



**FIS EASTERN CANADA CUP / CANDY CANE CUP  
Including Ontario Cup #1  
and Coupe Québec #1**

Hosted by Évènements Nordiques Gatineau Nordic Events (ENGNE)

15-17 DECEMBER 2023

Nakkertok Nordic Centre  
Gatineau/Cantley, Quebec





**FIS EASTERN CANADA CUP / CANDY CANE CUP**  
**December 15-17, 2023**

## **SPONSORS AND PARTNERS**

Évènements Nordiques Gatineau Nordic Events (ENGNE) would like to thank the growing list of sponsors and partners supporting the Outaouais-Ottawa cross-country ski community at the Candy Cane Cup for 2023.





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## **LAND ACKNOWLEDGEMENT**

Évènements Nordiques Gatineau Nordic Events (ENGNE) respectfully acknowledges that the lands on which we live and ski are the traditional unceded territory of the Algonquin Anishnaabeg People. The Algonquin peoples have lived on this land since time immemorial. We are grateful to have the opportunity to be present in this territory. We share a common respect for our natural environment that provides us the privilege of using the topography of mother earth and the snow that falls from the sky to enjoy our chosen activity of cross-country skiing.

## **A. GENERAL INFORMATION**

### **LOCATION**

Nakkertok Nordic Centre  
 900 Gatineau Avenue, Gatineau, Quebec  
[Directions](#)

### **PROGRAM**

The competition will run over three days as follows:

<b>DAY</b>	<b>RACE</b>	<b>CATEGORIES</b>	<b>TECHNIQUE</b>
Thursday, 14 December	Official Training	All categories	Free
Friday, 15 December	Individual Sprint	Open (U20, Senior & CCUNC)	Free
	Interval Start	U18, U16 & U14	
Saturday, 16 December	Individual Sprint	U18, U16 & Para-Nordic U14 (Qualification only)	Free
	Interval Start	Open (U20, Senior & CCUNC)	
Sunday, 17 December	Interval Start	U14 to Senior CCUNC & Para-Nordic	Classic



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## **SANCTION**

The event is sanctioned by:

- [International Ski and Snowboard Federation](#) (FIS)
- [Nordiq Canada](#) (NC)
- [Cross Country Ski Ontario](#) (XC SO)
- [Ski de fond Québec](#) (SFQ) (French only)

## **STAKES**

- [FIS Points](#)
- [Canadian Points](#)
- Money Awards
- Ontario Cup
- Coupe Québec

## **TECHNICAL BACKGROUND**

The event is held under the following:

- [International Competition Rules \(ICR\)](#) - Canadian Competition Rules (CCR) with most recent Precisions
- [Nordiq Canada, Canada Cups Technical Package 2023-2024](#),
- [Competition Pathway](#)
- [Règlements officiels de la Coupe Québec 2023-24](#) (French only)
- 2023-24 Ontario Cup Technical Package

## **SAFESPORT**

Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the [Canadian Sport Helpline](#) or the onsite SafeSport officer (Jennifer Tomlinson - [tomlinson@rogers.com](mailto:tomlinson@rogers.com)). These individuals can connect you with support and help you file a complaint. For emergencies, call 911.



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**ORGANIZING COMMITTEE**

<b>POSITION</b>	<b>NAME</b>
Event Chairs	Pierre Millette / John Halvorsen
Treasurer	Yves Dupont
Secretary	Jacques Dumont
Awards and Protocol	Dave Dyer
Communication & Media	Anton Scheier / Marie-Pier Pelletier-Millette
Chiefs of Competition	Frédéric Forge / Claude Laramée
Fundraising & Sponsorship	John Halvorsen
Venue	Christopher Alderson
Volunteers	Marie-Josée Lavergne / Virginie Groulx

**COMPETITION COMMITTEE**

<b>POSITION</b>	<b>NAME</b>
Chiefs of Competition	Frédéric Forge / Claude Laramée
Competition Secretary	Todd Fairhead
Chief of Control and Security	Thomas Lyon
Chiefs of Course	Charles Lacasse / Simon Mason
Chief of Stadium	Andrew Liddiard
Chief of Timing and Results	Steve Daniels



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**JURY**

POSITION	NAME
Technical Delegate	René Pomerleau
Assistant Technical Delegate	Mario Champigny
Chief of Competition	Frédéric Forge / Claude Laramée
Jury Member	TBD

