



**HAYWOOD NORAM CUP  
Selection Ski Tour  
Quebec Cup #2  
Midget invitation**

**January, 30 and 31, 2016**





### COMPETITION NOTICE

The NorAm series is part of the FIS regional series and it was sanctioned by the FIS with the purpose to offer high caliber events as development tools for major athlete in North America.

The Haywood NorAm Race Series is sanctioned by Cross Country Canada (CCC) and by the International Ski Federation (FIS). The Québec Cup #2 is sanctioned by SFQ.

### RACE NOTICE

#### Mont Ste-Anne

<b>Organized by</b>	Club Nordique Mont Ste-Anne and Skibec Nordique	
<b>Sanctioned by</b>	FIS, Cross-Country Canada and Ski de fond Québec	
<b>Location</b>	Mont Ste-Anne	
<b>Event Organizers</b>	Event Director:	Renée Thibeault
	Chief of Competition:	Pierrot Bernier
	Chief of Stadium:	Daniel Bellerose/Louis Turenne
	Chief of Timing:	Gilles Laliberté
	Chief of Start and Finish:	Francine Laforce Bisson
	Race Secretary:	Nathalie Desrochers/Daniel Deschênes
	Chief of Controllers:	Michel Grenier/Alain Houde
	Chief of Course:	Hugues Longpré





**Race Jury**

Technical Delegate  
Chief of Competition  
CCC Race Director  
Assistant TD

Richard Lemoine  
Pierrot Bernier  
Dave Dyer  
Jacques Dumont

**Races Schedule**

Saturday, January 30, 2016  
Sunday, January 31, 2016

Interval Start - Classic Technique  
Pursuit - Free Technique

**Information**

Pierrot Bernier, Chief of Competition  
Email: [cq\\_skibec\\_msa@hotmail.com](mailto:cq_skibec_msa@hotmail.com)  
Phone number: (418) 573-9919.

**Event Web Site**

<http://www.skibecnordique.ca/noram-msa-2016>

**Categories**

The categories that will be used are in accordance with the new competition model and are defined in section 1.2 of the 2015-2016 NorAm technical package published on the CCC website. (<http://www.cccski.com/getmedia/a60eeac7-9344-4d7d-b02f-11052adfeb53/2015-16-NorAm-TP-Oct-Final.pdf.aspx>)

**Eligibility**

**Haywood NorAm Race Series, Quebec cup and Midget invitation:**

Competitors in the Midget and older categories must have a CCC Racing License, Development License, FIS Racing License, Foreign National License, or a CCC Supporting Member Day License (SMDL). A SMDL may be acquired from the Race Office. Please note athletes competing in the midget categories who do not have a CCC Development Racing licence are required to have a SMDL. For more information you can visit the Cross Country Canada web site by clicking <http://www.cccski.com/Events/License-Applications.aspx?lang=en-CA>. Quebec skiers must also hold a Ski de fond Quebec annual license.

If you have both a CCC and a FIS license, please enter them both on Zone4 upon registration.





**Entry Process**

All entries and payment must be processed through Zone4: <http://www.zone4.ca>. Categories will be in accordance with the CCC competition model:

Category and sub category	YOB	Category and sub category	YOB
Midget girl	2002-04	Midget boy	2001-03
Juvenile girl	2000-02	Juvenile boy	2000-01
Junior B Girl	1998-99- 2000	Junior B Boy	1998-99
*Junior A Women	1996-97	*Junior A Men	1996-97
*U23 Women	1993-95	*U23 Men	1993-95
*Open Women	earlier than 92	*Open Men	earlier than 92
*= Open category		*= Open category	

**Registration Fees (non-refundable and paid through Zone 4 only, until January 23rd at midnight)**

**Haywood NorAm and Quebec Cup:** Entry fees per race are \$ 51.75 CA (\$45.00 CA + GST and QST) for the NorAm Cup. Registration fees include access to the trail system on January 29 and on competition days.

**Invitation Midget:** Entry fees per race are \$ 40.25 CA (35.00 \$ CA + GST and QST) for Midgets. Registration fees include access to the trail system on January 29 and on competition days.

