

COUPE SKINOUK - ROLLER SKI



PRESENTED BY

euro-sports

NORDIC

Ottawa - Canada

**SEPTEMBER 16, 2023
GATINEAU PARK – P5**

RACE NOTICE

COUPE SKINOUK - ROLLER SKI

GENERAL INFORMATION

Presented by Euro-sports, Coupe Skinouk Roller Ski 2023 is the 5th edition of this popular event among the Outaouais ski community.

The event is open to all. It is a level 2 competition sanctioned by Nordiq Canada and Ski de Fond Québec.

Although the situation with Covid appears to be resorbed, the event will follow the [guidelines](#) issued by the public health authorities regarding event hosting.

Like the first four editions, the event will take place from parking lot P5 in Gatineau Park.

Event	Coupe Skinouk – Roller Ski 2023
Organiser	Club Skinouk
Contact	Email : evenements@skinouk.ca
Location	Parking lot P5, Gatineau Park
Date	Saturday September 16, 2023
Sanction	Nordiq Canada and Ski de Fond Québec
Stake	Canadian points Money awards
Format	Mass Start, Free technique
Technical Background	International Competition Rules (ICR) - Canadian Competition Rules (CCR) with 2021 Precisions Technical Package for Tier 2 roller ski events Nordiq Canada Roller-Skiing Policy Nordiq Canada Competition Pathway
Contingency measures	All information regarding the change of site or date if necessary will be announced on September 13, 2023 on the Club Skinouk website

COUPE SKINOUK - ROLLER SKI

ORGANIZING COMMITTEE

Organizing Committee	Chief of competition	Jacques Dumont
	Race secretary	Philippe Daoust ?
	Chief of stadium	Jacques Dumont
	Chief of course	Frédéric Forge
	Chiefs of control and security	Isabelle McMartin
	Chiefs of timing	Richard Fortin/Charles Lacasse
	Chief of officials	Antoine Douville/Manon St-Amour
	Head of logistics	Pierre Millette
Jury	Technical Delegates	Jennifer Tomlinson
	Chief of competition	Jacques Dumont
	Jury Member	TBC

RACES

Category (Age on December 31, 2023)			Mass Start Free Technique
U14	2010 and 2011	F	3.5 km (2 x 1.75 km)
		M	
U16	2008 and 2009	F	7.5 km (3 x 2.5 km)
		M	
U18	2006 and 2007	F	10 km (2 x 5 km)
		M	
U20	2004 and 2005	F	
		M	
Senior	2003 and before	F	
		M	

A proposed start order will be published in early September. The start order as well as the grouping of categories for the starts will be confirmed once the number of registrations is known.

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SCHEDULE

Friday August 25, 2023		
Time	Event	Location
	Registration opens Publication of confirmation list	Zone4.ca
Wednesday September 13, 2023		
Time	Event	Location
	Confirmation of official course and stadium Publication of proposed start order	Zone4.ca
Thursday September 14, 2023		
Time	Event	Location
23:59	End of registration	Zone4.ca
Friday September 15, 2023		
Time	Event	Location
9:00	Publication of technical document	Zone4.ca and email
12:00	End of correction in confirmation list	evenements@skinouk.ca
16:00	Publication of start list	Zone4.ca
Saturday September 16, 2023		
Time	Event	Location
7:30	Secretariat opens Bib distribution	P5 Parking lot
8:45 8:15	Ski distribution for the first start	Stadium
9:00 8:30	First start	Stadium
	Awards ceremonies	Stadium
12:30 12:00	End of races	

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ELIGIBILITY

The competition is open to all.

All skiers must hold a valid annual racing license issued by Nordiq Canada. If not, a Supporting Member Day License (SMDL) needs to be purchased during the online registration process.

All athletes living in Quebec must also have an annual Ski de Fond Québec (SFQ) license or buy a SFQ Day License online.

Please note that no refund will be given for any daily license (NC or SFQ) purchased in error.

Racing up is allowed at registration online. Racers may race up by only one age-category. The athlete who will race up must select the minimum year of birth of the new category when registering online.

REGISTRATION

Only online registration at zone4.ca will be accepted:

- Registrations open on August 25, 2023
- Registration ends on September 14, 2023, at 23:59.

Registration fees (paid online) :

- U14 categories: 30\$
- U16, U18, U20, Senior and Master categories: 40\$

Please note that there is a maximum of 175 registrants.

Confirmation lists will be posted on Zone 4 with the registration form. It is recommended that coaches and athletes check the lists to ensure there is no error, in which case you should contact the organizers as soon as possible and no later than September 16, 2023 at noon.

INFORMATION FOR ATHLETES AND COACHES' MEETING


There will be no coaches meeting. A technical document will be sent to all participants on Friday September 15, 2023 and will replace the coaches meeting.


