



HAYWOOD



RACE NOTICE

**HAYWOOD NORAM CANADA CUP
QUEBEC CUP # 3
LOPPET SUBARU ORFORD
PARC NATIONAL DU MONT-ORFORD
FEBRUARY 11th, 12th, 2012**

Event	Haywood NorAm and Quebec Cup # 3.
Sanction	Event competition SFQ, CCC and FIS
Date	February 11th, and 12th 2012;
Host Club	<i>Parc National du Mont-Orford Ski Club</i>
Site	<i>Parc National du Mont-Orford</i>

Fees and Access to Trails

Included in the registration fee.

Entry fees for the park are included in the registration fees paid by the athletes and their chaperones. A pass allowing access to the park will be given to every racer and coach who is a member of a club. Passes will be distributed at the coaches' meetings. Athletes arriving the day before the race will have to pay their own entry fee for that day. Athletes, trainers and chaperones that don't have their pass at the park's booth will be asked to pay the regular entry fees: adults: 17.65 \$, 6 to 17 yrs: 9.90 \$, under 5yrs: free.

Adresse

3321, chemin du Parc
Canton d'Orford
J1X 7A2

Directions

[Click HERE for directions](#)

Write your starting point (point A) to generate your itinerary and distance.

Dates

February 11th, and 12th, 2012

Sanction

Ski de fond Québec, Ski de fond Canada and FIS

Admissibility

Annual provincial licence (SFQ) and National (CCC annual or day) are mandatory for juvenile to senior and paranordic categories.

Regional race: annual or day SFQ licence (5\$/day) is mandatory for regional races (Atom, PeeWee and Midget)

SFQ day licence (5\$/day) and CCC day licence (5\$/day) totalling 10\$/day are mandatory for Masters, Senior sport and Paranordic regional who don't have an annual SFQ licence. The cost of these licences is included in the registration fee.

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Organizing Commitee

Chief of competition
Competition Secretary
Chief of course
Chiefs of stadium
Chief of volunteers
Chief of timing
Communications
Registration

René Pomerleau
Anne Pomerleau
André Bérubé
Michel Cantin et Michel Lachance
Michel Langlois
Catherine Moreau
Jean Pinard
Bruno Ouellet

Information

René Pomerleau
819-868-1830
rpomerle@skidefondorford.qc.ca

<http://www.skidefondorford.qc.ca>

Jury

Technical delegate
Chief of competition
CCC Race director
Assistant technical delegate

Alain Vachon
René Pomerleau
Dave Dyer
Pierre Millette

Category Year of competition	Classic Saturday February 11 th		Free style Sunday February 12 th	
	Cost \$	Distance (km)	Cost \$	Distance (km)
Atom girl (2003- 2006)	20\$	1.5 km (rabbit) (Brown)	20\$	1.5 km (rabbit) (Brown)
Atom boy (2003- 2006)	20\$	1.5 km (rabbit) (Brown)	20\$	1.5 km (rabbit) (Brown)
PeeWee girl (2000- 2003)	20\$	2.5 km (green)	20\$	1.5 km (rabbit) (Brown)
PeeWee boy (1999- 2002)	20\$	2.5 km (green)	20\$	1.5 km (rabbit) (Brown)
Midget girl (1998-1999 (2000))	20\$	2.5 km (green)	20\$	5 km (2 X 2.5) (green)
Midget boy (1997-1998- 1999)	20\$	2.5 km (green)	20\$	5 km (2 X 2.5) (green)
Juvenile girl (1996-1997 (1998))	33\$	5 km (yellow)	33\$	7.5 km (1 X 2.5 km green + 5.0 km yellow)
Juvenile boy (1996-(1997))	33\$	5 km (yellow)	33\$	7.5 km (1 X 2.5 km green + 5.0 km yellow)
Junior girl (1994-1995 (1996))	43\$	5 km (yellow)	43\$	7.5 km (1 X 2.5 km green+ 5.0 km yellow)
Junior boy (1994-1995)	43\$	10 km (red)	43\$	10 km (2 X 5 yellow)

