



## RACE NOTICE

**Saturday, December 18, 2021**

**Sunday, December 19, 2021**

**Eastern Canada Cup – Mont-Sainte-Anne**

**NATIONAL CENTER  
TRAINING AND COMPETITION**

**Saint-Ferréol-les-Neiges, QC**

***AltaGas***



Dear athletes, coaches, parents, and volunteers:

We are pleased to welcome you to Mont-Sainte-Anne for the 3<sup>rd</sup> and 4<sup>th</sup> stages of the Eastern Canada Cup series and the 1<sup>st</sup> stage of the Coupe Québec.

Volunteers from the Mont-Sainte-Anne Nordique and Skibec Nordique ski clubs, as well as the employees at Mont-Sainte-Anne, have been working hard to prepare these competitions to make them a success and to ensure your stay in the region is as enjoyable as possible.

Once again, Welcome and *have a Great Race!*

Paule Bertrand  
Chair, Organizing committee

Daniel Bellerose  
Chief of Competitions

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## IMPORTANT INFORMATION REGARDING COVID-19

Health measures regarding COVID-19 are changing day by day. Unless there is a major change, the measures that the organizing committee will apply with respect to this sport event are:

- Vaccination passports are required for athletes, coaches, volunteers, and officials working or participating in the competition. Athletes and coaches will need to register upon arrival at the competition site by checking in at the athletes' chalet. Please note that this process may take some time. Athletes and coaches should allow sufficient time to complete this process.
- Quebec residents must present proof of vaccination (printed, electronic or via the VaxiCode app) and identification.
- Non-Quebec residents must present valid photo identification with home address, vaccination passport with QR code or official proof of COVID-19 vaccination provided by their country or Canadian province.
- One metre distance is required inside buildings. Face cover is required at all times, except when drinking or eating.
- All persons who have presented a valid vaccination passport will receive a wristband allowing access to the athletes' chalet and the Fondeur's Chalet when required. Anyone whose wristband is damaged will be required to re-submit proof of vaccination.

Concerning access to the site, infrastructure, and buildings for the competition:

- The site will be accessible to spectators. The sanitary rules in force for the control of the public on an outdoor competition site will be applied. Areas will be set up with a fireplace to allow spectators to warm up. The public will also have the possibility to warm up in the chalet on rang St-Julien;
- Chemical toilets will be accessible to all;
- The Chalet du Fondeur building will be accessible only to the organization, officials, and volunteers. Access to coaches and athletes will be allowed when required.
- The Athletes' Building will be primarily for athletes, but also accessible to coaches.
- There will be no control in the areas reserved for infrastructure and waxing trailers. Coaches/clubs are responsible for controlling the areas assigned to them.

Concerning access to the site, infrastructures, and buildings of the cross-country ski centre:

- Please visit <https://mont-sainte-anne.com/> for current COVID-19 instructions for the cross-country ski centre during your visit.

NOTE: In case of changes, all new directives will be communicated no later than December 16, 2021 on the Zone4 event page [Eastern Canada Cup – Mont-Saint-Anne](#).

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## GENERAL INFORMATION

### HOST ORGANIZATION

Corporation des courses de ski de fond Québec in collaboration with Club Nordique Mont Sainte-Anne and Skibec Nordique.

### LOCATION

Centre de ski de fond Mont-Saint-Anne (Chalet du Fondeur)  
300, rang St-Julien, Saint-Ferréol-les-Neiges  
Québec, (QC), G0A 3R0

### PROGRAM

| Dates                 | Races   |
|-----------------------|---|
| Friday, December 17   | Official training                                   |
| Saturday, December 18 | Short distance, classic technique, individual start |
| Sunday, December 19   | Medium distance, free technique, mass start         |

### SANCTION

The event is sanctioned by:

- Fédération Internationale de Ski (FIS)
- Nordiq Canada (NC)
- Ski de fond Québec (SFQ)

### RULES AND GUIDELINES

The event is guided by:

- [2021-22 Int'l Competition Rules \(ICR\)](#)
- Canadian Competition Rules (CCR) 2021-22
- Canada Cup Technical Package - 2021-22
- [NC Competition Model;](#)
- [Règlements officiels, Coupe Québec 2021–22 \(when apply\)](#)
- [Ontario and Quebec No-Fluoro Waxing Protocol](#)

### COMPETITION TRIP CRITERIA

The competition trip criteria for the Super Tour trip from Canada Cup selections is per section 7 of the [PUBLISHED-Competition-Trip-Criteria-2021-22.pdf \(nordiqcanada.ca\)](#).

