



Cross Country  
Ski Ontario



**2019 HAYWOOD NORAM  
EASTERN CANADIAN CHAMPIONSHIPS  
AltaGas SPRINT SERIES  
PARA-NORDIC NATIONAL CHAMPIONSHIPS  
ONTARIO CUP #4-2019**

**2019 JANUARY 31 – FEBRUARY 3**

**HOSTED BY THE  
HIGHLANDS TRAIL BLAZERS RACE SOCIETY  
AT  
HIGHLANDS NORDIC  
DUNTROON, ONTARIO**



**HAYWOOD**

**AltaGas**

The Haywood NorAm Series is sanctioned by Cross Country Canada (CCC) and by Federation Internationale de Ski (FIS). The intent is to provide a high calibre race opportunity for elite and developing skiers in North America. Ontario Cup #4 is sanctioned by CCC. The Para-Nordic Nationals are sanctioned by CCC.

[FIS ICR – CCR \(Canadian Competition Rules\) Precisions 2018](#)  
[2018-19 Haywood NorAm AltaGas Sprint Series Technical Package](#)

Hosted by Highlands Trailblazers Race Society at Highlands Nordic, Duntroon, ON

**Event website:** [www.HTBRS.com](http://www.HTBRS.com)

<b>Chief – Organizing Committee</b>	<b>Richard Lemoine</b>	<a href="#"><u>e-mail*</u></a>
<b>Chief of Competition</b>	<b>Shawn Sinclair</b>	<a href="#"><u>e-mail*</u></a>
<b>Competition Secretary</b>	<b>Debra Friendly</b>	<a href="#"><u>e-mail*</u></a>
<b>Para-Nordic Liaison</b>	<b>Al White</b>	<a href="#"><u>e-mail*</u></a>
<b>Technical Delegate</b>	<b>Jacques Dumont</b>	
<b>Assistant Technical Delegate</b>	<b>Pierrot Bernier</b>	

\*Please put NorAm in the subject line of the e-mail.

**TIMES ARE EASTERN STANDARD TIME.**

**Athlete Registration:**

Registration will be handled exclusively on-line with Zone4 (<https://zone4.ca/register.asp?id=19571>). Registration will open by December 27, 2018.

***Entries must be submitted by 23:59, Monday, January 28, 2019.*** Entries received after this date will be subject to acceptance by the jury and will be charged a late fee of \$100 per racer. Entries received after January 28 must be made by e-mail to the Competition Secretary.

Athletes and coaches are responsible for verifying their registration and should notify the organization of any changes before Thursday, January 31 at NOON by e-mail to the Competition Secretary or in person at the race office.

**Confirmation lists** will be posted at the event website (HTBRS.com) starting on Wednesday, January 30 and will also be provided at the team captains' meeting on Thursday, January 31.

**Coach Registration:** To assist the organizing committee to communicate with participants during the event for such things as cancellation notices, schedule changes, attendance at jury meetings, etc., a separate registration is being set up for coaches on [Zone 4](#). A minimum of information will be required and there will be no charge for this registration. *Entries must be submitted by Midnight, Monday, January 28.*

**Coach Bibs**, allowing access to the trails during distance events must be ordered on-line at <https://zone4.ca/register.asp?id=19537&Jan=1&cartlevel=1>

**Eligibility:**

In order to participate, a skier must have a valid racing license issued by FIS, CCC, a National Ski Federation (NSF) of another country or purchase for each race day a Supporting Member Day License (Day License) issued by CCC. For those requiring the Day License (which includes a waiver), it must be purchased when registering on Zone4. Day License's for those under the age of majority (18) must be signed by a parent or guardian. Day Licenses are \$5 per race day.

Note: Para Nordic GUIDES do not require a license if the B1-B3 skier for whom he/she is guiding has purchased a transferrable VI license when they registered for their own CCC license as outlined on the Racing License form. If the B1-B3 skier is not a CCC licensed skier, both the PN athlete and the guide must purchase the Day License for each day of racing.

**RACING UP:** Athletes have the discretion to elect to “race up” on a race by race basis; however, this decision must be made no later than the start of the Team Captains’ Meeting on Thursday, January 31<sup>st</sup>. The decision should be made in consultation with the athlete’s coach, taking into consideration the race format, distance and course homologation data. A midget racing up must follow the licensing requirements for the higher category and will be placed in the youngest YOB category of the chosen category. See the “fee” section for further requirements for racing up.

**Racing up in SPRINTS** – Open Category: Unless the Competition Secretary receives notice of an athlete’s intent to race up no later than the start of the Team Captains’ Meeting Thursday, January 31, all qualifying juniors will be entered into the junior quarterfinal heats.

**Fees: (non-refundable, payable via Zone 4 only until midnight, January 28).** Race Fees include access to trails on **official training (Jan 31) and competition days (Feb 1, 2, 3) only**. In addition, there will be HST, Zone 4 processing fees and, for Ontario skiers only, XCSO and SOD fees.

