



Event Notice



Haywood NorAm / Buff Sprint/Western Canadian Championships and Teck Northern Cup #'s 3&4

February 19-21, 2016

Race Events:

Friday, February 19	Haywood Interval Start – Free Technique - Midget to Masters. **presented by Save-On-Foods**
Saturday, February 20	Buff Individual Sprints – Classic Technique - Juvenile to Open. Teck Northern Cup – Interval Start - Classic Technique Atom to Midget.
Sunday, February 21	Haywood/Teck Northern Cup- Mass Start – Classic Technique Atom – Masters.

Race Location: Otway Nordic Centre, Prince George BC
Host Club: [Caledonia Nordic Ski Club](#)

Event Website: [2016 NorAm Western Canadians](#) at www.caledonianordic.com under the events tab.

Sanctioned by: Federation International de Ski (FIS) and Cross Country Canada (CCC)
Rules: [2015 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\)](#) with 2015
 Precisions highlighted – January 2016

Organizing Committee:

Chief of Competition:	Jim Burbee	competitions@caledonianordic.com
Competition Secretary:	Jennifer Nessel	raceoffice@caledonianordic.com
Chief of Timing:	Kevin Pettersen	
Chief of Course:	Bill Warner	
Chief of Stadium:	Andrew Watkinson	
Chief of Venue:	Hugh Nelmes	

CCC Delegates:

Technical Delegate:	Ian Sibbald	isibbald@telus.net
Asst. Technical Delegate:	Sherryl Yeager	sherryl@callaghanxcski.ca
CCC Race Director:	Dave Dyer	DDyer@ccski.com

Jury: *The Jury will consist of the Chief of Competition, Technical Delegate, Assistant TD, and CCC Race Director.*



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DAY 1 PRESENTING SPONSOR



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Prince George



TOYOTA



SCION



Competition Schedule:

Listed start times are tentative and subject to change. Be sure to confirm at TCM's and on start lists

Friday February 19 - Interval Start – Free Technique						Start Times*	
presented by SaveOnFoods							
Category & Year of birth		Male		Female			
		Distance	Course	Distance	Course		
O P E N	Senior (1995 & earlier)	10 km	2x5 blue	7.5km	2x3.75 blue	Men	Women
	Junior M/W (1996 – 1997)					10:00 am	11:00 am
Junior B/G (1998-1999)		10 km	2x5 blue	7.5km	2x3.75 blue	12:00 pm	
Juvenile (2000-2001)		3.75 km	3.75 blue	3.75 km	3.75 blue		
Midget (2002-2003)							
Masters (1985 & earlier)		10 km	2x5 blue	7.5km	2x3.75 blue		

Saturday February 20 - Individual Sprint/Prologue – Classic Technique						Start Times*
Category & Year of Birth		Male		Female		
		Distance/Course		Distance/Course		
O P E N	Senior (1995 & earlier)	1.4 km		1.2 km		Qualifying – 9:00 am
	Junior M/W (1996 -1997)					Heats – 11:45
Junior B/G (1998-1999)		800 m		800 m		after Open qualifier
*Juvenile (2000 and younger)						
Atom (2008-2010)		500 m		500 m		Prologue to run in between qualifier and heats
Peewee (2006-2007)						
Bantam (2004-2005)		1 km		1 km		
*Midget (2002-2003)						

***Masters and Midgets who wish to Sprint may race up in the Senior and Juvenile categories.**

Sunday February 21 - Mass Start – Classic Technique						Start Times*	
Category & Year of Birth		Male		Female			
		Distance	Course	Distance	Course		
O P E N	Senior (1995 & earlier)	20 km	4x5 red	15 km	4x3.75 red	Men	Women
	Junior M/W (1996 -1997)					9:00 am	10:00 am
Atom (2008-2010)		1.0 km	1.0 k	1.0 km	1.0 k	11:15 am	
Peewee (2006-2007)		1.1 km	1.1 orange	1.1 km	1.1 orange		
Bantam (2004-2005)		2.5 km	2.5 blue	2.5 km	2.5 blue		
Midget (2002-2003)		5 km	2x2.5 blue	5 km	2x2.5 blue		
Junior B/G (1998-1999)		10 km	2x5 red	7.5 km	2x3.75 red		
Juvenile (2000-2001)							
Masters (1985 and earlier)							



Eligibility & Licenses:

All skiers in the **Midget category and above must possess a current CCC, FIS or other National Ski Federation racing license to register**. If a skier is licensed by both FIS and CCC, both license numbers must be listed on the registration. CCC has introduced a Development License for midgets this season. This will allow midgets to earn Canada Points in midget categories. Skiers not licensed by FIS, CCC or other National Ski Federation, must purchase a CCC day license during registration at a cost of \$5 per day.