The document will contain up-to-date information on the course, start order, athletes safety and any other information relevant to the smooth running of the race.

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EQUIPMENT

Skis : Only the Swenor 65-000 of the NC fleet and the Rundle Velox from Cross Country Ski Ontario wheeled skis with wheels # 2 will be allowed. Skis will be assigned by random draw in accordance with CCR396.2.11.

	
Wheel Diameter	100 mm
Wheel Width	24 mm
Skis Weight	1,400 g for both
Skis Length	580 mm

	
Wheel Diameter	100 mm
Wheel Width	24 mm
Skis Weight	N/A
Skis Length	610 mm

Distribution	SNS	NNN
Swenor NC	1-15	16-50
Rundle XCSO	71-100	1-70

In order to maximize the distribution of skis, participants are encouraged to have access to a pair of boots compatible with the other type of bindings. Participants should indicate on the entry form the type of bindings they are using during the race.

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Poles: Poles shall comply with RCC 343.8.1 and RCC 396.2.6 for free technique races. As of July 1, 2023, Canadian competition rules require that for roller ski competitions, the tip of the pole must have a rigid protection with a diameter greater than or equal to 30 mm. These protections must be placed within 45 mm of the metal tips (CCR 396.2.6). **However, as these items are scarcely available on the Canadian market (skiwax.ca), the rule will not be enforced in accordance with Section 396.2.1., however, we ask participants that do not have the specific ferrule protection to use their XC Ski Baskets, if adequate for racing, to increase security.**

Protections: A safety helmet (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during warm up and competition per ICR 396.2.7.

TIMING AND RESULTS

Timing will be done with Summit system and Zone4. Transponders will be used. Results will be published on Zone4.ca after the race.

SEEDING

A chevron start will be used, with athletes placed on the chevron according to Canadian points. Only double poling is permitted on the first 50 meters of the course in accordance with CCR 396.8.1.2. The distance point list ending April 3, 2023 will be used.

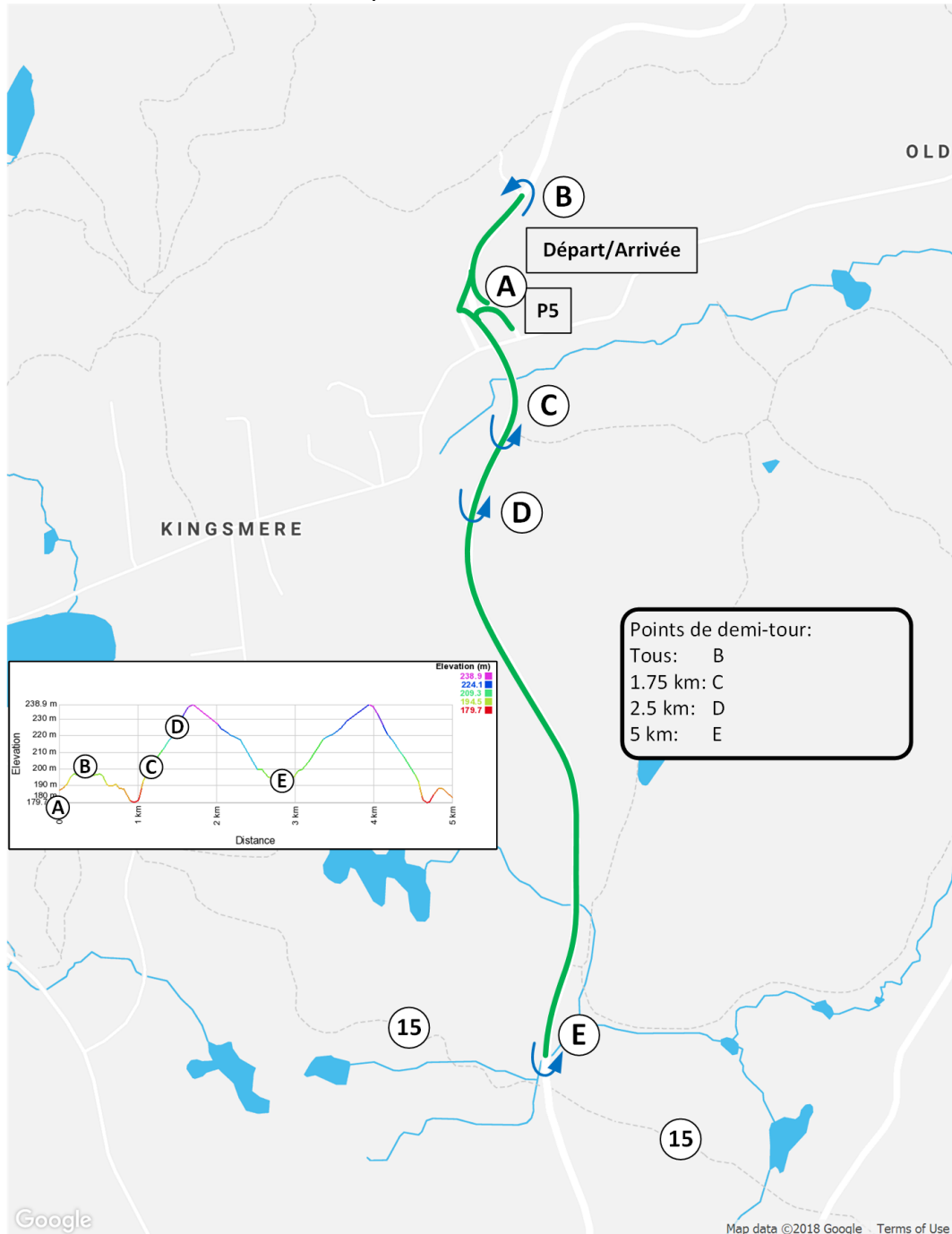
Skiers with an annual Nordiq Canada license and without points will have their starting order randomly drawn in the same group and will start behind the seeded group. Skiers with a SMDL will have their starting order randomly drawn in a same group and will start behind the annual Nordiq Canada license holders' group.

