



RACE NOTICE

Haywood NorAm/AltaGas Sprints/ World Junior and Under 23 Trials December 13, 15 & 16

- RACE EVENTS:** Wednesday, December 12, 2018 Official Training
Thursday, December 13, 2018 Individual Sprints – Classic Technique NorAm
Prologue – Classic Technique Midget to Junior B/G
Friday, December 14, 2018 Official Training
Saturday, December 15, 2018 Interval Start – Free Technique
Sunday, December 16, 2018 Mass Start – Classic Technique
- LOCATION:** Whistler Olympic Park (WOP), Callaghan Valley, Whistler
- HOSTED BY:** Callaghan Valley Cross Country (CVXC)
- SANCTIONED BY:** Federation Internationale de Ski (FIS), Cross Country Canada (CCC)
- EVENT WEB-SITE:** Information on all event details is at <http://callaghanxcski.ca/events/noram2018>.
- REGISTRATION:** Registration and fee payment is online only at: www.zone4.ca . **Coaches can register with no fee. Up to date information will be shared with coaches via Zone 4 so coaches are STRONGLY encouraged to register.** If you experience any difficulties or have questions about registration please contact the Competition Secretary.
- RACE ENTRY DEADLINE:** **Regular deadline is: Friday, December 7, 2018 AT 23:59 PST**
Late Entry deadline is: Monday, December 10, 2018 AT 23:59 PST.-subject to \$10 fee increase per race
- After registration closes entries will only be accepted at the jury's discretion and will incur an additional \$50 fee per race. Late entrants will not be seeded.**
- RULES:** <http://www.cccski.com/Events/Rules-and-Regulations.aspx>.- 2018
- TECHNICAL GUIDELINE:** The NorAm Technical Package 2018-19 version: <http://www.cccski.com/Events/Technical-Packages.aspx>
- COMPETITION COMMITTEE:** Chief of Competition: Sherryl Yeager sherryl@callaghanxcski.ca 778-887-7669
Chief of Course: Andrew Horembala
Chief of Stadium: Theresa Oswald
Chief of Timing: Stephane Deseau
Chief of Competition Control: Chuck Beebe
Event Chair: Dirk Rohde
Competition Secretary: Shelley Woodman secretary@callaghanxcski.ca 604-828-9150
Technical Delegate: John Aalberg kjaalberg@aol.com
Assistant Technical Delegate: Jeff Ellis jeff.ellis418@gmail.com
CCC Race Director: Dave Dyer



JURY: The Jury members are the Technical Delegate - who is the chair of the jury, the Chief of Competition, the CCC Race Director, and the Assistant Technical Delegate. At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

LICENSES: All competitors skiing in **Midget, Juvenile, Junior and Open** categories must have at least one of the following licenses:

- CCC Racing License
- FIS License
- Other National Ski License
- CCC Supporting Day Member License (CDML) (can be purchased with on-line registration)

For more information you can visit the Cross Country Canada web site:
www.ccski.com/Events/License-Applications.

SEEDING: The current Canada Points List (CPL) for both distance and sprint competitions will be used.

Foreign skiers will be seeded as determined by the Jury with reference to the competitors CPL or FIS points. In the rare instance a foreign skier has no FIS or CPL ranking, the Jury will use its discretion in seeding the skier.

INTERVAL START RACES: For all categories, bibs will be assigned by distance CPL. CCC License holders without CPL ranking will be assigned to a group and randomized. Skiers with day license will be assigned to a further separate group and randomized. Starting order for the groups is as per Rule 333.3.1, unless changed by the Jury.

REFUNDS: A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification, **WITH** medical documentation, prior to the registration deadline of **December 10, 2018**.

SPRINTS: Senior Men and Junior Men categories and the Senior Women and Junior Women categories will be combined in the Qualification race for seeding purposes and run as a single open class but will be separated into Junior and Senior for heats and awards. The top 30 Junior M/W and Senior M/W will advance to quarterfinal heats. Unless the Competition Secretary receives notice of an athlete's intent at the start of the Team Captains' Meeting on Wednesday, December 12, 2018, all qualifying Junior M/W will be entered into the Junior quarter final heats. No changes will be allowed on race day.

As per the 2018/2019 Technical Package, sprint heats will be timed and ICR rule 325.4.2.7 will apply. Lucky loser advancement will be based on best 3rd and 4th place time.

Junior B/G to Midget B/G will participate in prologues, classic technique.

WCHJR & WCHU23: Please note for selection purposes, Juniors must compete in the Jr Men/Women's category for the sprint heats and the interval start competitions on Saturday.

CLASSIC TECHNIQUE: As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole. **It is the athlete's responsibility to adhere to the rules.** Poles **may** be measured prior to the race start and/or finish

NOTE: "Technique zones" will be implemented during the classic races.



START LISTS: Start lists for each day of racing will be posted at the WOP Race Office and online at zone4.ca.