## ORGANIZING COMMITTEE

| Role                                     | Name  |
|--|---|
| Event Chair                              | Paule Bertrand                                |
| Event Vice-chair                         | François Boily                                |
| Finance & Fund raising                   | Paule Bertrand                                |
| Secretary                                | Pierrot Bernier                               |
| Chief of Competition                     | Daniel Bellerose                              |
| Assistant Chief of Competition           | Marie-Michèle Fiset                           |
| Chief of Course / assistant              | Hugues Longpré / Jean-François Labbé          |
| Chief of Stadium / assistant             | Martin Claveau / Lyne Tétreault               |
| Chiefs of Controllers                    | Christian Caron / Caroline Fournier           |
| Race Secretary / assistant               | Pierrot Bernier / Nathalie Ouimet             |
| Chief of Timing                          | Hugues Bernard assisted by Zone4 on site      |
| Chiefs of Medical                        | Catherine Deschênes MD / Daniel St-Arnaud MD  |
| First Aid Officer                        | Jean-François Roy                             |
| Participant Services                     | Karina Beaulieu                               |
| Communications                           |   |
| Awards ceremony                          | François Boily                                |
| Officials & Volunteers Training          | Sandra Houde / Hugues Bernard                 |
| Coordination & Recruitment of Volunteers | Sandra Houde / Hugues Bernard / Patrick Blais |

## JURY

| Role                               | Name             |
|------------------------------------|------------------|
| Technical Delegate                 | Jacques Dumont   |
| Assistant Technical Delegate       | Angus Carr       |
| Events Coordinator – Nordiq Canada | tbd              |
| Chief of Competition               | Daniel Bellerose |

## CONTACT – GENERAL INFORMATION

Facebook: <https://www.facebook.com/Cc2022msa-109928104841208>

Email: [cc2022msa@gmail.com](mailto:cc2022msa@gmail.com)

Zone4 Event Page : [Coupe Canada de l'Est – Mont-Sainte-Anne](#)

A list of coaches' email addresses will be produced with information submitted to Zone 4 and used to communicate when necessary.

## SCHEDULE OF EVENT

| Date                              | Time (EST)  | Event   | Location  |
|-----------------------------------|---|---|---|
| Friday<br>December 3rd,<br>2021   | 11:59 pm  | Deadline to reserve for waxing space  | <a href="mailto:Cc2022msa@gmail.com">Cc2022msa@gmail.com</a>  |
| Friday<br>December 10,<br>2021    | 11:59 pm  | Early bird registration end   | Zone4   |
| Thursday<br>December 14,<br>2021  | 11:59 pm  | Registration closes   | Zone4   |
| Tuesday<br>December 16,<br>2021   | 9:30 am to 3:00 pm<br>9:00 pm   | All courses available – trail pass <b>mandatory</b><br><br>Correction to confirmation list due  | Field of play<br><br><a href="mailto:Cc2022msa@gmail.com">Cc2022msa@gmail.com</a>   |
| Friday,<br>December 17,<br>2020   | 7:00 am<br>9:00 am to 3:00 pm<br>5:00 pm                                    | Opening of waxing facilities<br><br>Official training– Short distance courses - Classic<br><br>Team Captains’ Meeting   | Waxing Area<br><br>Short distance courses<br><br>Zoom   |
| Saturday,<br>December 18,<br>2021 | 6:00 am<br>7:30 am to 8:30 am<br>10:00 am<br>10:45 am to 3:45 pm<br>5:00 pm | Opening of courses and waxing facilities<br><br>Bib pick-up at the race secretary (Chalet du Fondeur)<br><br>First Start<br><br>Awards ceremonies<br><br>Team Captains’ Meeting | Waxing Area & field of play<br><br>Race office – Chalet du Fondeur<br><br>Medium distance courses<br><br>Near the entrance/exit of the stadium<br><br>Zoom <b>*If conditions only require it*</b> |
| Sunday,<br>December 19,<br>2021   | 6:00 am<br>7:30 am to 8:30 am<br>09:00 am<br>10:00 am to 3:30 pm            | Opening of courses and waxing facilities<br><br>Bib pick-up at the race secretary (Chalet du Fondeur)<br><br>First Start<br><br>Awards ceremonies                               | Waxing Area & field of play<br><br>Race office – Chalet du Fondeur<br><br>Short distance courses<br><br>Near the entrance/exit of the stadium   |

## CONTINGENCY PLAN

Any changes to the location or date of events will be announced and posted on the event website as soon as they are known. If necessary, any decision to cancel or any change of venue recommended by the Jury will be communicated one week before the event.

