men, Senior Women/Men); age categories will be grouped for university awards

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

SEEDING AND CATEGORY ELIGIBILITY

All Open category skiers (Seniors and Juniors) are seeded together by gender for the Sprint Qualifying round in order of Sprint CPL. Unless the Competition Secretary receives notice of an athlete's intent to race up at the TCM on Thursday, qualifying Juniors will be entered in the Junior quarterfinal heats.

For the prologue, the start order for all categories, including Midget, will be by Distance CPL. Those not on the CPL including those with a SMDL will be randomly placed following the last CPL-listed skier.

For interval start distance races, the Distance CPL will be used for seeding all categories, including Midget. Groupings will then be formed based on the number of skiers in the combined category and start positions will be randomly assigned within each group. The Jury will decide on the order of start for each group. Athletes not on the CPL, including those with SMDL, will be assigned in random order in a separate group from those listed below.

The number of groups for licensed skiers will be as follows:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

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

Skiers seeking to meet the criteria for selection to provincial teams should register in the appropriate category indicated in the table above.

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. These athletes should select the youngest YOB of the next category.

LICENSING

- A. All skiers, including Midgets and University competitors, must hold a valid racing license issued by CCC or FIS, or hold a recognized national cross-country license from another country. If not, a Supporting Member Day License (SMDL) needs to be purchased for each race day during the online registration process.
- B. All Québec skiers competing in Juvenile to Senior categories must also hold an SFQ annual license. Québec skiers competing in Midget and Masters categories must also have a SFQ license or buy a SFQ Day License for each race day during the registration process.
- C. Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. 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.
- D. Aside from satisfying requirements A and B, competitors registered for the University/College competition must meet the appropriate eligibility criteria outlined in their respective provincial cup technical packages.

NOTICE OF DOPING CONTROL

Participants in the Canadian Eastern Championships 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 an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are invited to read the full notice on the CEC website at <http://cecski.ca/race-info/doping-control/>.

AWARDS PRESENTATION

All awards provided by CECOC2016 will be presented as soon as possible after categories have finished, based on unofficial results.

MEDALS

The medals will be awarded as follows:

- Senior Man/Woman: 1st – 3rd places
- Junior Man/Woman: 1st – 3rd places
- Masters Man/Woman: 1st – 3rd places
- Parandic Man/Woman & Sit Ski/Standing: 1st – 3rd places (Parandic guides should be included in awards)
- Junior Boy/Girl, Juvenile Boy/Girl, Midget Boy/Girl: 1st – 3rd places for year of birth (YOB)
- University/College: 1st – 3rd places (for Man/Woman Open category in distance races)

Skiers “racing up” will be eligible for awards for the youngest YOB in the category in which they have chosen to participate.

CASH AWARDS

Cash awards will be provided to the Open skiers as follow. Skiers must hold an FIS license in order to be eligible for cash prizes in NorAm events.

Individual Competitions Open		
	Men	Women
1 st	\$500	\$500
2 nd	\$300	\$300
3 rd	\$200	\$200
4 th	\$150	\$150
5 th	\$100	\$100
1 st U23	\$75	\$75
Totals	\$1,325	\$1,325

Aggregate cash awards will also be provided to the first Senior Men and Women, U23 Men and Women, Junior Men and Women, University Men and Women, and Junior Boys and Girls holding SFQ annual licenses. These awards will be remitted by SFQ according to the Règlements officiels Coupe Québec.

REGISTRATION

All entries and payment will be processed on-line, starting 4 December, 2015, at the latest, through [Zone 4](#). Entries must be submitted by **23:59 EST on Thursday, 28 January, 2016**.

Any entries received after this date will be subject to acceptance by decision of the jury and will be charged a late fee of an additional \$100, regardless of the number of races. Entries submitted after 23:59 EST on Thursday, 28 January, 2016 must be sent by e-mail to cec.registrar@gmail.com with all relevant registration details.

Racers and coaches must check the Easterns 2016 confirmation list on [Zone 4](#) as soon as possible after they complete their registration. Please contact cec.registrar@gmail.com before 23:59 EST, Thursday 28 January, 2016 should any corrections be required or if you encounter any difficulties registering on-line.

RACE FEES

Item	Cost/Race
Race Fee: Juveniles and above including Para-Nordic skiers	\$45*
Race Fee: Midgets	\$22*
CCC Supporting Member Day License, SMDL	\$5
SFQ Day License (for Midgets and Masters; Juveniles to Seniors require annual license)	\$5

* Ontario and Québec skiers will be assessed additional CCO race fees or SFQ redevances, as applicable, in the Zone4 registration process. Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added to the race fees but not to the license and other fees.