**INFORMATION AND COMMUNICATION**

Communication during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive communication during the event must register on Zone4. All official communication will be done in both of Canada's official languages. Please follow this link to join the WhatsApp FIS Eastern Canada Cup 2024 group:

<https://chat.whatsapp.com/DilVI2aKN3NDew2cj5XC9V>

WEBSITES	
Event Website	<a href="https://candycanecup.ca/">https://candycanecup.ca/</a>
Zone4 Event Page	<a href="https://zone4.ca/event/2023/P4qAWZ/">https://zone4.ca/event/2023/P4qAWZ/</a>

EMAILS		
Event Chair	Pierre Millette	<a href="mailto:info@engne.ca">info@engne.ca</a>
Chiefs of competition	Frédéric Forge / Claude Laramée	<a href="mailto:directeur.competition.director@engne.ca">directeur.competition.director@engne.ca</a>
Secretariat	Todd Fairhead	<a href="mailto:race.secretariat.epreuve@engne.ca">race.secretariat.epreuve@engne.ca</a>
Registrar	Jacques Dumont	<a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>



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EMAILS		
Venue	Christopher Alderson	<a href="mailto:venue.services.site@engne.ca">venue.services.site@engne.ca</a>
Waxing Facilities	Christopher Alderson	<a href="mailto:fartage.waxing@engne.ca">fartage.waxing@engne.ca</a>
Volunteers	Marie-Josée Lavergne / Virginie Groulx	<a href="mailto:benevoles.volunteers@engne.ca">benevoles.volunteers@engne.ca</a>

SOCIAL MEDIA	
Facebook	<a href="https://www.facebook.com/CoursesENGNERaces">https://www.facebook.com/CoursesENGNERaces</a>
X	<a href="https://twitter.com/CourseENGNERace">https://twitter.com/CourseENGNERace</a>
Instagram	<a href="https://www.instagram.com/coursesengneraces/?hl=fr">https://www.instagram.com/coursesengneraces/?hl=fr</a>

**VOLUNTEERING**

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give during your stay with us, please register on iVolunteer at [https://engne.ivolunteer.com/ccc\\_2023](https://engne.ivolunteer.com/ccc_2023) or by contacting [benevoles.volunteers@engne.ca](mailto:benevoles.volunteers@engne.ca)



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**SCHEDULE OF EVENTS**

DATE	TIME	EVENT	LOCATION
Monday, November 13, 2023		Registration opens	<a href="#">Zone4</a>
Friday, December 1, 2023	23:59	Deadline to Submit Request for Waxing Space	<a href="mailto:fartage.waxing@engne.ca">fartage.waxing@engne.ca</a>
Friday December 8, 2023	23:59	Regular registration closes	<a href="#">Zone4</a>
Monday December 11, 2023	23:59	Late registration closes	<a href="#">Zone4</a>
Tuesday December 12, 2023	23:59	Coaches' registration closes	<a href="#">Zone4</a>
Wednesday December 13, 2023	All day until 17:00	Unofficial training (Trail fees in effect)	Nakkertok South Trails.
	12:00	Corrections to confirmation list due	<a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>
	12:00-21:00	Waxing facilities open	Waxing area
	19:00	Distance and Sprint Seeding Lists available	<a href="#">Zone4</a>
	All night from 18:00	Security in force	Waxing area, chalet, garage
Thursday December 14, 2023	6:00-21:00	Waxing facilities open	Waxing area
	9:00-17:00	Race office open	Race office
	11:00-15:00	Official training	Sprint course





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DATE	TIME	EVENT	LOCATION
	12:00	Corrections to Distance and Sprint Seeding Lists due	Race office <a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>
	15:00	Corrections to Friday Start Lists due	Race office <a href="mailto:race.secretariat.epreuve@engne.ca">race.secretariat.epreuve@engne.ca</a>
	17:00-18:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Friday December 15, 2023	6:00-21:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Blue Room
	8:30	Races (per start order) Award ceremonies (per schedule)	Sprint courses Stadium
	15:00	Corrections to Saturday Interval Start Lists due	Race office <a href="mailto:race.secretariat.epreuve@engne.ca">race.secretariat.epreuve@engne.ca</a>
	18:00-19:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Saturday December 16, 2023	6:00-21:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Blue Room



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DATE	TIME	EVENT	LOCATION
	8:30	Races (per start order) Award ceremonies (per schedule)	Sprint courses Plaza
	15:00	Corrections to Sunday Start Lists due	Race office <a href="mailto:race.secretariat.epreuve@engne.ca">race.secretariat.epreuve@engne.ca</a>
	18:00-19:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Sunday December 17, 2023	6:00-15:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Blue Room
	8:30	Races (per start order) Award ceremonies (per schedule)	Sprint courses Plaza

**CONTINGENCY PLAN**

Any change in the event location or schedule will be posted as early as it is known on the event website. If necessary, a decision on event cancellation due to weather or change of site will be made one week prior to the event, as recommended by the Jury.



