



RACE NOTICE

Thérèse-Martin High school's Club Défi, through its sports-study program, is proud to invite you to attend the 20th edition of the most prestigious race in Canada for the pee-wee and midget categories.



Name of the competition	NORAM YOUTH CHAMPIONSHIP 2015 20TH EDITION
Hosting Club	Club Défi T.M.
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 12:30 pm only.
Address	1, Marier street St-Gabriel-de-Brandon, Quebec Lanaudière region
Directions	http://goo.gl/maps/QM5Yh
Date	February 14th, 15th and 16th 2015
Sanction	SFQ and CCC
Eligibility	Participants must be born in 2001, 2002, 2003 or 2004 and be members of a club affiliated to SFQ or their respective divisions and must have a valid provincial or state (U.S.) license. Athletes living in Quebec are invited to get their provincial license at a cost of 50\$, before the inscription. Quebec athletes who do not want to take part in all 3 events and athletes who are not from Quebec without a license may provide one per day on site at a cost of \$10 per day for SFQ.

ORGANIZING COMMITTEE

President	Patrick Gauthier
Race Director	Daniel Bellerose
Race Secretary	Carole Provençal
Trail Director	Joël Grégoire
Stadium director	Éric Varin
Chief Controller	Alain Houde
Chief of Timing	Sébastien Bolduc
Responsible for Zone 4	Marie-Claude Raiville (for mistakes or questions regarding registration, write to marieclauderainville@yahoo.ca).
Technical Services	Benoit Dériger
Communication	Mylène Tremblay and Michelle Lessard
Protocol	Alain Houde
Technical Delegate	Francine Bisson (SFQ)
Accommodation	Myrabel Braün (for special needs or any request regarding accommodation, write to myrabel@videotron.ca).
Food	Eric Barrette and Mylène Tremblay (regarding food allergies, write to maric02@videotron.ca).
Volunteers	Mélissa Geoffroy
Financing	Michelle Lessard
Security	Joseph Piuze
Information	Daniel Bellerose (bilingual services) Phone: (450) 752-8200 e-mail: danbellerose@videotron.ca

RACE PROGRAM

Categories (Age on December 31 st 2014)	gender	Saturday (free technique, individual start)		Sunday (classic technique, mass start)	
		Distance	10:00 am	Distance	10:00 am
M01 13 yrs old	F	4 km		6 km (2X3km)	
M01 13 yrs old	M				
M02 12 yrs old	F				
M02 12 yrs old	M				
P03 11 yrs old	F	3 km (1X2km + 1X1km)		3 km	
P03 11 yrs old	M				
P04 10 yrs old	F				
P04 10 yrs old	M				

Monday 10:00 am

Sprint- Relay (*skate*)
(6 x 1 100 m)

Official teams

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

- ONE GIRL 10 **OR** 11 YEARS OLD
- ONE BOY 10 **OR** 11 YEARS OLD
- ONE GIRL 12 **OR** 13 YEARS OLD
- ONE BOY 12 **OR** 13 YEARS OLD
- TWO OTHER ATHLETES (NO RESTRICTIONS)

Mixed teams

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

- ONE GIRL 10 **OR** 11 YEARS OLD
- ONE BOY 10 **OR** 11 YEARS OLD
- ONE GIRL 12 **OR** 13 YEARS OLD
- ONE BOY 12 **OR** 13 YEARS OLD
- TWO OTHER ATHLETES (NO RESTRICTIONS)

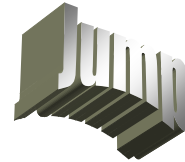
Non-official teams

6 athletes **from at least two different teams** (no age or gender restrictions). A club may have more than one team. **Special 20th edition** : COACHES may PARTICIPATE ! (don't forget to bring your "old school equipment" !!).

The list of the official teams must be given at registration (on Friday between 6 pm and 8 pm). Please fill in the form in annex. **The list of mixed teams and non-official teams, must be given at the coaches' meeting on Saturday (4:30 pm).**

Important notice:

- * A club can have more than one team for this race.
- ** Semi-finals and a final will be held for the "Official teams". The first three (3) teams from in each semi-final and the four (4) best "lucky losers" will participate in the final for a total of ten (10) teams.
- *** Athletes are invited to wear fancy dress for the sprint-relay race. The bib must remain visible during the race.
- **** Athletes must however wear appropriate clothing for wintry conditions (bare-chests forbidden).