Open	Junior A women (1992-1993 (1994))	43\$	5 km (yellow)	43\$	15 km (3 X 5 yellow)
	Senior U23 W (1989-1991)				
	Senior elite W (1988 & under)				
Open	Junior A men (1992-1993 (1994))	43\$	10.0 km (red)	43\$	20 km (4 X 5 yellow)
	Senior U23 M (1989-1991)				
	Senior elite M (1988 & under)				

Senior sport and Masters women (over 30) 10 year class	45 ⁽¹⁾ or 50 ⁽¹⁾	16.3 km (blue) or 32.6 km (2 X 16.3 blue)	43\$ ⁽¹⁾	10 km (2 X 5 yellow)
Senior sport et Masters men (over 30) 10 year class	45 ⁽¹⁾ or 50 ⁽¹⁾	16.3 km (blue) or 32.6 km (2 X 16.3 blue)	43\$ ⁽¹⁾	15 km (3 X 5 yellow)
Paranordic men et women	33\$	2.5 km (green) 5 km (2 X 2.5) 7.5 km (3 X 2.5)	33\$	1.5 km (rabbit) 3 km (2 X 1.5) 4.5 km (3 X 1.5)

Schedule

DATE	ACTIVITY	PLACE
FRIDAY FEB. 10th		
7:00 pm	Coaches meeting Seeding.	<i>Centre d'Arts Orford</i> <i>Pavillon J.-A. DeSève</i> Lounge
SATURDAY FEB. 11th		
8:00 to 12:00 am	Bibs Pick-Up	Tent near the stadium
6:30 am	Wax room opens	<i>Chalet Le Cerisier</i>
9:00 am	First race starts	<i>Parc du Mont-Orford</i>
12:00 pm	Lunch (for athletes and volunteers)	Tent near the stadium
13:30 pm	Medals ceremony for regional races (Midget and under,) Senior sport and Masters	Near the stadium
6:00 pm	Banquet, Medals ceremony Haywood NorAm Championship, Quebec Cup	<i>Centre d'Arts Orford</i>
SUNDAY FEB. 12th		
6:30 am	Wax room opens	<i>Chalet Le Cerisier</i>
8:00 à 12:00 am	Bibs Pick-Up	Tent near the stadium
9:15 am	Racers start	<i>Parc du Mont-Orford</i>
11:30 am	Lunch (for athletes and volunteers)	Tent near the stadium
13:30 pm	Medals ceremony	Near the stadium
14:30 pm	End of activities	

For more information contact René Pomerleau, resp. Home : 819-868-1830

Rules and Regulations

Event respects current rules and regulations issued by the SFQ and SFC:

http://www.skidefondquebec.ca/evenements/w_cahier_de_charge_f20_12_2011.pdf

<http://www.cccski.com/getmedia/b0c8bb2f-04a8-45bb-a482-04b42c9964e0/CCC-Rules-2009.pdf.aspx>

http://www.cccski.com/getmedia/189889cf-032f-42cb-a0b3-42efdf2b30f8/Cdn-Rule-Precisions-2010-12-3-Final_.pdf.aspx

<http://www.cccski.com/getattachment/Events/Technical-Packages/NorAm-TPAug-2011-12--Oct-Clean-11.pdf.aspx>

Registration Terms

Fees

Registration fees are illustrated in the Competition Program chart. Entry fees for the park are included in the race registration fees.

Day licences apply (See *Admissibility*)

Registration

On-line registration opens January 10th 2012.

<https://zone4.ca/onlinereg.asp?id=4291>

Fees non-refundable.

Zone4 transaction fees are non-refundable.

Entry Deadline

Tuesday february 7th, 2012 at 23:59, Eastern Standard Time.