RACE OFFICE: The event race office will be in the WOP technical building by the XC stadium. Hours are as follows:

- Wednesday 11AM-2PM
- Thursday 8 AM-4PM
- Friday 10AM-4PM
- Saturday 8 AM-4PM
- Sunday 8 AM-1PM

BIB PICK-UP: Bibs for each day of racing will be distributed from the Race Office.

Bib pick up will be by Club or Team – please specify your preference upon registration

TEAM CAPTAIN

MEETINGS

Meetings will be held the night before each race day, please check the website for time and location <http://callaghanxski.ca/events/noram2018>.

AWARDS:

Haywood NorAm Awards:

Cash Prizes will be given to the top five finishers in the Open Class plus the top U23 finisher for Day 1, 2 and 3

Awards will also be presented to the top 3 Junior Men and Women.

Awards will be presented to the top 3 for Midget thru Junior Boy/Girl races

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

POINTS:

Official NorAm race categories: open men and women will earn NorAm points. CPL and FIS Points will be awarded for all races as applicable. Skier affiliation will be with their home club.

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 \$100 CAD fee.

CONCESSION: There is a full service café at the WOP Day Lodge.

FACILITIES: The Flex Space at the race site will be available to athletes as shelter. There are showers in the day lodge. There are toilets there as well but several portable toilets will also be located close to the stadium area.

TRAIL FEES: Trail fees are included in race fees for athletes and eligible coaches for the official training days: December 12 & 14, 2018, and all race days. Passes for all five days of skiing will be handed out at the WOP entry gate throughout the training day (Dec 12). Trail passes are REQUIRED to enter the gate each day. Trail fees and venue admission are not included for Dec 11, and required in order to ski. Each athlete and eligible coach requires a trail pass. If you forget or lose your pass you will be required to purchase a new one at regular price. If you do not get your trail passes on the training day, please arrive early on race day. There will be a dedicated lane for those who have their trail passes to facilitate ingress on race days but recommendations are to arrive early to allow for access and parking.

Park admission and trail fees apply to attendees not registered for the race.

Regular trail pass rates (incl. GST) are as follows: Adult (19+) \$25.75; Youth (6-18) \$15.00. A link to Whistler Olympic Park. <http://www.whistlersportlegacies.com/activities/cross-country-skiing>



WAX FACILITIES: Eligible teams will be assigned wax trailer space according to the NorAm Technical package. For larger teams, it may be advisable to bring a generator as outlets are limited within the wax trailers.

Wax trailers will be available from Wednesday December 12 to Sunday Dec 16, 2018. Allocation will be based on number of athletes registered by division, according to the NorAm Technical Package. A key deposit of \$40 is required for each cabin. Wax cabins will contain 2 chairs, table, garbage cans and broom. Users are responsible for maintaining their space during the event. Extra garbage bags, repair needs etc. can be requested from athlete services through the race office. Depending on registration, some teams may be located a short distance from the cross country stadium, at the biathlon venue. Any teams or clubs wishing to rent additional wax cabins may do so at a rate of \$40 per day, on a first come, first serve basis.

WAX TESTING: A wax testing/warm up area will be provided near the cross-country stadium. Wax testing on course is allowed at the discretion of the jury.

GLIDE WAX Cross Country BC respectfully requests all coaches, wax technicians and parents abide by **self-governed protocol while waxing skis for athletes racing in the Midget Boys/ Girls**. *The open categories are regulated by the NorAm guidelines, and the Junior Women and Men are competing for international events.* The recommended glide waxing protocol for Midget Boys/ Girls and below is as follows:

- Low-fluoro glide waxing protocol:
- Structure tools ARE permitted.
- 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 liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

COURSE MAPS: Course maps are available on the event web-site:
<http://callaghanxski.ca/events/noram2018/course-maps/>

WEATHER: For current conditions, visit:
<http://www.whistlersportlegacies.com/venues/whistler-olympic-park/weather>

MEDICAL EMERGENCY: First Aid is provided by the event organizers in conjunction with WOP Ski Patrol.
Chief of First Aid: David Morris
WOP Ski Patrol 778-228-4586
Whistler Health Care Centre 604-932-4911

CANCELLATION: A decision to cancel or move this race to a different venue due to lack of snow will be made in consultation with the organizing committee, the Technical Delegate and Cross Country BC and Cross Country Canada. Race fees are not refundable if the event is moved. Race fees will be refunded, minus a small administration fee, if the race is cancelled outright.