The start list will be posted on zone4.ca on September 15, 2023, at 7 p.m. No changes will be possible after that time.

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COURSE

The course uses a portion of the Gatineau Parkway between the Penguin Picnic Area and the intersection of the Parkway and trail #15.



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Safety on course

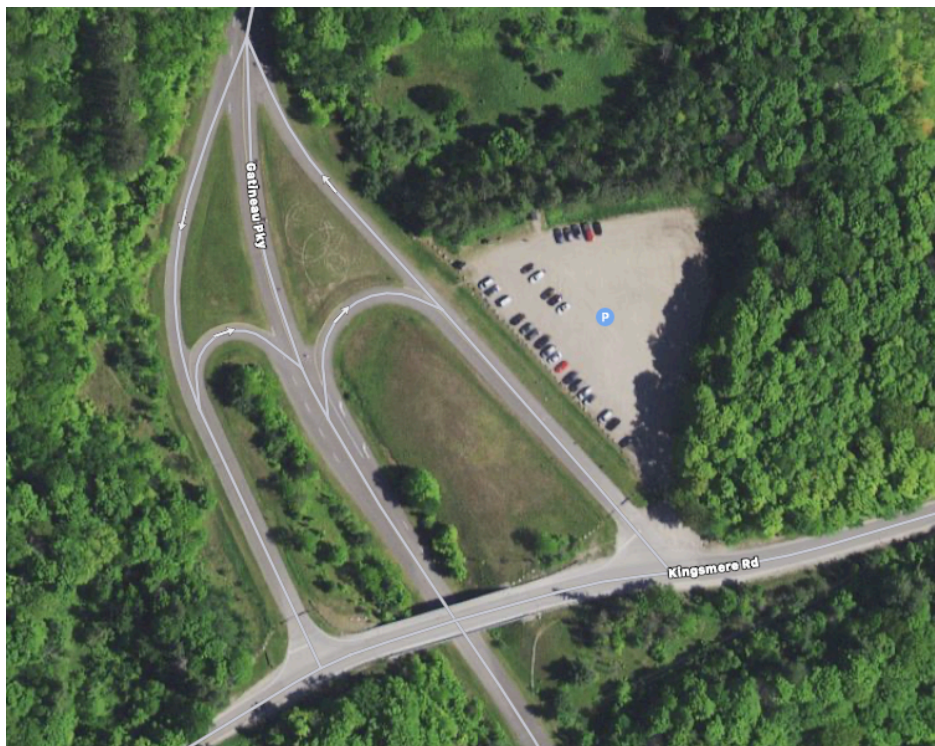
As with any event on NCC territory, competitors do not have exclusive use of the site. While we do our best to minimize potential disruptions, please be aware that there may be other Park users on the course. Please follow the instructions of the volunteers to ensure a fair, safe and fun race.

Safety on the course will be provided as follows:

- First aid at the finish line and patrolling on the course
- Volunteers on bikes in front of the first skier and behind the last skier
- Bilingual "Race in Progress" sign at 150 meters from the ends of the course and at the following intersections Champlain and Gatineau Parkways (Mica), Gatineau Parkway and trail 15, Gatineau Parkway and trail 79
- Volunteers at the ends of the course to slow down and inform Park users

