



AltaGas



Eastern Canadians Championships Paranordic Nationals

O' Cup #4

Team's Captains Meeting

January 31, 2019



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Welcome

- * Confirmation list is being circulated, any changes see Race Secretary
- * Any changes for Saturdays race please notify the Race secretary ASAP, no later than at the close of Friday's TCM
- * DNS for Sunday, notify RS ASAP Saturday
- * DNS/DNF Saturday = DNS Sunday
- * Please sign attendance sheet



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Introductions

- * Chief of OC Richard Lemoine
- * Chief of Competition Shawn Sinclair
- * Competition Secretary Debra Friendly
- * PN Liaison/ Asst C. of C. Alan White
- * Chief of Course Richard Lay
- * Chief of Grooming Chanse Dionne
- * Chief of Stadium Bruce Green
- * Chief of Timing Susie Saunderson
- * Chief of Starts Bud Christensen
- * Chief of Finish Frances Norlen
- * Facility Liaison Chanse Dionne/Pat Elson



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Jury

- * TD Jacques Dumont
- * ATD Pierrot Bernier
- * Apprentice TD Claude Laramée
- * Race Director Dave Dyer
- * Chief of Comp Shawn Sinclair
- * Asst C. of Comp. Alan White



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TCM Schedule

Rockside Room, main floor of the Chalet

Thurs. Jan. 31 16:00 Sprints, Prologue, Classic
No Mini-Midget category

Fri. Feb. 1 17:00 Interval Start, Classic

Sat. Feb. 2 17:30 Pursuit Start, Free



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General Information

- Highlands Nordic is a smoke free, vape free facility.
- Do not park on the 10th Line.
- No generators near the warm-up loops or the Start area
- Please respect the course crossing points
- On Saturday and Sunday, half of the Rockside Room is available for athletes, the east half is designated for our Jackrabbit program
- There will be no vehicles allowed in the upper parking lot. Equipment drop-off only. The lane leading to the upper parking lot must be kept clear for emergency vehicles.
- Accessible parking spaces are at the west end of the large lower parking area. Athletes please register with the Race Office for a dashboard card so that we can designate a space for you.



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General Information cont...

- * Ski Patrol are on site as first responders
- * Inhalers, EPI pens and other medications are useless if they are in cars or the chalet. Coaches or parents should have them on their person at the Finish
- * Please ask your athletes to minimize the exposure of others to any nut products they may bring onto the site
- * Athletes after race snack is available in Box Lunch room. Cookie/fruit etc.
- * Food is available for purchase in the cafeteria



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Weather Report

36 Hours

Thu Evening	Thu Overnight	Fri Morning	Fri Afternoon	Fri Evening	Fri Overnight
Drifting snow	Partly cloudy	Mainly sunny	Mainly sunny	Mainly clear	Partly cloudy
-18°	-20°	-20°	-13°	-17°	-18°
-29	-30	-29	-20	-25	-27
10 %	10 %	10 %	10 %	10 %	20 %
24 sw	19 sw	15 sw	13 w	13 sw	16 sw
39	33	24	21	21	30
71 %	70 %	70 %	60 %	71 %	71 %