Race course

Visit our Web site

<http://www.skidefondorford.qc.ca/>

Stadium**Visit our Web site**

http://www.skidefondorford.qc.ca/wp-content/uploads/Plateau-de-départ_2012_V01.pdf

Training

As of 2:00 pm Friday January 10th.
Athletes must leave the race course 15 minutes before the start of each race.

Skiing on or near starting gates is prohibited at all times.

Coaches Meetings

Friday February 10th, 7:00 pm.
Saturday February 11th, 4:15 pm
Centre d'Arts Orford, Pavillon J.-A. DeSève, Lounge.

Seeding

Coaches meeting

Bibs Pick-Up

In the tent near the stadium between 8:00 am and 12:00 am.

Prizes**Prizes**

Medals will be awarded to the first, second and third finishers in each category and the athlete who finishes first in each birth year per category.

Award Ceremony

20 minutes after the end of the race based on the unofficial results.

Cash Prizes

Cash prizes totalling 6650\$ will be awarded at the same time as the medals ceremony in accordance with the Haywood NorAm Championship protocols.

Waxing Facilities

Chalet Le Cerisier (7:30 am to 5:00 pm) and the waxing tent near the stadium (6:30 am to 4:00 pm).

Athlete Services

Nutrition

Waxing room
Lunches served after each race
Equipment shop.
Snack bar: *Chalet Le Cerisier*.

Lodging

Rooms have been reserved at the *Centre d'Arts Orford*. You must mention that you are participating in the Orford Quebec Cup. The *Centre d'Arts Orford* is located 1km from the cross-country ski trails. A waxing room will be available there. You can visit the *Centre d'Arts* Web Site for more information. Reserve now:
<http://www.arts-orford.org>

1-800-567-6155

For more information about lodging or other contact the tourist office: 1-800-267-2744

Parking

Near the stadium, parking lot #3

Medical

Chalet Le Cerisier. First aid supplied by the Canadian Ski Patrol. A doctor will also be on site.

Activities

Banquet

Saturday February 11th 5:30 pm;

At the *Centre d'arts Orford*

Menu : choice of pasta, salad, beverages et dessert.

Cost: 19.00\$ per person (14 yrs and over)

12.00\$ per person (13 yrs and under)

Reserve at the same time as you register on line.

Race Schedules

Saturday Feb. 11 th (classic)			SUNDAY Feb. 12 th (free style)		
Individual start : interval : 15 seconds The first race starts at 9:00 am for the following categories : Open Junior B Juvenile Schedule will be determined by the jury the day before each race. Consult our Web site for race schedules and exact start times.			Mass Start		
			9h15	5 km	Midget boy
			9h20	5 km	Midget girl
			9h40	1,5 km	PeeWee boy
			9h42	1,5 km	PeeWee girl
			10h00	1,5 km	Atome boy
			10h02	1,5 km	Atome girl
			10h15	20 km	Open men
			11h30	15 km	Open women
			12h30	10 km	Junior B men
			12h35	15 km	Master men
			12h38	10 km	Master women
			13h10	7,5 km	Juvenile boy
			13h12	7,5 km	Junior B women
			13h15	7,5 km	Juvenile girl
Mass Start					
10h15	32,6 km	Master men			
10h15	32,6 km	Senior sport men			
10h17	32,6 km	Master women, Senior sport women			
10h30	16,3 km	Master men			
10h30	16,3 km	Senior sport men			
10h32	16,3 km	Master women, Senior sport women			
Mass Start					
12h00	2,5 km	Midget boy			
12h02	2,5 km	Midget girl			
12h04	2,5 km	PeeWee boy			
12h06	2,5 km	PeeWee girl			
12h20	1,5 km	Atome boy			
12h22	1,5 km	Atome girl			
12h45	2,5 km ou 5 km ou 7,5 km	Paranordic	To be determined	1,5 km 3 km 4,5 km	Paranordic