**obstacle
course**



SCHEDULE OF EVENTS

<u>Friday</u>		
Time	Activity	Place
12:00 pm to 4:30 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
10:00 am	Start of the first race	Les Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
11:30 am	Lunch	Elementary school (Dequoy street)
13:00 pm	Training or various activities	As desired
2:00 pm	Accommodations open	Thérèse-Martin High School
3:00 pm	Activities in gymnasium	Gymnasium F wing
4:30 pm	Coaches' meeting	Room F-160, Thérèse-Martin High school
5:30 pm to 7:00 pm	Spaghetti dinner	Cafeteria
7:15 pm	Medals and prizes	Auditorium
8:00 pm	Special 20 th edition event	Auditorium
10:00 pm	curfew	

<u>Sunday</u>		
Time	Activity	Place
6:00 am to 8:00 am	Breakfast	Cafeteria
10:00 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
4:00 pm	Medals ceremony	Auditorium
5:15 pm	Torchlight procession Outside activity. Please provide appropriate clothing.	In the streets of Joliette
5:45 pm <small>Please note that you cannot come back to the high school before 9:30 pm.</small>	Banquet	Château Joliette, 450 St-Thomas, Joliette
11:00 pm	Curfew	
<u>Monday</u>		
Time	Activity	Place
6:00 am to 8:00 am	Breakfast and cleaning of classroom	Cafeteria and team's room
9:00 am	Start of first race	Sentiers Brandon St-Gabriel-de-Brandon (37km from school)
12:00 pm	Medals ceremony Distribution of snacks	Competition site
12:00 pm	Departure	

REGISTRATION DETAILS

Entry fees	<p>\$170 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 <p>Coaches or support staff: \$95/pers.</p> <p>Each team is allowed a minimum of two coaches or support staff with a maximum ratio of 1 adult for 5 athletes.</p> <p>1 to 10 athletes = 2 coaches 11 to 15 athletes = 3 coaches 16 to 20 athletes = 4 coaches 21 to 25 athletes = 5 coaches</p> <p>\$155 for coaches/support staff in excess of the above ratio.</p>
Registration	http://new.zone4.ca/
Deadline	Monday, February 9 th 11:59 pm (eastern time)
Race courses	<p>See annexes at the end of this document and will be posted on the club's web site at www.clubdefi.ca (NORAM Jeunesse section). Courses will be closed 15 minutes prior to the first departure.</p>
Stadium	Will be posted at competition site, at Thérèse-Martin high school and will on the club's web site at www.clubdefi.ca (NORAM Jeunesse section).
Training	<p>Friday, February 13th, 12:00 pm to 4:30 pm Saturday, February 14th, 1:00 pm to 4:00 pm Sunday, February 15th, 1:00 pm to 4:00 pm</p>
Coaches' meetings	<p>Friday, 9:00 pm Saturday, 4:30 pm Thérèse-Martin High school, F-160</p>
Start orders	<p>Random draw for Saturday's race only.</p> <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 2013 results since relay races couldn't take place in 2014.</p>
Bib Pick Up	Received at the coaches' meeting or after 9:00 am at the race office located at the competition site (<i>Bureau de course</i>).

AWARDS

Description of the awards	<p>Medals for the three first athletes of each category and ribbons for 4th to 10th place for Saturday and Sunday's race.</p> <p>Medals for the six members of the three winning teams and for the coaches of the sprint-relay race. (official and mixed teams).</p> <p>Medals for the six members and coach of the winning team of the sprint-relay race (non-official teams)</p> <p style="text-align: center;"><u>Banner for the winning team.</u></p> <p>Cumulative time of 2 fastest boys and 2 fastest girls for age groups 12-13 and age group 10-11 for each race on Saturday and Sunday</p> <p style="text-align: center;"><u>Banners for the following categories.</u></p> <ol style="list-style-type: none"> 1) 12-13 year old boys 2) 12-13 year old girls 3) 10-11 year old boys 4) 10-11 year old girls <p>Cumulative of the 3 fastest times for each race on Saturday and Sunday for each age group.</p>
Award Distribution	<p>Distributed Saturday at 7:15 pm at the auditorium of Thérèse-Martin High school.</p> <p>Sunday at 4:00 pm at the auditorium of Thérèse-Martin High school and during banquet at Château Joliette.</p> <p>Monday at 12:00 am at the competition site.</p>
Waxing rooms	<p>Warehouse of "Les Sables Techniques inc." (near the start area)</p> <p>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</p> <p>Connection of waxing or other electrical equipments to the warehouse's electrical system is NOT permitted. Please use the mobile generators supplied by our organization.</p>

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.