**Deadline**

The registration deadline is **Saturday JAN. 23th, 2016 at 23:59, Eastern Time**. Late entries must be submitted by email to the Competition Secretary **before** 12:00 noon on Jan. 26, 2016, with **full payment, including the late entry penalty fee of \$100**. Late entries will forfeit the right to seeding. The first step in ultimately achieving correct **official results** in a timely fashion is the receipt of complete, correct, on-time entries.

Accordingly, athletes and coaches are expected to carefully check their entries as posted on the confirmation list on the Zone4 website, and send all corrections at [cq\\_skibec\\_msa@hotmail.com](mailto:cq_skibec_msa@hotmail.com) by **Tuesday, January 26, 2016, 12h00, Eastern Time**.

The Race Committee will prepare racer entry / seeding lists for review at the coaches / team captains during the first 15 minutes of every Team Captains' meeting. **This will be the last chance for any corrections or changes**, after which the Start Lists will be prepared. Therefore, it is **highly recommended** for all racers that they be represented by a coach / manager at all Team Captains' meetings.





### Coach registration

To help the organizing committee communicate some information to the participants during the event such as; cancellation notice, changes in the schedule, request to attend jury meetings etc., a separate registration for the coaches will be available at the Zone 4 site « Coach Registration». A minimum of information is required and there is no fee associated with this registration. **These registrations must also be submitted before midnight on January 26<sup>th</sup> 2016.**

### Access to the trails

Access fees to the trails are included in the registration fees for race days as well as January 29th (Jan 29). There is a \$ 10 fee per day fee for access to the trails on January 27th and 28th.

### Track, stadium, profiles of the Race Courses

The course and stadium maps and the course profiles are available for each race day at:  
<http://www.skibecnordique.ca/noram-msa-2016>

### Seeding

**INTERVAL START RACES:** For all categories, bibs will be assigned by distance CPL. CCC License holders without CPL ranking will be assigned to a group and randomized. Skiers with SMDL will be assigned to a further separate group and randomized. Starting order for the groups is as per Rule 333.3.1, unless changed by the Jury. For the Quebec athletes, you need to have a licence from Ski de fond Québec and CCC.

**Haywood NorAm Cup:** The current CPL will be used for distance competitions. (For information refer to the Canada Points List Publications & Event policy document on the CCC website under Results/Points - CPL). The most current CPL is available on the CCC web site. (<http://apps.ccski.com/main.asp?lan=0&cmd=doc&id=4233&Param1=> )

Foreign skiers will be seeded as determined by the Jury with reference to the competitors CPL points. In the rare instance a foreign skier has no FIS or CPL ranking, the Jury will use its discretion in seeding the skier.

CCC's Assistant High Performance Director will rule on special seeding requests from within Canada based upon a written submission from the athlete's Division at least one week in advance of the start of the event. However, such requests must indicate an extraordinary reason for consideration for improved seeding.

All athletes must be identified with their Year of Birth.





**Quebec Cup:** For juvenile boys and juvenile girls, seeding will be done by CPL points. Skiers with no CPL points will be placed in a same group. All athletes must be identified with their Year of Birth athletes should include the official.

**Invitation:** For midget boys and girls, seeding will be done randomly.

**Start: Second day Pursuit:**

The results of Saturday's race will be used to determine the start order and start time for Sunday's pursuit start.

For the Midget category, there will be a mass start and the start position will be based on the results of Saturday's race.

### Coaches' Meetings

**Location: Chalet du centre de ski de fond du Mont Ste-Anne, rang St-Julien**

- Friday, January 29, 2016, 1700 hrs
- Saturday, January 30, 2016, 1700 hrs

### Bib Pick-up

**Location: Auberge des fondeurs**

- Saturday, January 30, 2016 from 8:00 to 9:00 am
- Sunday, January 31, 2016 from 8:00 to 9:00 am

Racers who do not return their bibs at the end of each race will be charged \$30 CA per bib for their replacement.

### Medals and Awards

Medals and awards will be presented 20 minutes after the race (based on non-official results). There will be medals for the first three of each category and Merchandise prizes will be provided for all categories including the Open Category. Medals and awards will be presented close to the Auberge des Fondeurs.