**Saturday and Sunday races are a 2-Day Pursuit format for ALL categories. As such, skiers MUST complete Saturday’s race to be eligible to race on Sunday. The skiers’ finish time on Saturday determines their start time on Sunday. No entries will be accepted for Sunday without a Saturday registration.**

If a skier wishes to “race up” then the category they choose for Saturday will be their category for Sunday. Midget and younger racers who “race up” must pay the fees associated with the chosen category.

**All categories except Midget (and younger) and Para-Nordic Guides:**

EARLY BIRD (by 23:59 Wednesday, January 23): \$45 for Friday, \$90 for Sat/Sun

AFTER EARLY BIRD CUT-OFF: add \$10 per day of racing

Ontario racers also pay \$5.00 XCSO and \$5.00 SOD fee per day of racing.

**Midget and Younger categories (YOB 2005 and younger):**

EARLY BIRD (by 23:59 Wednesday, January 23): \$22.50 for Friday, \$45 for Sat/Sun

AFTER EARLY BIRD CUT-OFF: add \$5.00 per day of racing.

Ontario racers also pay \$2.50 XCSO and \$2.50 SOD fee per day of racing.

**Para-Nordic Guides: No fee but must register and be licensed per eligibility requirements (see above).**

**Day License (if required): \$5 per race**

**Late fee (after 23:59, Monday, January 28) – ALL CATEGORIES:** In addition to the above noted fees, \$100 per racer plus HST payable to Highlands Trailblazers Race Society by cash or cheque. Race bibs will not be distributed to an athlete if fees have not been paid in full and a waiver signed.

**Bib replacement charge:** Clubs, teams/training centres will be charged a bib replacement fee of \$100 for each missing bib at the end of EACH race.

**Team Captains’ Meetings:**

Meetings will be held at Highlands Nordic in the Rockside Room:

Thursday, January 31<sup>st</sup> at 4 p.m.

Friday, February 1<sup>st</sup> at 5 p.m. (subject to change)

Saturday, February 2<sup>nd</sup> at 5 p.m. (subject to change)

**Tentative Training Schedule:**

Official Training Day: Thursday, January 31<sup>st</sup> from Noon to 4 p.m.

On race days (February 1<sup>st</sup> and 2<sup>nd</sup>): as soon as possible after the completion of that day’s racing

**Those training on days earlier than January 31<sup>st</sup> will be required to purchase a trail pass.**

**Race Office Schedule:**

Tuesday, January 29 limited hours

Wednesday, January 30 8 a.m. – 5 p.m. (resort closes at 5 p.m.)

Thursday, January 31                    7:30 a.m. – 6 p.m.  
 Friday, February 1                    7:30 a.m. – 6 p.m.  
 Saturday, February 2                7:30 a.m. – 6 p.m.  
 Sunday, February 3                  7:30 a.m. – 4 p.m.

**Bib pickup :**                                **from 7:45 a.m. on race days at the race office**

If both "Club" and "Team/University" fields are included in a registration, skiers will be asked to designate whether their bib is distributed to their Club or their Team.

**Competition Schedule:**

First start time each day is 9:30, subject to weather and snow conditions. Race order and detailed start times will be available at TCM's and posted to the web site.

Para-nordic distances will be determined in consultation with the PN coaches.

**RACE FORMAT, CATEGORIES AND DISTANCES**

Category	Year of Birth	Friday February 1 Classic	Saturday February 2 Classic	Sunday February 3 Free
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		Sprint Qualifier & Heats	Interval Start Medium Distance	Pursuit Start
<b>OPEN</b>				
Junior Women	1999, 2000	1.5K	10K	15K
Junior Men	1999, 2000	1.5K	10K	15K
Senior Women	1998 & earlier	1.5K	10K	15K
Senior Men	1998 & earlier	1.5K	10K	15K
PARA-NORDIC				hunter start
PN Standing Women	n/a	.9K	10K	10K
PN Standing Men	n/a	.9K	10K	10K
PN Sit Ski Women	n/a	.48K	3K	3K
PN Sit Ski Men	n/a	.48K	3K	3K
OTHER CATEGORIES		Prologue Interval Start	Interval Start Medium Distance	Pursuit Start Medium Distance
Mini-Midget Girls	2007, 2008	n/a	2.4K	3.6K