Special rule:

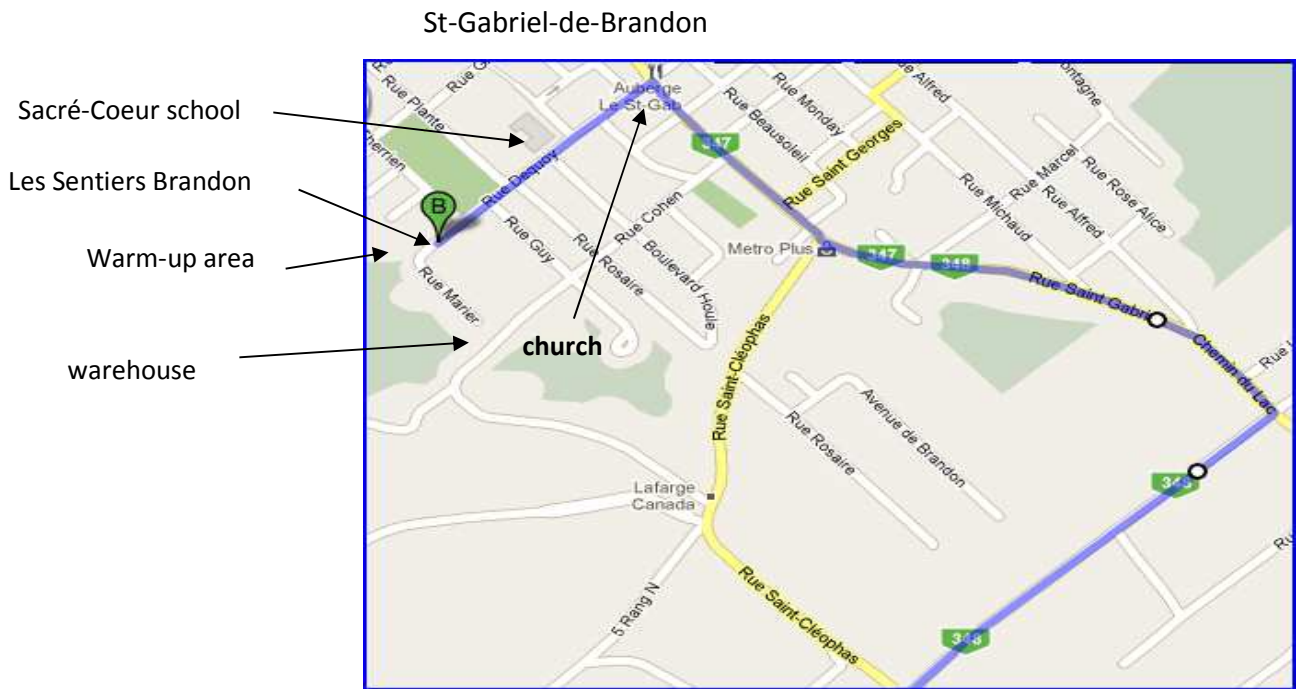
A time penalty will be assessed against all athletes who do not respect the rules, especially those concerning the race style, rather than a written reprimand which would have no effect given their age and level of competition. Disqualifications may still occur (eg: for obtaining an advantage by not 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:</p> <p>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>Lodging for families and friends : We have obtained a special rate for rooms at The Château Joliette. When making the reservations, make sure to mention that you a part of GROUPE DEFI TM # 127 508.</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 at a 4 minutes walking distance.</p>
Medical	<p>A first aid service will be available on site by a nurse and a doctor.</p>
Social activities	<p>* Banquet included in the registration fees for the athletes and coaches.</p> <p>Extra tickets at the cost of \$32 will be available at www.zone4.ca Access to the main hall is not guaranteed, another hall close by will be available if needed.</p>

