

LAKEHEAD SUPERIOR NORDIC ASSOCIATION



presents

HAYWOOD NORAM
World Junior / U23 Trials and
Ontario Cup #1

At Lappe Nordic Ski Centre
Thunder Bay, ON

January 14 to 17, 2016





2016 HAYWOOD NORAM
World Junior / U23 Trials and Ontario Cup #1



RACE NOTICE

**Lappe Nordic Ski Centre
Thunder Bay, Ontario**

Organized by	Lakehead Superior Nordic Association	
Sanctioned by	Fédération Internationale de Ski (FIS), Cross-Country Canada (CCC) and Cross Country Ontario (CCO)	
Location	Lappe Nordic Ski Centre, Thunder Bay, Ontario www.lappenordic.ca	
Event Organizers	Event Directors	Werner Schwar Chris Serratore
	Chief of Competition	Grant Hall
	Chief of Course	Eric Bailey
	Chiefs of Stadium	Derek Dool Angus Carr
	Chief of Timing	Rod Somppi
	Race Secretary	Stephanie Marler
	Chief of Controllers	Paul Charrette
	Chief of Venue	Ross Johnston
	Volunteer Coordinator	Jodi Hall
Race Jury	Technical Delegate	Ken Hewitt
	Chief of Competition	Grant Hall
	CCC Race Director	Dave Dyer
	Assistant Tech. Delegate	Dan Brisbin

Information

Stephanie Marler (Competition Secretary)
Email: race.secretary@2016wjru23trials.com
Tel and Text: (807) 474-6126

Event Web Site
<http://2016wjru23trials.com>

SCHEDULE OF EVENTS - All Times are EST

Sunday	Jan. 10	23:59 midnight	Deadline for On-Time Registration
Tuesday	Jan. 12	12:00 noon	Deadline for Late Registration. All late registrations are subject to a penalty of \$50 per race. Late entries forfeit the right to seeding.
Tuesday	Jan. 12	10:00 am - 4:30 pm	Skiathlon Unofficial Training Day Trail fees in effect
Wednesday	Jan. 13	10:00 am - 4:30 pm	Official Training Day - Thursday's NORAM Sprint and OCUP Interval Start courses, and Friday's OCUP Sprint courses
		7:00 pm	Team Leaders' meeting* - All Categories
Thursday	Jan. 14	9:30 am 2:30 pm 7:00 pm	Free Technique Sprint - NORAM Categories Classic Interval Start - OCUP Categories Team Leaders' meeting* - OCUP Sprints
Friday	Jan. 15	9:30 am 9:00 am – 5:00 pm 5:30 pm 7:00 pm	Free Technique Sprints - OCUP Categories Official Training - Interval Start Classic course Athletes' Pasta Supper Team Leaders' meeting* - All Categories
Saturday	Jan. 16	9:30 am 7:00 pm	Classic Interval Start - All Categories Team Leaders' Meeting* - Skiathlon
Sunday	Jan. 17	9:30 am	Skiathlon (NORAM Categories)

* All Team Leaders' Meetings will be held at the host hotel: Prince Arthur Waterfront

Cold Weather Delays

There is a very good chance that in mid-January the start of races will be postponed due to cold temperatures. Please make your travel plans accordingly.

The cold weather policy is stated in section 315.9 of the [2014 Intern'l Comp Rules \(ICR\) - Canadian Competition Rules \(CCR\) including precision highlights](#) - November 2014

RACE PROGRAM and DISTANCES

Haywood NorAm

Thursday, January 14, 2016	
Free Technique Sprints	
World Junior / World U23 Trials	
Category	Distance (km)
Open Men (W U23 Selection)	1.3
Junior Men (W Jr. Selection)	1.3
Open Women (W U 23 Selection)	1.3
Junior Women (W Jr. Selection)	1.3

For Qualification, all skiers covering a common distance will be seeded together by Canadian Points Lists (CPL - Sprint). The top 30 junior and senior athletes will then be placed in separate round of heats for WJr/U23 selection purposes.

Racing Up:

Sprint competitions will consist of a qualification round of all skiers in each class. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of CPL. Unless the Competition Secretary receives notice of an athlete's intent at the TCM prior to the competition, all qualifying juniors will be entered into the junior quarterfinal heats.

Ontario Cup

Thursday, January 14, 2016	
Classic Interval Start	
Category	Distance (km)
Junior Boy	7.5
Junior Girl	7.5
Juvenile Boy	7.5
Juvenile Girl	7.5

Ontario Cup

Friday, January 15, 2016	
Free Technique Sprints	
Category	Distance (km)
Junior Boy	1.2
Junior Girl	1.2
Juvenile Boy	1.2
Juvenile Girl	1.2
Midget Boy	0.8
Midget Girl	0.8

Haywood NorAm / Ontario Cup

Saturday, January 16, 2016	
Interval Start Classic	
World Junior / World U23 Trials	
Category	Distance (km)
Senior Men	15
Junior Men/Jr Boy / Master	10
Senior Women	10
Junior Women / Junior Girl / Master	5
Juvenile Girl	5
Juvenile Boy	5
Midget Girl	3.75
Midget Boy	3.75

Start order for the Open Categories will be established based on Canadian Points List (CPL – Distance) except for late entries.