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## COMPETITION

### CATEGORIES

| CATEGORY     | SUB-CATEGORY                     | YEAR OF BIRTH                         |
|--------------|----------------------------------|---------------------------------------|
| U14 Girls    | U14 G1                           | 2009                                  |
|              | U14 G2                           | 2008                                  |
| U16 Girls    | U16 G1                           | 2007                                  |
|              | U16 G2                           | 2006                                  |
| U18 Girls    | U18 G1                           | 2005                                  |
|              | U18 G2                           | 2004                                  |
| U20 Women    | U20 W1                           | 2003                                  |
|              | U20 W2                           | 2002                                  |
| Senior Women | Senior U23 Women<br>Senior Women | 2001, 2000 et 1999<br>2001 and before |
| U14 Boys     | U14 B1<br>U14 B2                 | 2009<br>2008                          |
| U16 Boys     | U16 B1                           | 2007                                  |
|              | U16 B2                           | 2006                                  |
| U18 Boys     | U18 B1                           | 2005                                  |
|              | U18 B2                           | 2004                                  |
| U20 Men      | U20 M1                           | 2003                                  |
|              | U20 M2                           | 2002                                  |
| Senior Men   | Senior U23 Men<br>Senior Men     | 2001, 2000 et 1999<br>2001 and before |
|              |                                  |                                       |

### RACE FORMAT AND DISTANCES

#### TIER 1

| Categories                  | December 18, 2021  | December 19, 2021  |
|-----------------------------|--|--|
| <b>Eastern Canada Cup</b>   | <b>Short distance<br/>Interval start<br/>Classic technique</b> | <b>Medium distance<br/>Mass start<br/>Free technique</b> |
| <b>Open &amp; U18 Women</b> | 5 km (1 X 5 km)  |  |
| <b>Open &amp; U18 Men</b>   | 10 km (2 X 5 km)   |  |
| <b>Open Women</b>           |  | 10 km (2 X 5 km)   |
| <b>Open Men</b>             |  | 15 km (3 X 5 km)   |



## TIER 2 (Coupe Québec and local races)

| Categories   | December 18, 2021                               | December 19, 2021                        |
|--|---|--|
| Quebec Cup   | Distance<br>Interval start<br>Classic technique | Distance<br>Mass start<br>Free technique |
| U16 girls  | 5 km (2 X 2.5 km)                               |  |
| U16 boys   | 7,5 km (3 X 2.5 km)                             |  |
| U18 & U16 girls  |   | 7.5 km (2 X 3.75 km)                     |
| U18 & U16 boys   |   | 10 km (3 X 3.3 km)                       |
| Regional program   |   |  |
| U14 girls  | 4.5 km (3 X 1.5 km)                             | 6 km (3 X 2 km)                          |
| U14 boys   | 4.5 km (3 X 1.5 km)                             | 6 km (3 X 2 km)                          |
| <b>Note: For all Tier 2 races, the <a href="#">Ontario and Quebec No-Fluoro Waxing Protocol</a> applies.</b> |   |  |

### ELIGIBILITY

Races are open to everyone. The following conditions apply:

**All skiers**, including biathletes, must hold at least one of the following licenses to compete in Nordiq Canada sanctioned events:

- FIS license
- Nordiq Canada Racing License (\*)
- Nordiq Canada Development License for U14 and younger skiers
- Nordiq Canada Day Support Member License (LJMS)
- Associate's License for Non-Canadian Skiers. (\*\*).

In addition, **Québec skiers in the U16, U18 categories** must also hold the following license to participate at the Tier 2 races which are parts of Quebec Cup. The same applies to the **Québec skiers in the U20 and Senior categories** whom take part in Tier 1 races, but who want to be eligible for rankings and awards of the Quebec Cup.

- Annual SFQ license.

**Québec skiers in the U14 category** must also hold one of the following licenses to compete in the regional races series:

- Annual SFQ license
- SFQ day license.

(\*) **For Québec skiers**, Nordic Canada's annual license is mandatory to participate in the Québec Cup.

(\*\*) **Associate's License for Non-Canadian Skiers:** For non-Canadian skiers who do not hold a valid FIS license, an Associate's license may be obtained from Nordiq Canada to be eligible for all

sanctioned competitions in Canada. For more information, visit the Nordiq Canada website: <https://nordiqcanada.ca/skiers-and-programs/racing-licenses/>.

**Racing up** is allowed at registration online only on condition that the distance covered by the next category does not exceed the limit allowed for the category by the Nordiq Canada Competition Model. Athletes racing up must select the minimum year of birth of the new category when registering online.