There will be awards for:

- the top five men and top five women, in the open category;
- the top U23 men and top U23 women.





Prize Money will be presented as follows:

**Open Category - racers with FIS license**

	Men	Women
1 <sup>th</sup>	\$500	\$500
2 <sup>nd</sup>	\$300	\$300
3 <sup>rd</sup>	\$200	\$200
4 <sup>th</sup>	\$150	\$150
5 <sup>th</sup>	\$100	\$100
U23	\$75	\$75

**Starting Times «tentative»**

Starting times are:

- Saturday, January 30, 2016 09:30 am
- Sunday, January 31, 2016 09:30 am

**Wax Rooms:**

Wax rooms will be available near the Auberge des fondeurs.

**Parking and shuttle services**

Vehicle parking will be at the cross-country center of Mont Ste-Anne, rang St-Julien. A shuttle service will be available during race days

**First Aid**

First aid will be managed by the Canadian Ski Patrol System (CSPS).

**Lodging**

<http://www.skibecnordique.ca/noram-msa-2016>

**Tourist Information**

[www.regiondequebec.com](http://www.regiondequebec.com)





### Cancellation

All changes to the site or to the start times will be posted as soon as it is known on <http://www.skibecnordique.ca/noram-msa-2016>. When it is possible, a decision concerning the cancellation or change of site of the event will be taken by CCC at least one week before the event by consultation with the organisation committee and the technical delegate.

### Attached Documents

- A- Race Program
- B - Schedule of Events







**A - RACE PROGRAM**

**Haywood NorAm Cup**

<b>January 30 Interval Start Classic Technique</b>		<b>January 31 Pursuit Free Technique</b>	
Open W	5 km	Open W	10 km (2 x 5 km)
Junior B W	5 km	Junior B W	10 km (2 x 5 km)
Open M	10 km (2 x 5 km)	Open M	15 km (3 x 5 km)
Junior B M	10 km (2 x 5 km)	Junior BM	15 km (3 x 5 km)

**Quebec Cup #2 and Midget Invitation**

<b>January 30 Interval Start Classic Technique</b>		<b>January 31 Pursuit (*) Free Technique</b>	
Juvenile Girl	5 km (2 x 2,5 km)	Juvenile Girl	5 km (2 x 2,5 km)
Juvenile Boy	5 km (2 x 2,5 km)	Juvenile Boy	5 km (2 x 2,5 km)
Midget Girl	2,5 km	Midget Girl	2,5 km
Midget Boy	2,5 km	Midget Boy	2,5 km

(\*) Mass Start for Midget Category



**B -SCHEDULE OF EVENTS «TENTATIVE»**

DATE	DESCRIPTION	LOCATION
<b>Thursday, January 28th</b>		<b>Mont Ste-Anne</b>
10:00 to 16:00	Free training	
22 :00	Wax rooms close	
<b>Friday, January 29 th</b>		<b>Mont Ste-Anne</b>
10 :00	Wax rooms open	
10 :00 à 16 :00	<b>Racers and guests welcome, Secretary is open</b>	Auberge des fondeurs
10 :00 to 16 :00	<b>Official training</b>	
17 :00	Team Captains' meeting and draws	<b>Chalet du centre de ski de fond du Mont Ste-Anne, rang St-Julien</b>
22 :00	Wax rooms close	
<b>Saturday, January 30 th</b>		<b>Mont Ste-Anne</b>
06:00	Wax rooms open	
08:00 to 09:00	Bib pick-up	Auberge des fondeurs
09 :30	Start of races	
20 min after end of race	Medals and Award Ceremony	Close to the Auberge des fondeurs
17 :00	Coaches' meeting and draws	<b>Chalet du centre de ski de fond du Mont Ste-Anne, rang St-Julien</b>
22:00	Wax rooms close	
<b>Sunday, January 31 th</b>		<b>Mont Ste-Anne</b>
06:00	Wax rooms open	
08:00 to 09:00	Bib pick-up	Auberge des fondeurs
9.30	Start of races	
20 min after end of race	Medals and Award Ceremony	Close to the Auberge des fondeurs