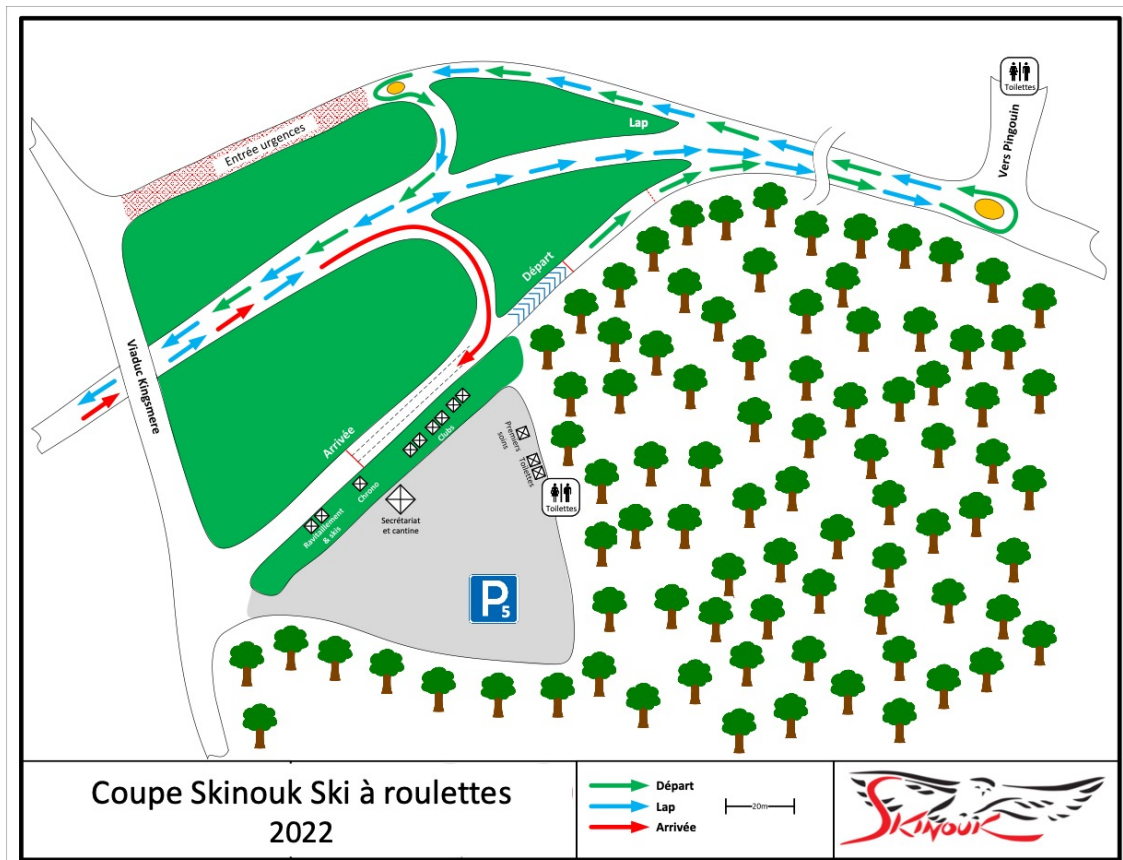
ACCESS AND STADIUM

P5 is an official Gatineau Park parking lot accessible from Kingsmere Road. The stadium is set up on the east access ramp.



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Stadium Map



WARM UP

Athletes will be able to warm up on the portion of the Parkway beyond the first U-turn on the course (Point B on the map).

BIBS DISTRIBUTION

Bibs will be distributed individually near the start area starting at 7:30 a.m.

Bibs will be picked up in the finish area. The club whose competitor does not hand in his/her bib at the end of the race will have to pay a \$50 replacement fee.

TRANSPONDERS DISTRIBUTION

Transponders (chips) will be distributed in the start area when the athletes are called to the start.

Chips will be collected from the finish area. A club whose competitor does not return the chip at the end of the race will be charged a \$100 chip replacement fee.

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SKIS DISTRIBUTION

Skis will be handed out 15 minutes prior to the start to allow skiers to familiarize themselves with the skis and to check that they are in good working order.

Skiers must use their own skis to warm up before reporting to the start area.

Skis will be retrieved from the finish area. If a competitor does not return their skis at the end of each race, a \$350 replacement fee will be charged to the club.

AWARDS

There will be a podium ceremony after the U18 races (Open, U20 and U18 podiums), and another one after the U14 races (U16 and U14 podiums).

Cash awards to the first of each category as follow:

- Senior men and women: \$100
- U20 men and women: \$100
- U18 boys and girls: \$100
- U16 boys and girls: \$75
- U14 boys and girls: \$50

FEED

Water and light snack will be available at the finish area.

WEATHER FORECAST

In case of weather conditions that could be dangerous for the safety of the athletes, the courses could be modified.

https://weather.gc.ca/city/pages/qc-59_metric_e.html

Average for [September](#) (click on *View Data Table*)

[Sunrise](#)

16 September, Gatineau

5 h 42 HAE

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Presented by



Partners



National
Capital District



ZONE4