**College & University Skiers:** There will be university categories and Awards ceremony. The CCUNC category is integrated into the Open category. In addition to race eligibility, athletes competing in the CCUNC category must meet the varsity requirements of their institution, (U Sport member, CEGEP or College) and must be enrolled in a minimum of 3 courses per semester for 2 semesters in the most recent 12-month period. To be considered, please check the university / college / CEGEP box when registering. Note that proof of registration at the university (course schedule, registration letter) may be required in the event of a protest. It is therefore strongly advised to have it with you, if necessary.

## REGISTRATION

Online registration only at [www.zone4.ca](http://www.zone4.ca) – “Coupe Canada de l'Est – Mont-Sainte-Anne”. Registration opens on Wednesday, November 24, 2021. Deadline for registration at regular price: **December 10, 2021, 11:59 pm EST**

| Fee                                  | Amount   | GST     | PST     | Total    |
|--------------------------------------|----------|---------|---------|----------|
| <b>Canada Cup/Quebec Cup</b>         | \$ 45.00 | \$ 2.25 | \$ 4.49 | \$ 51.74 |
| <b>Regional program-U14 category</b> | \$ 25.00 | \$ 1.25 | \$ 2.49 | \$ 28.74 |

- **December 11 to December 14:** \$5 supplement per race + tax (GST, PST)
- After December 14, the jury reserves the right to refuse any new registrations. An additional fee of up to 50% of the regular registration fee may be charged by the organizing committee.

| Day Licenses and others race fees  | Amount | GST | PST | Total   |
|--|--------|-----|-----|---------|
| <b>Supporting Member Day License (SMDL) – Nordiq Canada – Apply only to Canada Cup</b> |        |     |     | \$ 5.00 |
| <b>Day License – SFQ – Apply only for U14</b>  |        |     |     | \$ 5.00 |
| <b>Race fees – SFQ (Québec Skiers U16 and over)</b>                                    |        |     |     | \$ 5.00 |

All U16 and above skiers who are affiliated with a Quebec club must pay an SFQ race fee. For skiers not affiliated with a club, those who reside in Quebec must pay the SFQ fee.

NC license numbers and provincial license of the club for the applicability of the SFQ race fees will be validated following the registration. Skiers who are incorrectly registered will have to correct their registration with the secretariat before bibs are distributed.

## REGISTRATION CORRECTIONS

Please contact the race secretary at [cc2022msa@gmail.com](mailto:cc2022msa@gmail.com) no later than **Thursday December 16, 2021 at 9:00 pm EST** if you need to make any corrections to your entry.

## REFUNDS

Any refunds will be made at the sole discretion of the Organizing Committee. No registration or supporting member day license fees will be refunded in the event the athlete does not attend one or more races.

If it is forced to cancel the event, the Organizing Committee, in cooperation with Nordiq Canada, will refund the registration fee less the costs incurred for any items that cannot be reused at future events.

## SEEDING

On the Saturday event, the U18 category will be grouped with the Open category.

On Sunday, the U16 category will be grouped with the U18 category.

Refer to section 5.7 of the Canada Cup Technical Package 2021-22 for rules regarding the allocation of starting groups.

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## AWARDS

Medals and prizes will be awarded no later than 15 minutes after the end of each race for each category, based on unofficial results. Medals: first three in each category plus a ranking for university racers in the Open category. Prizes: Top 5, including Top U23 in the Open category.

## DOPING CONTROL

Participants 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. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are invited to read Nordiq Canada's [anti-doping policy](#).

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## OTHER INFORMATION

### ACCESS FEES

For skiers, registration fees include free access to the trail system during official training days and competitions (starting December 17). A trail pass is required outside of these periods.

For coaches, access is also free. Coaches must register on Zone 4 so we can create a list of email addresses and a Whatsapp group that will be used to communicate any changes or decisions made during the event.

**All skiers and coaches must bring their Zone4 registration receipt as proof to be allowed access to the cross-country ski center. Mont-Sainte-Anne reserves the right to charge an access fee for those who do not have their Zone4 receipt.**

Note: Mont-Sainte-Anne will allow free access to spectators who do not use the trail system.

### BIB PICK-UP

Bibs can be picked up at the Race Secretary office (Chalet du Fondeur) between 7:30 and 8:30 a.m. on each race day. If both "Club" and "Team" fields are selected on the Zone4 registration form, skiers will be asked to choose whether their bib should be picked up by their club or team at the time of registration. Clubs and teams will be charged a bib replacement fee of \$50 for each missing bib or transponder at the end of each race.

### COACHES' BIBS

Coach bibs and privileges issued by Nordiq Canada are in effect at all NorAm, Canada Cup and National Championship competitions designated as distance events. **The Jury may limit access to the course at any time due to snow, weather, or course conditions.** Coaches must bring back and reuse the Nordiq Canada bibs given out during the 2019-2020 season. For those who do not have these bibs, the organization will provide replacement bibs.