Start order for OCup Categories will be established by a draw from groups established according to the Ontario Cup Technical Package: <http://www.xco.org/coaching/document/OntarioCupTechnicalPackage.pdf>.

Midget and Masters will be drawn as one group.

Haywood NorAm

Sunday, January 17, 2016		
Skiathlon		
World Junior / World U23 Trials		
Category	Distance (km)	
	Classic	Free Technique
Senior Men (W U23 Selection)	15	15
Junior Men (W Jr. Selection)	10	10
Senior Women (W U23 Selection)	7.5	7.5
Junior Women (W Jr. Selection)	5	5

CATEGORIES

Haywood NorAm:

The categories are defined in section 1.2 of the 2015-2016 Haywood NorAm Technical Package published at <http://www.ccski.com/Events/Technical-Packages.aspx>

Ontario Cup:

The categories are in accordance with CCC's revised Canadian Competition Model 2010.

Categories by Age Group for NORAM and OCUP Events

Category	Age Range	Year of Birth
Midget Boy	13 & 14	2001 & later
Midget Girl	12 & 13	2002 & later
Juvenile Boy	15	2000
Juvenile Girl	14 & 15	2001 & 2000
Junior Boy	16 & 17	1999 & 1998
Junior Girl	16 & 17	1999 & 1998
Junior Men	18 & 19	1997 & 1996
Junior Women	18 & 19	1997 & 1996
Senior Men/Women	20+	1995 – 1985
Master Men/Women	31+	1984 and earlier

Ontario University/College Entrants:

In order to tabulate Ontario University/College results, participants must identify their University/College at time of online registration.

Eligibility

Athlete eligibility and licenses according to 6.2 of the 2015-2016 Technical Package on the CCC website. <http://www.ccski.com/Events/Technical-Packages.aspx>

A reminder that the midget category is a CCC Points Race. Midgets must purchase a CCC Development License or a Supporting Member Day license. <http://www.ccski.com/Events/License-Applications.aspx>

If you have both a CCC and a FIS license, please enter them both on Zone4 upon registration. SDML Day Licenses are available for purchase when registering through Zone4.

Registration

Online Registration at www.zone4.ca is the only method of registration available. Registration will open on December 5, 2015. All registration fees are payable at the time of online registration. Refunds will not be issued.

Should an event be cancelled, the OC in cooperation with CCC, will provide a refund of registration fees less the costs associated with expensed items not re-usable at future events.

Registration Deadline

The On-Time Registration deadline is **Sunday, January 10, 2016 at 23:59 EST.**

Late Registration will be available online until 12:00 noon EST on Tuesday, January 12, **subject to a late registration penalty of \$50 per race.** Late entries forfeit the right to seeding.

Event Fees

Race Fees – All Athletes	Register by Sunday, January 10 To avoid late registration penalties All fees are subject to HST 13%
All Categories, except Midgets	\$45 per day
Midget categories	\$25 per day
Athlete Pasta Supper	\$17 per person

Additional Fees for Ontario Athletes and non CCC License Holders	
Ontario athletes only:	
All categories, except Midget	\$5 per day
categories Midget categories	\$2.50 per day
Non CCC License holders:	
CCC Day License	\$5 per day

Flight Registration

For the 2015 Nationals, we asked teams to provide flight information, which was shared with the Thunder Bay Airport. As a result, Air Canada and West Jet used larger planes on certain flights. This greatly improved the airlines' ability to get all luggage to Thunder Bay in a timely manner. Please take the time to complete the zone4 - 2016 WJT / U23 and OCUP #1 Wax Cabin and Flight Information registration on www.zone4.ca by December 15, 2015.

Confirmation List

Athletes and coaches are expected to carefully check their entries as posted on the confirmation list on www.zone4.ca website, and send all corrections to race.secretary@2016wjru23trials.com

<p>DEADLINE FOR CORRECTIONS</p> <p>Racers and coaches must check the Zone4 Confirmation List www.zone4.ca after completing registration to ensure that athletes are listed in the correct category.</p> <p>Contact Race Secretary with corrections no later than 12:00 noon EST Tuesday, Jan. 12, 2016.</p>

Seeding lists and/or final confirmation lists will be available by January 13, 2016 on the event website - <http://2016wjru23trials.com>



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Seeding

Will be done in accordance to the 2015-2016 NorAm technical package for NorAm categories and may be found at: <http://www.cccski.com/Events/Technical-Packages.aspx>. Late entries forfeit the right to seeding.