***** only skiers with FIS licenses are eligible to receive cash prizes *****

Seeding:

Seeding will be in accordance with [Section 6.9 of the Haywood NorAm Series Technical Package - 2015-16 Season](#). For all open competitions, the Junior Men and Senior Men categories and the Junior Women and Senior Women categories will be combined for seeding purposes and run as a single open class.

The current CPL for both distance and sprint competitions will be used. Foreign skiers will be seeded with reference to their Canadian points. Midget skiers holding a CCC racing licence will receive preferred seeding in all races.

Registration:

[Registration is online at Zone4](#) payable by credit card only. Be sure to follow through to confirmation to verify accuracy of your registration. If you have any difficulty registering, please contact the Secretary raceoffice@caledonianordic.com

Coaches/Team Managers, please register (no fee) in order to receive email notices.

Race Entry and Fees:

Category	Fees* (per race)	
	until Feb 5 th	Feb 6 th – 14 th
Atom and PeeWee	\$10	\$10
Bantam and Midget	\$15	\$20
Juvenile	\$25	\$30
Junior B/G	\$25	\$30
Junior, Senior, Master M/W	\$40	\$45

*GST and Zone4 Processing fees will apply at checkout.

Late registrations may be permitted at the discretion of the jury until midnight PST on Feb. 15th and will incur a penalty fee of \$50 per race. Late registrants will not be seeded.

Entry deadline:

All registration closes February 15th at midnight PST

Refund Policy:

Competitors who withdraw for medical reasons will be given a refund less administrative fees provided notice and medical documentation are submitted to the Competition Secretary before the entry deadline. After entry deadline, no refunds will be given unless the event is cancelled. If the event is cancelled, refunds will be provided to all competitors less administrative fees and incurred event expenses.

Cancellation Policy: Any change in the event location will be posted as early as it is known on the Caledonia Nordic Ski Club [event website](#). Where possible a decision on event cancellation or change of site will be made by CCC no less than one week prior to the event in consultation with the organizing committee, the CCC Race Director and the Technical Delegate. Where possible a suitable alternative site will be identified at the time of cancellation.

Notice of Doping Control: Participants at the 2016 Haywood NorAm/Buf Sprint Western Championship 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 encouraged to take the following steps:

- Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review medical exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements
- Review the steps of the doping control sample collection procedures: <http://www.cces.ca/en/samplecollection>

For additional resources and general information about anti-doping, please contact the CCES: Email: info@cces.ca Call toll-free: 1-800-672-7775 www.cces.ca/athletezone

Team Captains Meetings: Meetings will be held each evening Thursday, February 18th through to Saturday February 20th at 7pm in the Rotary Lodge at the Otway Nordic Centre.

Team captains and coaches are encouraged to attend to ensure their athletes' entries are correct and complete prior to creating any Start Lists.

Start Lists: Start lists will be posted online at Zone4.ca and the event website after the Team Captains Meeting on the evening before each race.

**Race Office Hours,
Bib pick up**

	Wed-17	Thurs-18	Fri-19	Sat-20	Sun-21
Open Hours	Noon - 2:00	9:00-1:00	8:00-3:00	7:00 – 4:30	7:00–4:30
Bib pick-up times	-----		Open M/W 8:30-10:30	*Jv-Open 7:30-8:30	Open M/W 7:30-9:30
			All Others 10:30-12:15	All Others 8:30-9:30	All others 10:30-12:30

**Heat bibs will be distributed following qualifiers, an approximate time will be announced at the Feb 19 TCM*

Awards: NorAm and top three Junior Men and Women awards will be presented onsite following each day's Open Category race. Award presentations to the top three finishers in each of the other categories will also take place onsite after the races.