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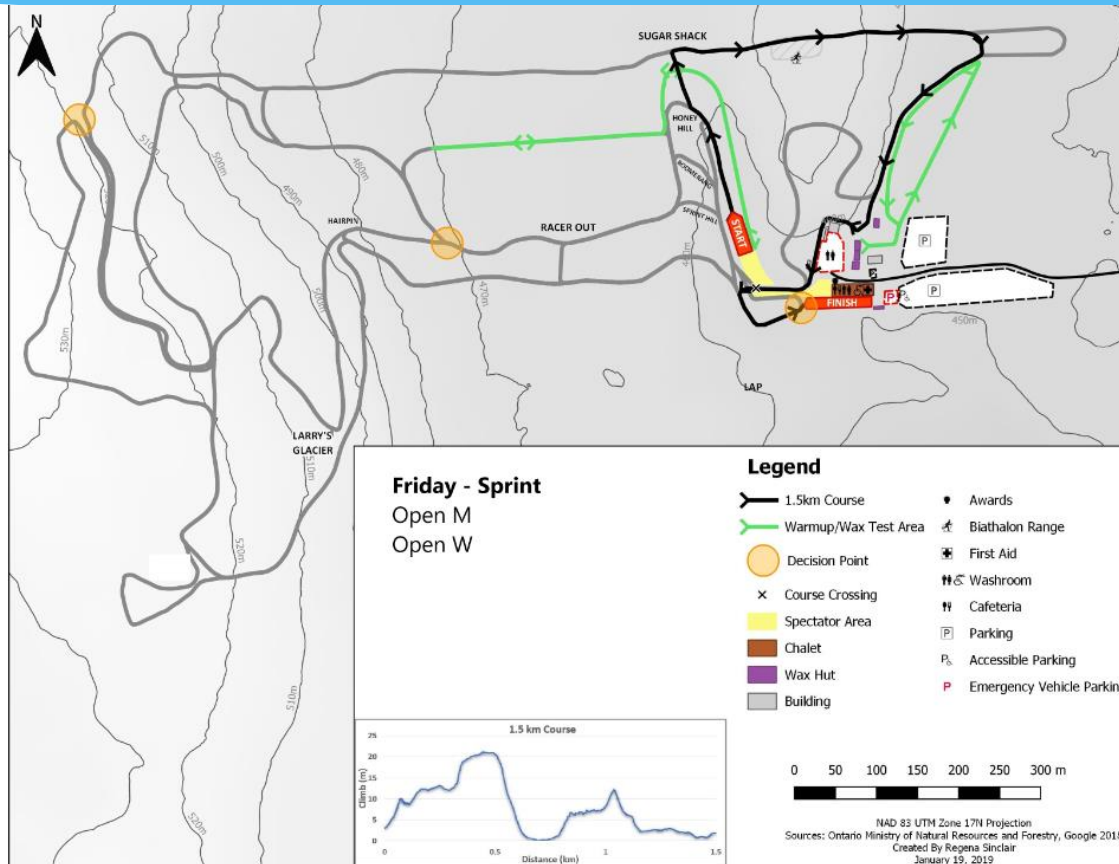


Cross Country
Ski Ontario

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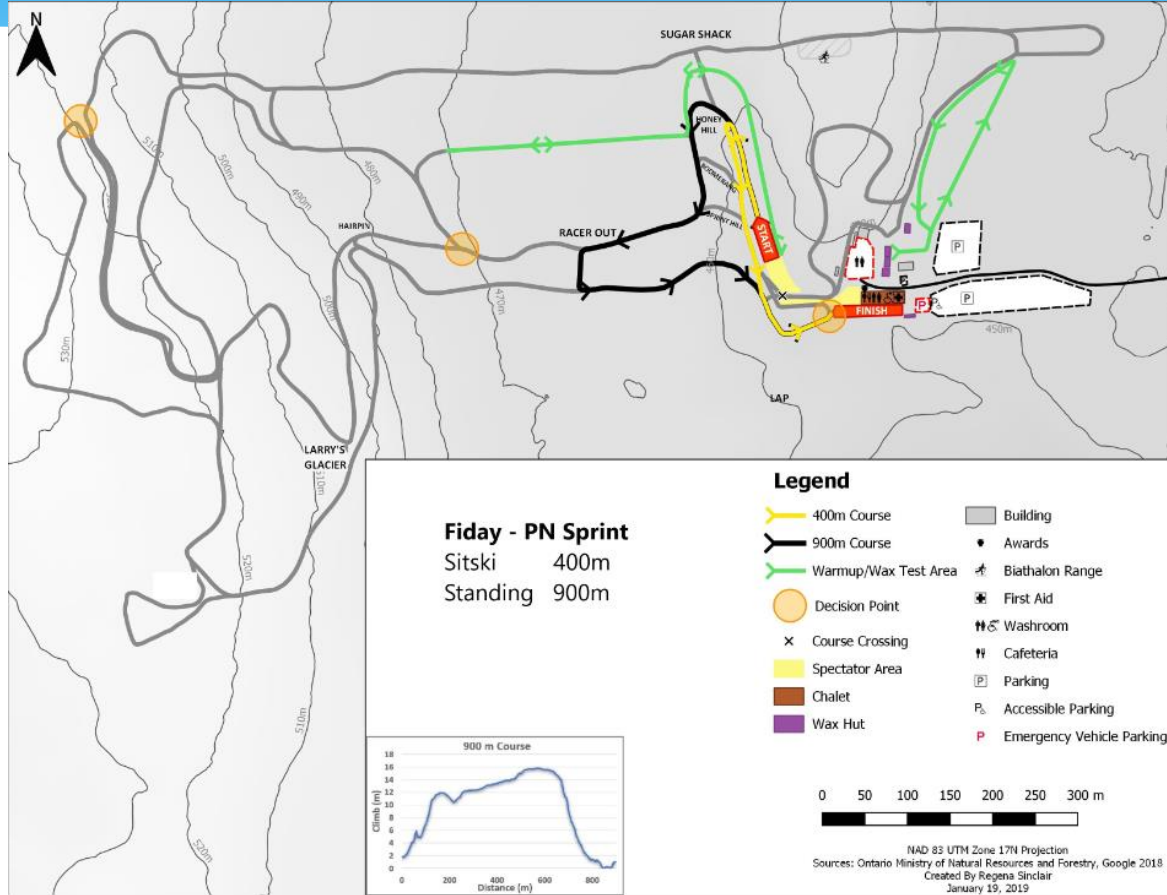
Sprint