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**B. COMPETITION**

**CATEGORIES**

<b>CATEGORY</b>	<b>SUB CATEGORY</b>	<b>YEAR OF BIRTH</b>
U14 Girls	U14 G1 U14 G2	2011 2010
U16 Girls	U16 G1 U16 G2	2009 2008
U18 Girls	U18 G1 U18 G2	2007 2006
U20 Women	U20 W1 U20 W2	2005 2004
Senior Women	Senior U23 Women Senior Women	2003, 2002 & 2001 2003 and before
CCUNC Women	N/A	N/A
Para-Nordic Sit Ski LW10-12 Women	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Women	N/A	N/A
U14 Boys	U14 B1 U14 B2	2011 2010
U16 Boys	U16 B1 U16 B2	2009 2008
U18 Boys	U18 B1 U18 B2	2007 2006
U20 Men	U20 M1 U20 M2	2005 2004
Senior Men	Senior U23 Men Senior Men	2003, 2002 & 2001 2003 and before



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CATEGORY	SUB CATEGORY	YEAR OF BIRTH
CCUNC Men	N/A	N/A
Para-Nordic Sit Ski LW10-12 Men	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Men	N/A	N/A

**RACES**

CATEGORY	December 15 Sprint and Interval Start/ Free	December 16 Sprint and Interval Start / Free	December 17 Interval Start / Classic
U14 Girls	2.5 km	1 km (Qualification only)	5 (2x2.5) km
U16 Girls	2.5 km	1 km	7.5 (3x2.5) km
U18 Girls	2.5 km	1 km	10 (4x2.5) km
U20 Women	1.3 km	5 (2x2.5) km	10 (4x2.5) km
Senior Women	1.3 km	5 (2x2.5) km	10 (4x2.5) km
CCUNC Women	1.3 km	5 (2x2.5) km	10 (4x2.5) km
PN Sit Women	n/a	800 m	5 (4X1.25) km
PN Stand Women	n/a	1 km	7.5 (3X2.5) km
U14 Boys	2.5 km	1 km (Qualification only)	5 (2x2.5) km
U16 Boys	2.5 km	1 km	7.5 (3x2.5) km
U18 Boys	2.5 km	1 km	10 (4x2.5) km



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<b>CATEGORY</b>	<b>December 15 Sprint and Interval Start/ Free</b>	<b>December 16 Sprint and Interval Start / Free</b>	<b>December 17 Interval Start / Classic</b>
U20 Men	1.3 km	5 (2x2.5) km	10 (4x2.5) km
Senior Men	1.3 km	5 (2x2.5) km	10 (4x2.5) km
CCUNC Men	1.3 km	5 (2x2.5) km	10 (4x2.5) km
PN Sit Men	n/a	800 m	5 (4X1.25) km
PN Stand Men	n/a	1 km	7.5 (3X2.5) km

- Notes:(1) As per FIS recommendations, men and women will ski the same distance on the same course on any given day. Distances for Open Men and Women and Para-Nordic have been recommended by Nordiq Canada.  
 (2) Sprint for U20 and Senior will be run according to section 6.3 of the Nordiq Canada, Canada Cups Technical Package 2023-24.  
 (3) Skiers of the U14 age group who want to participate in the U16 heats must register as U16.

**NOTICE OF DOPING CONTROL**

Athletes and coaches 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. For more information, please see section 11.7 of the Nordiq Canada, Canada Cups Technical Package 2023-24.

**ELIGIBILITY**

To participate in the Open category of a Canada Cup event, a skier must have a racing license issued by FIS, Nordiq Canada or a Tier 2 Event License (formerly Supporting Member Day License or SMDL) issued by Nordiq Canada.

Non-Canadian skiers without a FIS license can buy a Nordiq Canada Associate license for seeding purposes.