Cash prizes will be given to the top five finishers in the Open Class plus the top U23 finisher. ***Only skiers with FIS licenses are eligible for cash prizes.***

Teck Northern Cup Awards will be presented following each day's races shortly after the finish of the last category.

*****A schedule of daily awards presentations will be posted at the Race Office*****

Western Canadian Points: All official race categories, midget through open senior are eligible for the Championships rankings. Western Canada Championship SWIX/Fisher Cup will be given to Divisions only (not individuals). The division aggregate will be based on the top 3 racers per Division in each category. The NorAm points system is used for scoring. Points will be awarded for all races. Skier affiliation will be with their host club.

BC Cup Points: Competitors in the Teck Northern Cup Races on Feb 20 and 21 can earn points towards the aggregate awards for the overall Teck BC Cup Series.

Protest Procedure: Protest forms will be available in the Race Office. Protests must be made in writing, submitted to the Competition Secretary within 15 minutes of posting of unofficial results and accompanied by a \$50 CDN fee.

Courses/ Maps: All courses will be marked and tracks set on Wednesday Feb 18th. Course maps are now posted on event website. Printed copies will be available at the Otway Nordic Centre by noon on Wednesday Feb 17th.

Weather: Current onsite weather conditions and temperatures can be viewed via the [Otway webcam](#).

Weather Underground provides [forecasts](#) and [history](#) from the weather station in the stadium.

Other sources for local weather are The Weather Channel – 50 on Cable TV, Environment Canada taped Weather reports at 250-561-6912 and online on at the [Government of Canada weather page for Prince George](#)

**Warm up/
Wax testing:**

Warm up/cool down and glide testing areas are located near the stadium.
Testing for grip wax is permitted on course; note though that the course will be closed 5 minutes before the start of competition.

**CCBC Glide Waxing
Protocol:**

for competitors in the Midget and younger categories:

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. club races, loppets, regional cup races, BC Cup races, BC Championships, BC Midget Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country. The recommended glide waxing protocol is as follows:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

Wax trailers:

Approximately 1800 sq. feet of secure, heated and ventilated waxing space (trailers), adjacent to the cross country stadium, will be provided. Each Division/NST/NDC will have a heated and secure wax area as a base in balance with the size of team expected. There will also be area available adjacent to the team trailers for personal tents to be set up as supplemental ski preparation space. Temporary power outlets will also be available along the biathlon fence behind the wax trailers. Limited space in the lower parking may be available for team trailers/wax trucks, etc.

A **key deposit of \$100 cash or cheque** will be collected on the training days during Race Office or Rental shop hours.

Coaches please note:

We ask that each Division/NST/NDC (or other entity expecting to attend with a team greater than 15 skiers) provide to the Competition Secretary, an estimate of team size by January 22nd to assist the OC with allocation of wax facility space. We also ask that Divisional coaches collaborate amongst themselves to provide cumulative estimates – excluding NDC's & NST skiers or major teams. We will do our best to accommodate athlete's needs within our means.

- Trail passes:** Official training - trail fees are included in registration, and passes may be picked up in the Rental Office during open hours.
- Unofficial training - for non Caledonia Nordic members, trail passes must be purchased at the Rental Office. Cash, credit and debit cards are accepted.
- Facilities:** A heated day lodge with First Aid facility and indoor washrooms is at the race site. Additional portable toilets are located close to the parking and stadium areas.
- Food Services:** Finish line: Save On Foods will be providing snacks and Gatorade.
- Concession: Save On Foods will be serving soup, chili, baked goods and hot beverages during race days. Proceeds from concession sales will be donated in support of BC Children's Hospital.
- Airport:** Prince George Airport (www.pgairport.ca) is serviced by Air Canada and WestJet with direct flights from Vancouver and Calgary. Flights from Kelowna and Kamloops are available through Central Mountain Air.
- Accommodation:** Our host hotel, [Coast Inn of the North](#) is providing a group rate of \$89/night for a room with two double beds. A block of rooms will be held until January 28th. After that the group rate will apply if rooms are available. Book early and mention "Western Canadian Championships" to receive the group rate. Phone 250-277-4114 or toll free 1-800-663-1144.
- Tourism Prince George:** Visit Tourism Prince George for more information on other services and amenities
Phone: 250-562-3700 toll free: 1-800-668-7646
email: tourism@initiativespg.com
website: www.tourismpg.com