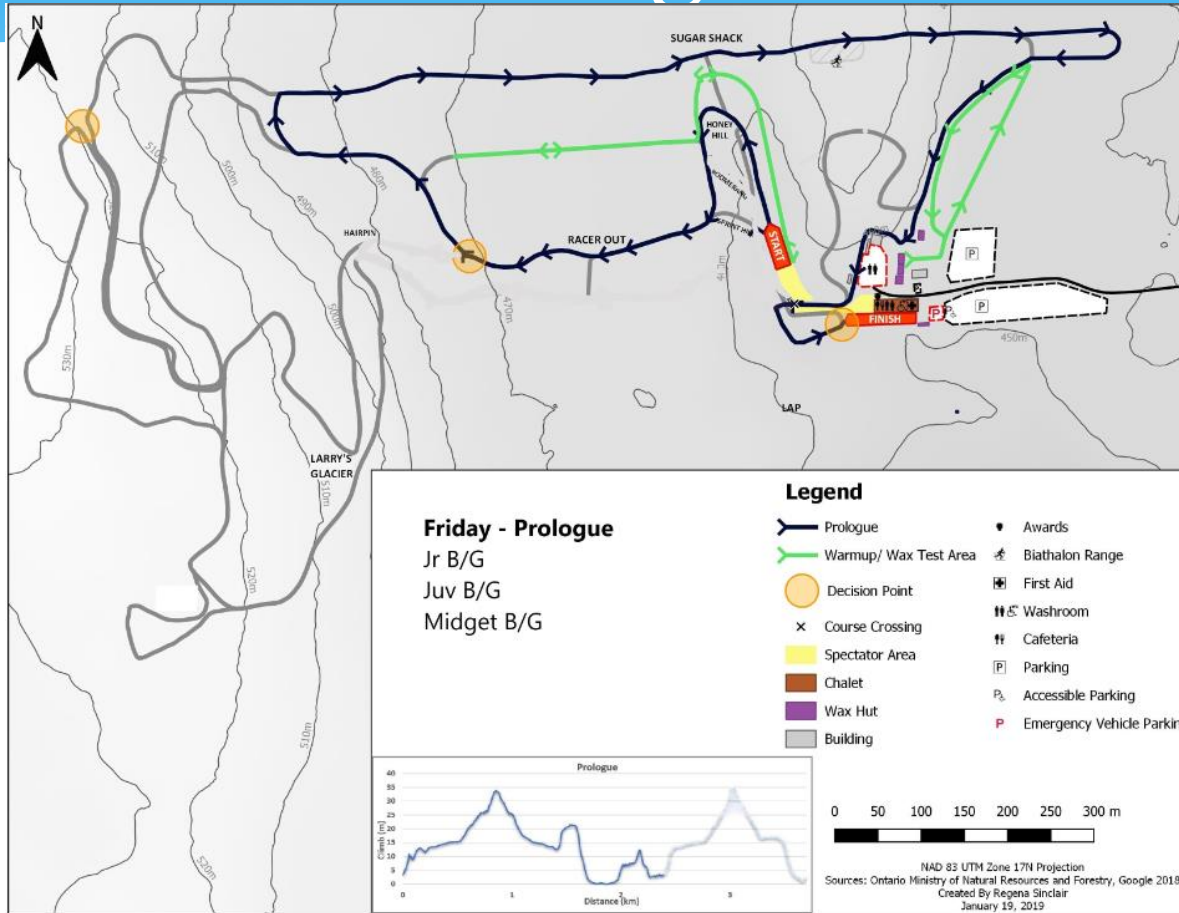
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PN Sprint