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A FIS License is required to be eligible for the Canada Cup awards.

Skiers must also hold a FIS license to be eligible for international development trip selections.

For other Nordiq Canada-sanctioned races below this level, skiers must hold a Nordiq Canada and/or FIS license or purchase a [Tier 2 Event License](#) to compete.

Quebec resident skiers in U16, U18, U20 and Senior categories must also have an annual SFQ license. Quebec resident skiers in U14 categories who do not have an annual SFQ license must purchase a SFQ race day license.

### **University and College Skiers**

The CCUNC category is integrated into the Open category. Students are eligible provided they are registered as "full-time" by the academic regulations of their University, College, or Cegep or enrolled in a minimum of three half courses (or the equivalent: 9 credit hours) in the term (semester) in which they are competing.

A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC awards. However, a skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points if they are officially registered in a Canadian school.

### **Para-Nordic Skiers**

Para athletes are either nationally or internationally classified. If national classification has not been possible, the athlete will default to the highest classification in their category (LW12, LW9, B3).

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 sign the NC Waiver form.

## **RACING UP**

When deciding to race up, athletes and coaches should consider the [Competition Pathway](#).

## **REGISTRATION**

Registration will open on Monday November 13, 2023 in [Zone4](#). All registration fees must be paid online on Zone4.

**Race Fees:** Race fees will be \$35 per race per U14 racer and \$55 per race per person for all other categories. Race fees include a \$5 fee designated for



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snow enhancement. Regular registration closes on Friday December 8, 2023 at 23:59 EST. Late registration closes on Monday December 11, 2023 and is subject to a late fee of \$100 per registration. Registration after December 11, 2023 is at the discretion of the Jury and also subject to a late fee of \$100. Individuals registering after December 11, 2023 forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly.

**Sales Taxes:** sales taxes (GST and QST) and processing fees will be added to the race fees.

**Licenses:** FIS and Nordiq Canada licenses (and SFQ licenses for Quebec skiers) must be entered at the time of registration.

**Nordiq Canada Tier 2 Event License:** Racers who do not hold a valid FIS or Nordiq Canada license must purchase a \$6 Tier 2 Event license for each race.

**Ski de Fond Quebec License:** Quebec resident in U16, U18, U20 and Senior categories must have a valid SFQ racing license. Those in other categories who do not hold a SFQ racing license must purchase a \$5 Day License for each race.

**XCSO Ontario Cup Race Fees:** Member of Ontario clubs in U14, U16, U18, U20, Senior and Para-Nordic categories must pay a \$7 (\$3.5 for U14) Ontario Cup fee for each race.

**SFQ Coupe Quebec Race Fees:** Quebec resident racers in U16, U18, U20 and Senior categories must pay a \$5 Coupe Quebec fee for each race.

Registrations will be reviewed against racers' Nordiq Canada license's province of registration for applicability of XCSO and SFQ race fees. Improperly registered racers will be required to pay any outstanding fees owing with the Registrar online or at the race office before bibs are issued.

**Refund:** Refund requests will be processed as follows:

- 100% of the registration fee including day licences (NC Tier 2 Event License and SFQ day licences) and XCSO/SFQ provincial cups fees, received up to the end of registration.
- 50% of the entry fee including tier 2 licences (NC Tier 2 Event License and SFQ day licences) and XCSO/SFQ provincial cups fees, received from the end of registration until the deadline for providing corrections to the confirmation list (see race notice).
- No refunds for demands received after the deadline to provide corrections to the confirmation list or if the athlete does not show up at the start.



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- No refunds for overpaid tier 2 licences (NC Tier 2 Event License and SFQ day licences) and XCSO/SFQ provincial cups fees.
- No refund for a race day cancelled for cold or adverse weather conditions.
- No refund of Zone 4 and online banking transaction fees.

**Event/day cancellation:** Should the event or a race day be cancelled for other than cold or adverse weather conditions, the OC will provide a refund of registration fees less: the costs associated with expensed items not re-usable at future events, and any reasonable meeting costs incurred during the planning phase of the event by the OC.

**College or university skiers:** CCUNC racers must indicate that they are a college or university skier in the registration form. CCUNC awards will be presented based on information provided by the corrections deadline.