There will not be any refunds if athletes do not participate. Overpayments for day licenses will not be refunded.

Registrations will be reviewed against "Racing Division of Club" for applicability of SFQ or CCO race fees. Improperly registered racers will be required to pay any outstanding fees owing at the race office before bibs are issued.

Free use of trails will be provided for all registered competitors and coaches on training and racing days. Non-Nakkertok members using the trails on other days pay a day fee of \$15, seniors pay \$12, children between 5 and 18 pay \$8, and children under 5 are free. The fee(s) can be deposited in any of the day use fee boxes at the main chalet. The fees must be paid on training and racing days by individuals other than athletes and coaches using the trail system. Access to the racing trails on racing days will be restricted.

ATHLETE FOOD

Lunch and refreshments will be provided free of charge to all competitors and to one coach for each seven competitors. Food tickets will be distributed with the race bibs. Each ticket can be exchanged for one lunch on the day of the athlete's event. Please note, that while the organizers of the lunch have done their best to accommodate a variety of diets and will not be offering any foods containing nuts, they cannot guarantee that the products served are 100% nut-free. Food will be available on race days in the athletes' food tent located at the stadium.

TEAM CAPTAINS' MEETINGS

Team Captains' Meetings will be held at 16:00 on Thursday, 4 February (Sprint and Prologue) and at 17:30 Friday, 5 February (Distance) in the Ski Chalet at Nakkertok South Nordic Centre.

BIB PICK-UP

Bib pick-up will take place in the Race office (Barn, upstairs), 07:30-09:00 on each race day. If both "Club" and "Team" fields are filled in the Zone4 registration process, skiers

will be asked to choose whether their bib will be distributed according to "Club" or "Team".

Clubs, teams and training centres will be charged a bib and timing chip replacement fee of \$50 for each missing item at the end of each race.

C. FACILITY INFORMATION

DIRECTIONS TO COMPETITION SITE

Races will take place at Nakkertok South Nordic Centre, 900 Avenue Gatineau, Cantley, Québec. Directions to Nakkertok South can be found on the event website (cecski.ca).

WAXING FACILITIES

A heated waxing facility with power will be available and space will also be provided for teams bringing their own waxing facilities. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to cec.race.secretariat@gmail.com by **Tuesday 2 February, 2016** to ensure appropriate space allocation. Priority will be given to groups who have provided such a list. For those teams with their own waxing tents, trailers, or trucks, please contact cec.race.secretariat@gmail.com by **20 January, 2016** to ensure space allocation. Teams bringing waxing facilities are encouraged to provide their own power supply.

FIRST AID

First aid will be provided by the Canadian Ski Patrol.

SPECTATOR FOOD

Food will be available for sale on-site (details at cecski.ca).

RACE HOTEL INFORMATION

Crowne Plaza Gatineau-Ottawa
2, rue Montcalm
Gatineau, Québec J8X 4B4

Groups:

Joanne Whalen at 819-778-3040 ext 200 jwhalen@rosdevhotels.com
149\$ per night, single to quad occupancy, no smoking

Individuals:

reservationcrownplaza@rosdevhotels.com
1-800-567-1962
online at Crowne Plaza Gatineau-Ottawa

Les Suites Hotel Ottawa

130 Besserer Street

Ottawa ON K1N 9M9

Group reservation link: [CLICK HERE FOR PREFERRED RATES](#) Password: CECSKI2016

Premiere One Bedroom Suites: \$169.00/night (Single/double occupancy)

Premiere Two Bedroom Suites: \$269.00/night (1-4 occupancy)

\$25.00/night for each additional person

Reservations can also be made by calling (800) 267-1989 or by email at reservations@les-suites.com, GROUP CODE: CECSKI2016.

Information regarding accommodations will be posted on the event website (cecski.ca).

LOST-AND-FOUND

Lost objects reported to the race office will be posted daily to <http://cecski.ca/updates/lost-found/> . All information requests regarding lost-and-found should be sent to cec.lostandfound@gmail.com. Found objects will be stored safely in the Barn.

CONTINGENCY PLAN

A back-up site has been identified for use in the case of poor snow conditions. Any change in the event location or timing will be posted as early as it is known on the event website (cecski.ca). If necessary, a decision on event cancellation or change of site will be made by CCC one week prior to the event, as recommended by the Jury. Any decision to refund will be in accordance with Section 2.6 of the NorAm Technical Package.

Thanks to our generous gold sponsors!