<b>Mini-Midget Boys</b>	<b>2007, 2008</b>	<b>n/a</b>	<b>2.4K</b>	<b>3.6K</b>
<b>Midget Girls</b>	<b>2005, 2006</b>	<b>2.2-3K</b>	<b>3.5K</b>	<b>4K</b>
<b>Midget Boys</b>	<b>2005, 2006</b>	<b>2.2-3K</b>	<b>3.5K</b>	<b>4K</b>
<b>Juvenile Girls</b>	<b>2003, 2004</b>	<b>2.2-3K</b>	<b>5K</b>	<b>7.5K</b>
<b>Juvenile Boys</b>	<b>2003, 2004</b>	<b>2.2-3K</b>	<b>5K</b>	<b>7.5K</b>
<b>Junior Girls</b>	<b>2001, 2002</b>	<b>2.2-3K</b>	<b>5K</b>	<b>10K</b>
<b>Junior Boys</b>	<b>2001, 2002</b>	<b>2.2-3K</b>	<b>10K</b>	<b>10K</b>
<b>Masters Men</b>	<b>1988 &amp; earlier</b>	<b>N/A</b>	<b>10K</b>	<b>15K</b>
<b>Masters Women</b>	<b>1988 &amp; earlier</b>	<b>N/A</b>	<b>10K</b>	<b>15K</b>

#### **Waxing, Wax Testing and Warming Areas:**

Waxing space will be provided near the chalet. Access to and allocation of wax space will be available commencing on Wednesday, January 30 at 9 a.m.

Wax testing areas will be set up near the wax area and close to the stadium area.

The main chalet will serve as the warming area and will also house the race office and first aid station.

#### **Seeding:**

The current CPL for both distance and sprint competitions will be used in accordance with Technical Package Section 6.9. Where a foreign skier has no CPL points, the Jury will use its discretion in seeding the skier. Special seeding requests from within Canada will be based upon a written submission from the athlete's Division at least one week in advance of the start of the event. Such requests must indicate an extraordinary reason for consideration for improved seeding.

**For Sprint qualifying, in the Open Category, junior and senior of each gender will be combined for seeding purposes and run as single open classes; however, the classes will be separated into Senior and Junior classes for heats, awards and results publication purposes.**

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

**Course Maps:** Go to [www.HTBRS.com](http://www.HTBRS.com) for each day's course maps. These will be available on-line by January 24<sup>th</sup> and in all wax trailers.

#### **Rules and Regulations of Note:**

In respect of provincial guidelines, this event will adhere to the 'No Flouro/Low Flouro' Waxing Protocol for those entered in the Midget and younger categories. These athletes are asked to limit their glide wax options to no/low flouro waxes as stipulated by the XCSO guideline.

Coaches and athletes should be familiar with the following for the 2 days of classic technique races:

Pole Height Restriction:	ICR 343.8.1
Turning Zone:	ICR 310.2.2.3
Technique Zone:	ICR 310.2.2.1

#### **Awards and Results:**

Results will be posted at two locations outside the main chalet and will be on line at [www.zone4.ca](http://www.zone4.ca) .

Awards will be presented near the chalet (upper level) based on unofficial results as soon as possible after the last skier in the category has completed their race.

Cash prizes will be presented to both genders in the OPEN class to skiers holding FIS licenses.

Friday Sprints			
1 <sup>st</sup>	\$500	Top U23	\$75
2 <sup>nd</sup>	\$300	Top Sprint qualifying time	\$100
3 <sup>rd</sup>	\$200		
4 <sup>th</sup>	\$150		
5 <sup>th</sup>	\$100		

Saturday Classic					
1 <sup>st</sup>	\$250	2 <sup>nd</sup>	\$150	3 <sup>rd</sup>	\$100

Sunday Free Technique					
1 <sup>st</sup>	\$250	2 <sup>nd</sup>	\$150	3 <sup>rd</sup>	\$100

Sunday Overall Aggregate			Sunday Overall U23 Aggregate		
1 <sup>st</sup>	\$600		1 <sup>st</sup>	\$150	
2 <sup>nd</sup>	\$350				
3 <sup>rd</sup>	\$250				
4 <sup>th</sup>	\$200				
5 <sup>th</sup>	\$100				

Merchandise awards will be presented to the top five individuals of both genders and the top U23 individuals of both genders in the open class and to the top three individuals of both genders in all other categories.

Medals will be awarded to the first three in each category. Midget, Juvenile and Junior Girl/Boy will receive medals and merchandise by Year of Birth (2001, 2002, 2003, 2004, 2005, 2006). Mini-midgets will receive medals and merchandise by category/gender.

**Notice of Doping Control:** Participants in the Canadian Eastern Championships should be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES).

**Medical:** Canadian Ski Patrol will be on-site as first responders. The nearest emergency room is Collingwood General & Marine Hospital at **459 Hume St, Collingwood ON L9Y 1W9 · 705-445-2550**.

**Accommodation:** Information is at the event site HTBRS.com including directions from Toronto's Pearson International Airport, local hotel information and local maps.

No athlete meals will be provided, however, Highlands Nordic has a full service chalet with cafeteria and pro shop. [www.highlandsnordic.ca](http://www.highlandsnordic.ca).

**Cancellation:** Where possible, a decision on event cancellation will be made by CCC by midnight, Sunday, January 27 in consultation with the organizing committee and TD.

In the event that the event is cancelled, the OC in cooperation with CCC will provide a refund of race fees less the costs associated with expensed items not reusable at future events. There will not be any refunds for Zone 4 processing fees.