**Coaches and team support staff** are required to register on Zone4 by close of registration at 23:59 EST on Tuesday December 12, 2023. Coaches and team support staff can register to the FIS Eastern Canada Cup WhatsApp group at <https://chat.whatsapp.com/DiIvI2aKN3NDew2cj5XC9V> which will be used to communicate any changes, or any decisions taken over the course of the event.

**Corrections:** Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the registrar at [registraire.registrar@engne.ca](mailto:registraire.registrar@engne.ca) before noon EST Wednesday December 13, 2023.

The following table summarizes the various fees related to registration:

CATEGORY	RACE FEE UNTIL 2023/12/08 *	RACE FEE 2023/12/09 UNTIL 2023/12/11 *	NORDIQ CANADA TIER 2 EVENT LICENSE	SFQ DAY LICENSE	XCSO RACE FEE	SFQ RACE FEE
U14	\$35 per race	\$35 per race + \$100 per registration	\$6 per race	\$5 per race	\$3.5 per race	N/A
U16 to Senior	\$55 per race	\$55 per race + \$100 per registration	\$6 per race	N/A	\$7 per race	\$5 per race
Para-Nordiq	\$55 per race	\$55 per race + \$100 per registration	\$6 per race	\$5 per race	\$7 per race	N/A

Note: race fees include a \$5 snow enhancement fee.





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## **SEEDING**

Seeding will be done according to section 6 of the Nordiq Canada, Canada Cups Technical Package 2023-24.

The starting positions of the Para-Nordic racers will be determined by double blind draw.

Seeding distance and sprint lists will be distributed at 19h00 on December 13, 2023 for review by coaches. Please contact the race secretary [race.secretariat.epreuve@engne.ca](mailto:race.secretariat.epreuve@engne.ca) before 12:00 EST, December 14, 2023, should any corrections be required.

## **TEAM CAPTAINS' MEETINGS**

The Team Captains' Meetings will be held virtually as follow:

- Friday sprint and interval start races: Thursday, December 14, 2023 at 17:00 EST
- Saturday qualification and distance races: Friday, December 15, 2023 at 18:00 EST
- Sunday distance races: Saturday December 16, 2023 at 18:00 EST

Invitations with links to the virtual meeting will be sent to registered coaches. Agenda will be as per ICR-CCR 305.2.2.

Other communication with coaches will be done by WhatsApp, email, and through the event page on Zone4.

## **START ORDER**

Start order and heats schedule will be confirmed at the latest on December 14, 2023. The start lists will be distributed electronically to coaches the day before each race and any corrections must be reported to the secretariat at [race.secretariat.epreuve@engne.ca](mailto:race.secretariat.epreuve@engne.ca) before 3 p.m. EST.

## **BIBS**

Bib pick-up will take place in the Blue Room on the first floor of the Garage. Bibs will be available for pick up at 7:30. Bibs will be sorted by Team or Club as identified during registration.

For sprint heats, bibs and leg bibs will also be picked up in the area behind the start area after the results of the qualifier have been posted.



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Clubs, teams and training centres will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

**TRANSPONDERS**

GoChip transponders will be used for all the distance races and the Sprint Qualifier. Transponders will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time. Clubs, teams and training centres will be charged a transponder replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

**WAXING**

As per ICR-CCR 222.8, the use of fluorinated wax or tuning products containing fluorine including kick wax is not allowed for **all** categories.

**WARM-UP**

As it is an early season race, there is a strong probability that the trail network used for the race will only be covered with artificial snow, with limited snow in other areas of the facility. The priority will be to prepare the best possible race trails and snow coverage of warm-up and ski testing areas might be limited. More details will be available at the Team Captains’ Meetings; however, athletes and coaches should be prepared to use rock skis and/or for running warm-ups.

Under normal conditions, the courses will be closed as follows before the races:

DATE	FORMAT	CLOSING TIME
December 15	Sprint Qualifier	8:20
	Sprint Heats	10:20
	Interval Start	12:50
December 16	Sprint Qualifier	8:20
	Sprint Heats	10:20
	Interval Start	12:50



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<b>DATE</b>	<b>FORMAT</b>	<b>CLOSING TIME</b>
December 17	Interval Start	8:20

Racers can warm-up on the race course until 10 minutes before the start. The race course will then be closed until the end of the race. During the races, athletes can warm up on the trail along the upper parking lot, the chalet and the garage. Please bring your running shoes to warm up in case of low coverage of snow when the race course is closed.

Skiers must ski in the direction of the race course when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned. On sprint days, the course will be opened after the sprint qualifier.