ANNEX 1 - DIRECTIONS

From Joliette

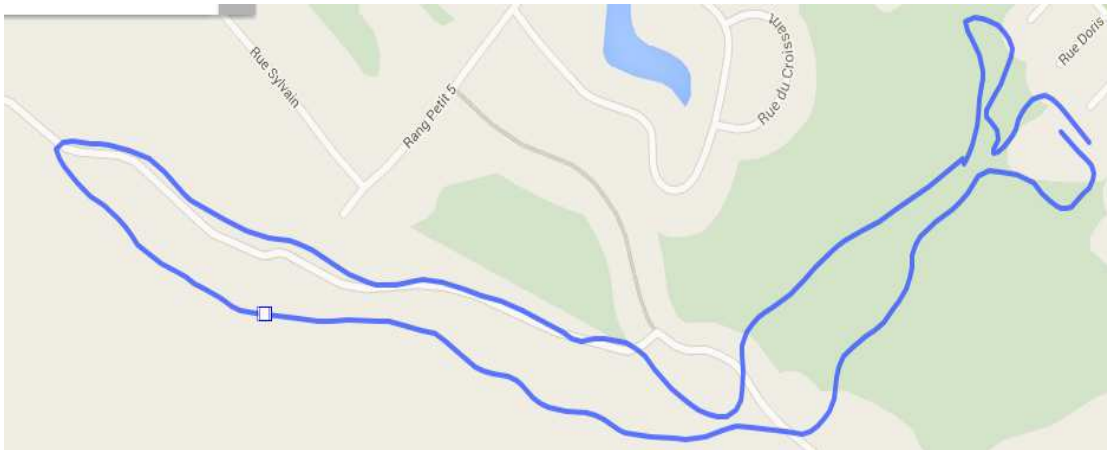


ANNEX 2

NORAM YOUTH CHAMPIONSHIP 2015

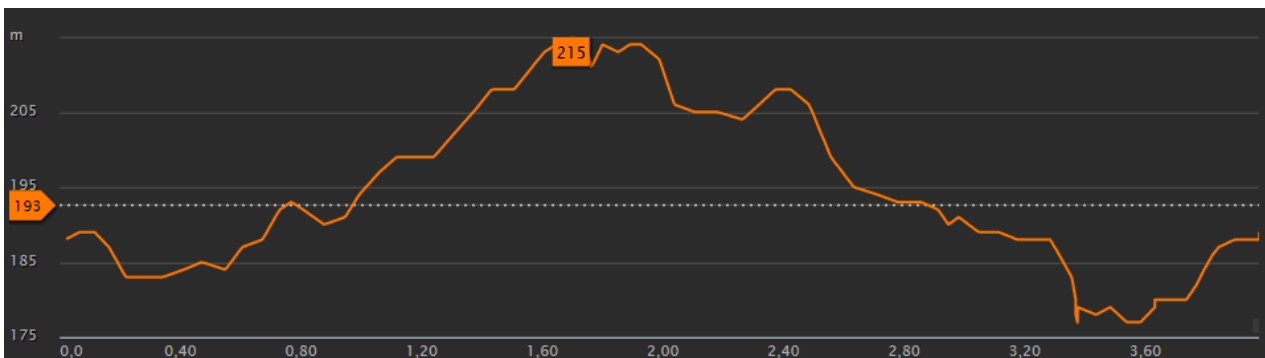
Courses

4 km – Saturday, M2001 et M2002

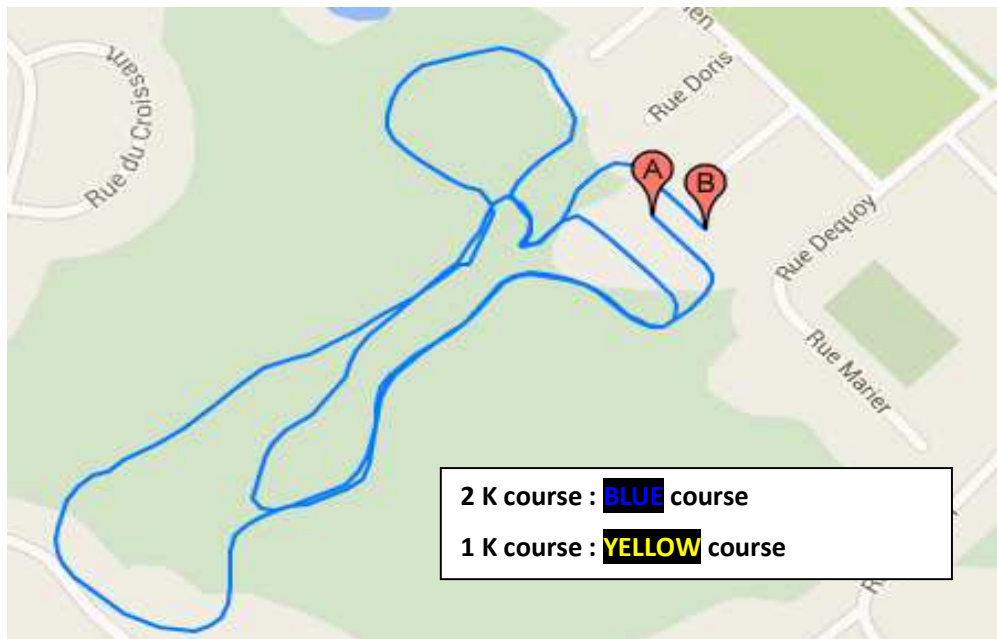


HD : 38 m MM : 26 m MT : 76 m

Course profile – 4 km (Saturday, 12-13 yrs old)