ACCOMMODATION Closest accommodation to Whistler Olympic Park is at the Whistler Athlete Centre, however Squamish is also quite convenient. **The Executive Suites Hotel is the preferred accommodation in Squamish. Please mention or use the code "NORDIC" when you book.**
EXECUTIVE SUITES HOTEL & RESORT SQUAMISH Phone: 1-877-815-0048 or 1-604-815-0048
Email: info@executivesuitessquamish.com
For further information try: <http://callaghanxski.ca/events/>



SCHEDULE OF EVENTS (Subject to change depending on registration and weather/snow conditions)

| Day | Event | Whistler Olympic Park (WOP) open * | Race office Open at WOP | Start of race/ Off training | Whistler Olympic Park Gate Closes at |
|--------------------------------------------|-----------------------------------|------------------------------------|-------------------------|---------------------------------------------------------|--------------------------------------|
| Wednesday December 12, 2018 | Off training Day | 8:30am | 11:00am-2:00pm | 10:00 am | 7:00pm |
| | <i>Team Coaches Meeting (TCM)</i> | <i>tba</i> | | | |
| Thursday December 13, 2018 | Qualifier for Open Sprints | 8:00am | 8:00am-4:00pm | 10:00am | 7:00pm |
| | Prologue Juveniles & Juniors | | | 11:00am | |
| | Heats | | | 12:30am | |
| | Prologue for Midgets | | | approx. 3 pm | 7:00pm |
| Friday December 14, 2018 | Off training Day | 8:30am | 11:00am-2:00pm | 10:00 am | 7:00pm |
| | <i>Team Coaches Meeting (TCM)</i> | <i>tba</i> | | | |
| Saturday December 15, 2018 | Interval Start –Free Technique | 8:00am | 8:00am-4:00pm | 10:00 am (see full schedule on web site for details) | 7:00pm |
| | <i>Team Coaches Meeting (TCM)</i> | <i>tba</i> | | | |
| Sunday December 16, 2018 | Mass Start - | 8:00am | 8:00am-1:00pm | 10:00 am (see full schedule on web site for details) | 5:00pm |

* WOP Gate will be open to registered coaches and service people at 7:00 am on a restricted basis.



| CATEGORY | YEAR OF BIRTH | Fees for each race | | Thur, Dec 13 | Sat, Dec 15 | Sun, Dec 16 |
|---------------------------------------|---------------------------|----------------------|-----------------------|-------------------------------------------------|----------------------------------|---------------------------------|
| | | Regular Fri Dec 7 | Late Mon Dec 10 | Prologue Interval Start Classic Technique | Interval Start Free Technique | Mass Start Classic Technique |
| <u>Midget Boys</u> MB1 MB2 | 2006 2005 | \$30 | \$40 | 2 km 1x2.0 Km Blue B | 2.5 km 1x2.5 Blue B | 3.0 km 1x 3.0 Km Blue |
| <u>Midget Girls</u> MG1 MG2 | 2006 2005 | \$30 | \$40 | 2 km 1x2.0 Km Blue B | 2.5 km 1x2.5 Blue B | 3.0 km 1x 3.0 Km Blue |
| <u>Juvenile Boys</u> JVB1 JVB2 | 2004 2003 | \$30 | \$40 | 2.5 km 1x2.5 Km Red | 5 km 2x2.5Km Blue B | 5 km 2x 2.5 Km Red |
| <u>Juvenile Girls</u> JVG1 JVG2 | 2004 2003 | \$30 | \$40 | 2.5 km 1x2.5 Km Red | 5 km 2x2.5Km Blue B | 5 km 2x 2.5 Km Red |
| <u>Junior Boys</u> JB1 JB2 | 2002 2001 | \$35 | \$45 | 2.5 km 1x2.5 Km Red | 5 km 1x5.0Km Red B | 5 km 1x 5 Km Red A |
| <u>Junior Girls</u> JG1 JG2 | 2002 2001 | \$35 | \$45 | 2.5 km 1x2.5 Km Red | 5 km 1x5.0Km Red B | 5 km 1x 5 Km Red A |
| CATEGORY | YEAR OF BIRTH | Fees for each race | | Thur, Dec 13 | Sat, Dec 15 | Sun, Dec 16 |
| | | Regular Fri Dec 7 | Late Mon Dec 10 | Alta Gas Sprints Classic Technique | Interval Start Free Technique | Mass Start Classic Technique |
| <u>Junior Men</u> JM1 JM2 | 2000 1999 | \$45 | \$55 | 1.4 km | 10 km 2x5.0Km Red B | 30 km 6 x 5 Km Red A |
| <u>Junior Women</u> JW1 JW2 | 2000 1999 | \$45 | \$55 | 1.4 km | 5 km 1x5.0Km Red B | 15 km 3 x 5 Km Red A |
| <u>Senior Men</u> U 23 23+ | 1998, 1997, 1996 1995> | \$45 | \$55 | 1.4 km | 15 km 3x5.0Km Red B | 30 km 6 x 5 Km Red A |
| <u>Senior Women</u> U23 23+ | 1998, 1997, 1996 1995> | \$45 | \$55 | 1.4 km | 10 km 2x5.0Km Red B | 15 km 3x 5 Km Red A |

RACE DISTANCES AND FEES PER RACE (See web site for detailed schedule and start times)

2018 Haywood NorAm World Junior and U23 Trials Sponsors:



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