The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

The warm-up trails and the ski testing area will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

### **COURSE AND STADIUM MAPS**

Courses and stadium maps will be available by December 1, 2023 at the latest.

### **FEEDING**

There will be energy drink and water available on self-serve basis at the finish of every race.

### **RESULTS AND PROTESTS**

The official timing will be done with Summit Systems timers; the data will be managed by Zone4. Sprint heats will be timed. Live streaming of results will be provided on Zone4.

Unofficial and official results will be posted on Zone4. Protests must be submitted in accordance with ICR-CCR 361. A notification will be sent on the coaches WhatsApp group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.



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**AWARDS**

The awards schedule will be confirmed at the latest at the Teams Captain’s Meeting. Prize winners must attend the ceremonies to receive their awards.

Money awards will be given to the Top 6 Open skiers and the Top U23 skier for each race and the Top Open skier in the sprint qualification as shown in the following table:

	<b>SPRINT</b>	<b>INTERVAL START FREE</b>	<b>INTERVAL START CLASSIC</b>
<b>Open Men and Open Women</b>			
<b>1</b>	\$250	\$250	\$250
<b>2</b>	\$175	\$175	\$175
<b>3</b>	\$125	\$125	\$125
<b>4</b>	\$100	\$100	\$100
<b>5</b>	\$75	\$75	\$75
<b>6</b>	\$50	\$50	\$50
<b>1<sup>st</sup> U23</b>	\$75	\$75	\$75
<b>1e Sprint Qualifier</b>	\$100		

Other awards will be given as follows:

- Sprint Qualifier: Top three of U14, and CCUNC
- Sprint Finals: Top six U20, Top three U18, U16, PN Sit, PN Stand
- Distance Races: Top six U20 and Top three of U14, U16, U18, CCUNC, PN Sit, PN Standing

**Hall Mark of Excellence**

In addition to the awards described above, the Candy Cane Cup will award the “Hall Mark of Excellence” to the top 6 skiers of the aggregates of the Open Women’s and Open Men’s categories, using results from the three races.

The prize amounts, in Canadian dollars, will be \$1,000 for first, \$650 for second, \$450 for third, \$350 for fourth, \$300 for fifth and \$250 for sixth. To determine the sum of the scores of each race will be used. The old-FIS World Cup point system will be used as follow:



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1st place	100 points
2nd place	80 points
3rd place	60 points
4th place	50 points
5th place	45 points
6th place	40 points
7th place	36 points
8th place	32 points
9th place	29 points
10th place	26 points
11th place	24 points
12th place	22 points
13th place	20 points
14th place	18 points
15th place	16 points

16th place	15 points
17th place	14 points
18th place	13 points
19th place	12 points
20th place	11 points
21st place	10 points
22nd place	9 points
23rd place	8 points
24th place	7 points
25th place	6 points
26th place	5 points
27th place	4 points
28th place	3 points
29th place	2 points
30th place	1 point



In case of a tie, the result of the last race will be used.

To be eligible, athletes must hold a valid FIS license from any nation and ski in the Open sprint finals, the 5k distance race and the 10k distance race.



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## **C. FACILITY INFORMATION**

### **PARKING**

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for Para-Nordic participants and ambulance access.

Please be vigilant and respect the signage and the parking volunteers who will attempt to maximize the use of the available space.

### **ACCESS FEES TO SKI TRAILS**

On official training days and race days, access fees to the trails for registered athletes and coaches are included in the registration fees.

Non-Nakkertok members using the trails on other days must pay a day fee of \$17. Fees can be paid on Zone4 during registration. The Zone4 receipt must be printed and presented as proof of payment. Note that there will be no access to the race trails on the unofficial training day after 16:00 (Wednesday December 13).

Trail fees must be paid on training and race days by non-Nakkertok members other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted. The fee(s) can be deposited in any of the day use fee boxes at the main chalet.

### **ECO-FRIENDLY EVENT**

ENGNE has the objective and mandate to present events that are as eco-friendly as possible. We ask all participants to reduce usage of single use plastics, styrofoam, packaging and containers they will bring on the competition site. We ask that you sort and dispose of all waste in the proper recycling, composting and waste bins located at several locations on site. We also encourage teams to carpool as much as possible. We thank you for helping make a greener planet.

### **SECURITY**

Security will be on-site from 18:00 to 6:00 from December 13 to 17, 2022.