### TRANSPONDERS

Transponders will be used for all races. They will be distributed in the area near the start. Clubs, teams, and training centers will be charged a transponder replacement fee of \$50 for each missing transponder at the end of each race.

### WARM-UP & SKI TESTING

A ski test track will be available near the waxing facilities if snow conditions permit. Skiers will be able to proceed to their warm-up in the tracks on the periphery of the competition site when the competition courses are closed. At this point, they will have to share the trails with the customers of the Mont-Saint-Anne ski resort.

## COURSE AND STADIUM MAPS

Courses maps and stadiums layouts will be available by December 7, 2021 on the Zone4 event page and on the Facebook page event.

## FEEDING

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

## NOTICE BOARDS

All communications will be done electronically but there will be two notice boards on site for general information. One of the notice boards is inside the athletes' chalet. The other one is located at the exit of the stadium.

## RESULTS AND PROTESTS

The official timing will be done with Summit Systems timers; the data will be managed by Zone4. 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 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.

## WAXING RESTRICTIONS

This event is a combined Tier 1 and Tier 2 event. See section RACE FORMAT AND DISTANCES to know which categories/distance are Tier 1 and Tier 2.

All Level 2 events must follow the [Ontario and Quebec No-Fluoro Waxing Protocol](#) as outlined in the waxing policy (Chapter 7) of the [2021-22 Quebec Cup Official Rules](#). For the Saturday race, the U18 category being combined with the Open category will not be subject to this protocol.

## WEATHER AND TRAIL CONDITIONS

Weather:

- <https://www.meteo-media.com/ca/meteo/quebec/saint-ferreol-les-neiges>
- <https://www.wunderground.com/hourly/ca/saint-ferr%C3%A9ol-les-neiges/47.12,-70.86/date/2019-01-12>

Trail conditions: <https://mont-sainte-anne.com/en/xc-conditions/>

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## INFRASTRUCTURE AND SERVICES

### WAXING FACILITIES

There will be large (40 ft. x 12 ft.), heated and ventilated trailers for waxing. In addition, several parking spaces are provided for teams who have their own trucks or waxing trailers, with the possibility of a power supply for those who do not have generators. Teams wishing to use these facilities must **reserve** by emailing [cc2022msa@gmail.com](mailto:cc2022msa@gmail.com) by **Friday, December 3rd, 2021**, stating:

- Name of team, team leader, contact info, number of athletes
- Need: tent/parking space with or without power supply (if you have your own generator)

**Priority will be given to teams who reserve in advance.**

### SAFETY MEASURES

In accordance with Article 7.1, Paragraph 8 of the Canada Cup Technical Package 2021-22, team technicians should wear, at a minimum, half-mask respirators rated for Chemical Clean-up, Grinding, Masonry or Painting Spray units that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols: N95 (95% Efficient Protection Against Non-Oil Particulates).

Full face masks will protect eyes from dangerous vapours and dust. The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.

### ACCOMODATION

The Côte de Beaupré offers several accommodation possibilities. The organising committee invites participants and their entourage to visit the sites below to find out what is available:

<https://hebergementmontsainte-anne.ca/>

<https://www.marriott.com/default.mi>

<https://chaletsmontmorency.com/>

<https://aubergeetcampagne.com/>

### FOOD SERVICES AT RACE SITE

Microwaves available in the athletes' chalet at the race site.

## PARKING

The Mont St-Anne venue has substantial but not infinite parking capacity.

- Parking 200 parking spaces available at the race site.
- Area set aside for waxing trucks and trailers.
- Volunteers and officials are encouraged to car pool.

## MEDICAL SERVICES, ETC.

- Canadian Ski Patrol (onsite).
- Hospital at 8 km from the venue.  
Hôpital de Ste-Anne-de-Beaupré  
11 000 rue des montagnards  
Beaupré, Québec  
G0A-3R0  
418-827-3726
- Medical clinic - 15 km.
- Physiotherapists: Beaupré - 15 km.

## GROCERY STORES

- Marché du village: Saint-Ferréol-les-Neiges, 2 km.
- Grocery store: Bonichoix, 5 km.
- Supermarkets: IGA – Super-C: 10 km (Sainte-Anne de Beaupré).

## LOST AND FOUND

Lost items are collected at the Chalet du Fondeur and can be claimed at the volunteer sign-in desk. If you have lost an item, please send an email to [cc2022msa@gmail.com](mailto:cc2022msa@gmail.com).