Will be done in accordance to the 2015-2016 CCO technical package for OCup categories and may be found at: <http://xco.org/coaching/document/OntarioCupTechnicalPackage.pdf>. Late entries forfeit the right to seeding.

Waxing Facilities

Each team will be provided with space in a wax trailer, included in race fees. If you would like to bring your own wax tent, please email grant_hall@shaw.ca (Grant - Chief of Comp) and treeguy99@gmail.com (Ross – Chief of Venue).

Admission to Ski Trails

Access fees to the trails ARE INCLUDED in the registration fees for the official training day and race days, January 13 to January 16. Athletes **must** buy a trail pass **at the Lappe Nordic Ski Centre** for all other days. The Skiathlon course will be marked by January 12.

Trail passes are available for pre-purchase at the time of registration on www.zone4.ca, at a discount.

Race Courses

Will be available on the event website – <http://2016wjru23trials.com>

First Aid

First aid will be managed by the Canadian Ski Patrol.

Medals and Awards

Medals and awards will be presented 20 minutes after the race (based on unofficial results). Race Secretary will post official results on site and on-line once approved by the Jury. Cash prizes will be awarded as per table below:

Open Category		
	Men	Women
1 st	\$500	\$500
2 nd	\$300	\$300
3 rd	\$200	\$200
4 th	\$150	\$150
5 th	\$100	\$100
U23	\$75	\$75

Ontario Cup Categories – Ontario Cup Medals to top 3 finishers.

Leaders' Meetings

Location: Host Hotel - Prince Arthur Hotel, Thunder Bay, Ontario

- | | | |
|-------------------------------|---------|------------------------|
| • Wednesday, January 13, 2016 | 7:00 pm | All Categories |
| • Thursday, January 14, 2016 | 7:00 pm | OCUP Sprint Categories |
| • Friday, January 15, 2016 | 7:00 pm | All Categories |
| • Saturday, January 16, 2016 | 7:00 pm | NORAM Categories |

Communication During the Event

Notice of important race information such as start order, start times, race postponements or cancellation, course changes etc. will be communicated at each Team Leaders Meeting. This information will also be posted on the event website. If the Race Committee anticipates the possibility of any change after the Team Leaders' Meeting, the mechanism for communicating this information will be confirmed at the Team Leaders' Meeting. It is each team's responsibility to check the website regularly during the event for updated event information.

Bib Pick-up

Location: Lappe Nordic Centre, Thunder Bay, Ontario

- | | | |
|------------------------------|-----------------|------------------|
| • Thursday, January 14, 2016 | 8:00 to 9:00 am | All Categories |
| | 12:30 to 1:30 | OCup Categories |
| • Friday, January 15, 2016 | 8:00 to 9:00 am | OCup Sprint |
| • Saturday, January 16, 2016 | 8:00 to 9:00 am | All Categories |
| • Sunday, January 17, 2016 | 8:00 to 9:00 am | NORAM Categories |

A racer who does not return their bib and/or chip at the end of a race will be charged a \$75 replacement fee, for each, that must be paid prior to another start being granted.

Starting Times

- | | | |
|-----------------------------|---------|--|
| • Thursday January 14, 2016 | 9:30 am | Qualification Round Free Technique - NORAM |
| | 2:30 pm | Classic Interval Start - OCup |
| • Friday January 15, 2016 | 9:30 am | Qualification Round Free Technique - OCup |
| • Saturday January 16, 2016 | 9:30 am | Classic Interval Start - All categories |
| • Sunday January 17, 2016 | 9:30 am | Skiathlon - NORAM |

Access to Upstairs of Lappe Nordic Ski Centre will be limited on Race Days

On-Site Food Services

Athlete Services: (downstairs)

There will be bananas, oranges and Gatorade available free to all athletes.

Jack Rabbit Café: (downstairs)

Hosted by the Lappe Nordic Ski Club Jack Rabbit Program

Daily menu consisting of a hearty soup or stew, cookies and chocolate milk.

Lappe's Kitchen: (upstairs)

The best Finnish pancakes in Thunder Bay!

Spaghetti Supper – Friday, January 15, 2016

Location: École secondaire catholique de la Vérendrye
175 High Street, Thunder Bay, ON

Cost: \$17 per person +HST

Time: 5:30 pm

Menu: Pasta with meat sauce and vegetarian sauce, Caesar salad, bread and cake for dessert

Tickets: Available on Zone4 on the event registration website.

Host Hotel



www.princearthur.on.ca

Confirmation #204675

Room Contact: Christina Grey (807) 346-5120 Christina@princearthurwaterfront.com

Meal arrangements: Contact: Matt Winters (807) 346-5125