During the day, marshals are responsible for the safety of skiers and others on or near the course. Their role is to prevent interference with skiers. Most



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marshals will be positioned in the areas of greatest traffic: in the stadium, on Jackrabbit Hill and Dirk's Dive. Please follow their instructions.

**ATHLETE'S LOUNGE / TEAM COMPOUND**

Indoor space on site will be limited.

Teams are encouraged to bring their own tent for athletes to use for changing. Teams are asked to identify their needs for wax space to [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) before Friday December 1, 2023. Teams flying to the Candy Cane Cup may request a tent by emailing [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) before Friday December 1, 2023.

**WAXING FACILITIES**

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents/trailers. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) by Friday December 1, 2023 at the latest to ensure appropriate space allocation. Priority will be given to groups who have provided such a list.

Teams with their own waxing tents/trailers should contact [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) by Friday December 1, 2023, to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

Waxing pits for individual sprints are only permitted in designated areas and will only be allowed after review by the Jury of the stadium size, competition format and size of the heats. Only one service team person and one wax bench per club is permitted. The location of the waxing pits will be confirmed at the TCM.

Please note that the waxing area will be powered with generators following this schedule:

DATE	TIME
Wednesday, December 13, 2023	12:00-21:00
Thursday, December 14, 2023	6:00-21:00
Friday, December 15, 2023	6:00-21:00
Saturday, December 16, 2023	6:00-21:00



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<b>DATE</b>	<b>TIME</b>
Sunday, December 17, 2023	6:00-15:00

**COMPETITION OFFICE**

The competition office is located on the second floor of the Barn. Opening hours will be as follows:

<b>DATE</b>	<b>TIME</b>
Thursday, December 14	9:00-17:00
Friday, December 15	7:00-17:00
Saturday, December 16	7:00-17:00
Sunday, December 17	7:00-15:00

**NOTICE BOARDS**

All communication will be done electronically.

**WEATHER**

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is <https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

**TRAIL CONDITIONS**

Trail conditions will be tweeted on a regular basis via the @nakkxc X account, updates will be available at the TCM and via email and WhatsApp to coaches registered on Zone4 should the need arise.

**FIRST AID AND MEDICAL SERVICES ON SITE**

In the unfortunate event of an accident or illness, the Canadian Ski Patrol (CSP) will be well prepared to handle both critical and non-critical cases. The





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CSP has the equipment and capacity to provide advanced first aid services. They will be set up in a tent behind the finish line for minor care. The CSP will also have a separate room in the Chalet to provide care for more serious conditions. If required, they will contact the Coopérative des paramédics de l'Outaouais to transfer a patient requiring more advanced medical care and to the hospital. The CSP will provide an appropriate number of patrollers required to meet the needs as mutually agreed upon/outlined in the event safety plan. It will include patrollers at the finish line and at other sites appropriately located around the various courses.

**COVID-19**

THE EVENT WILL FOLLOW LOCAL AND PROVINCIAL PUBLIC HEALTH GUIDELINES REGARDING EVENT HOSTING.

**LOST AND FOUND**

Lost items will be kept on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign-in desk. If you have lost an item, please send an email to [epreuve.secretariat.race@engne.ca](mailto:epreuve.secretariat.race@engne.ca).



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## **D. TEAM SERVICES**

### **TRAVEL AND TRANSPORTATION**

The closest airport is the Ottawa Macdonald-Cartier International Airport (YOW) <https://yow.ca/en>

Car Rentals at YOW Airport: <https://yow.ca/en/parking-transportation/car-rentals>.

### **ACCOMODATION**

The Organizing Committee would like to urge any teams planning to attend our event to arrange their accommodations in Gatineau as soon as possible. There are a number of other activities taking place at the same time in this area. For accommodation options in Gatineau, please visit Tourism Outaouais at <https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>

### **FOOD / WATER**

There will be drinking water available at the finish area and in limited availability in the Chalet. There will be no food available on site. Teams are encouraged to bring their own water and food. Stores near the venue:

- Convenient store on Avenue Gatineau (5 km)
- Supermarkets: IGA and Metro on Boulevard Gréber (approx. 7 km)

### **HOSPITAL**

The closest hospital to the venue is the Hôpital de Gatineau (approx. 8 km):

[909 Boulevard la Vérendrye O](#)

Gatineau, QC J8P 7H2

(819) 966-6100