3 km (1 x 2km + 1 x 1 km) – Saturday, P2003 and P2004



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

Course profile – 3 km (2 + 1) (Saturday, 10-11 yrs old)



3 km – Sunday, P2003 and P2004

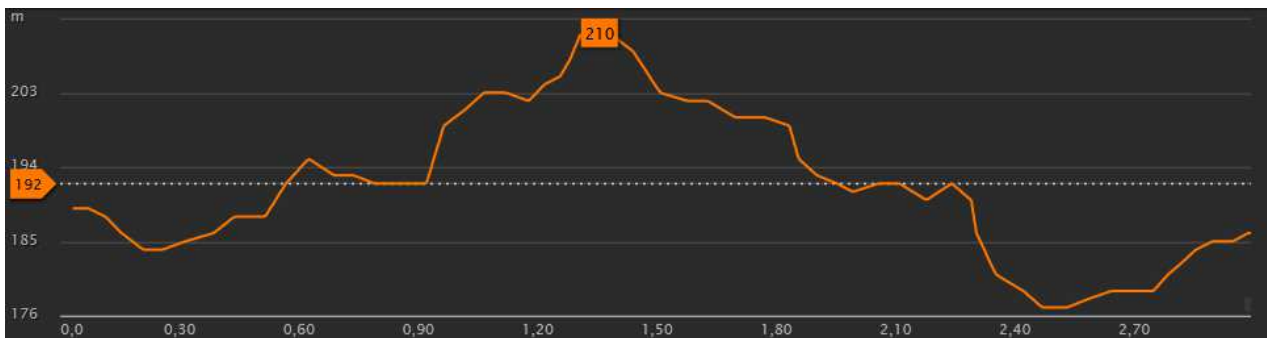
6 km (2 x 3 km) – Sunday, M2001 and M2002



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

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

Course profile – 3 km (Sunday, for everyone)



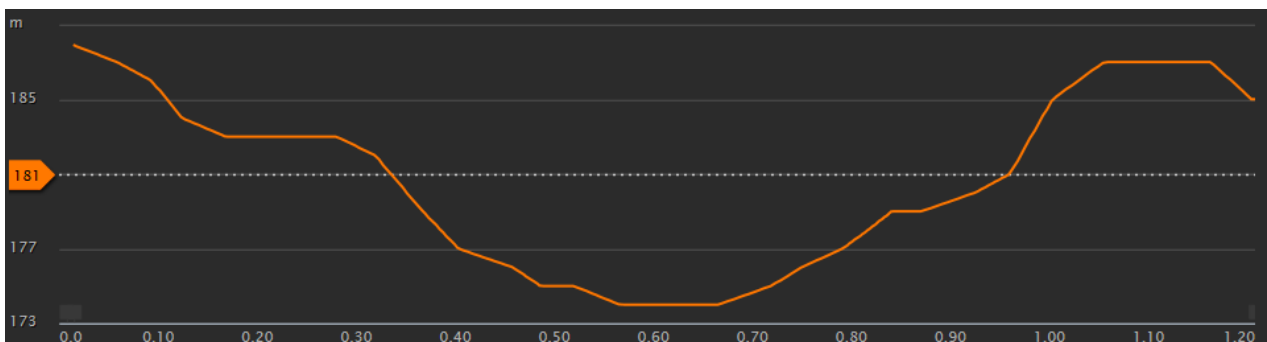
Sprint relay course - Monday

(6 X 1 100 m)



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

Course profile – Sprint-relay (Monday)



ANNEX 3 - FORM FOR MONDAY'S SPRINT RELAY

TEAM: _____ # _____

Please mark :

- Official team
- Mixed team
- Non-official team

Please write with care

NAME

CATEGORY

Ex : STEVE LAMONTAGNE

12 yrs old M

The order of this list is important. You must respect this order during the race.

#	NAME	CATEGORY
1		
2		
3		
4		
5		
6		

Coach : _____

Signature : _____

NOTE : Please use a form for each relay team.