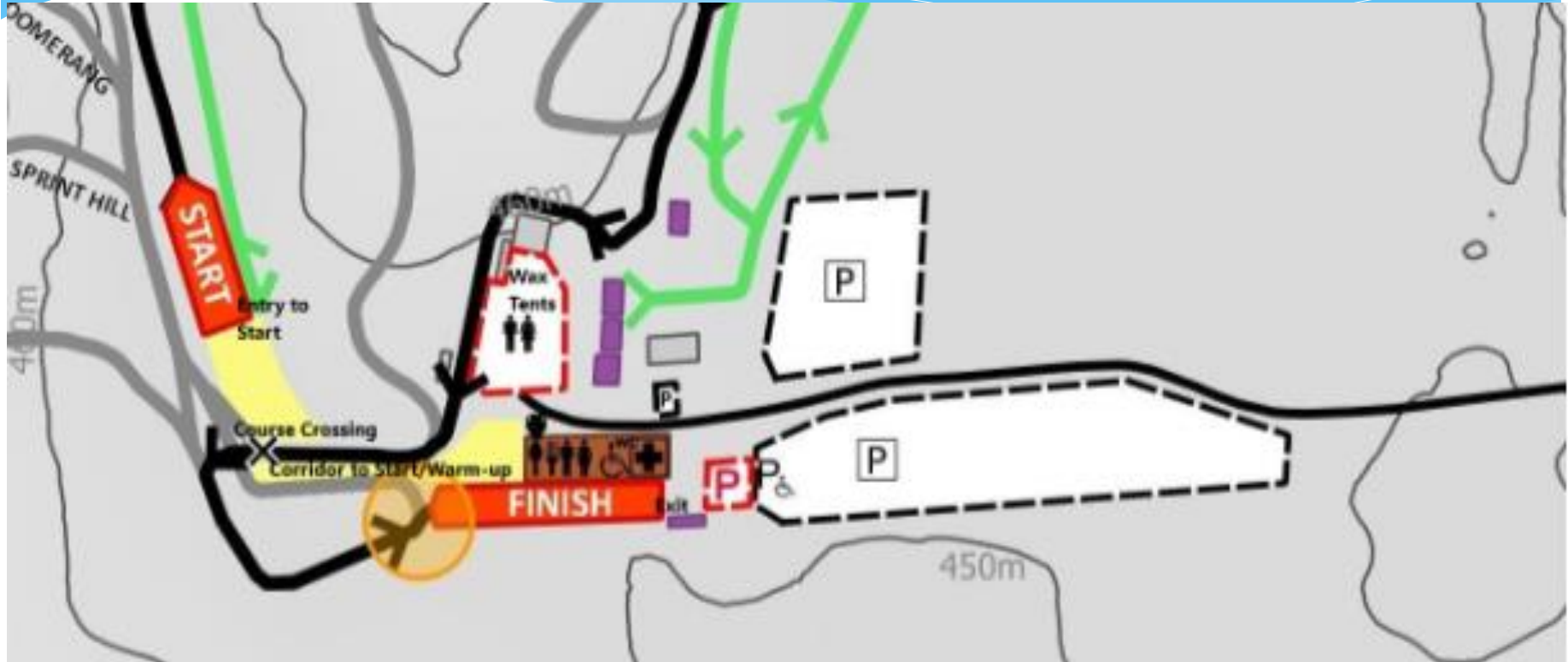


Prologue





Chalet Stadium





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Start List

- * Please notify the Competition Secretary of any errors or changes in categories from the circulated confirmation list
- * Draw will take place 10 min. after the TCM, start lists will be available on Zone4
- * Qualifiers/Prologue - Interval start 15sec.
- * Sprints
CPL - sprint
- Prologue
CPL - distance



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Order of Start Qualifiers

- * Open Women 10:30
- * Open Men
- * Prologue 11:10
- * PN 12:20

No PN heats



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Order of Start Heats

- * Heats will be timed, LL (EA) will be fastest 2 times out of the 3rd & 4th place finishers
- * Bibs are to be returned at Start, White board will have advancement grid so LL will know if they qualify to advance
- * All clothing will remain at the Start. There are bags for clothing, a volunteer to mark bib number and racks to hang the bags on.
- * Please return the bags for re-use



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Order of Start Heats cont...

Sr Women	13:00
Sr Men	13:20
Jr Women	14:16
Jr Men	14:36
Finish	15:31



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Order of Start Prologue

Jr Boy 11:10

Juv Boy

Midget Boy

Jr Girl 11:40

Juv Girl

Midget Girl



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Bibs

- * Bibs will be available at 8:30 at the race office.
- * Bibs will be distributed as per athlete registration
- * Clubs will be charged \$100. for each lost bib
- * Bib Return: Qualifier/Prologue at the Finish Line
- * Bib Return: Heats at the Start Line
- * Please return any DNS/DNF bibs to the race office not the finish line. Please return bib bags to the Race office
- * Leg stickers will be used, attach to the right thigh
- * Leader bibs are for O' Cup athletes only on Friday



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Bibs cont...

- * Athletes may pick up their bibs for the heats near the volunteer check-in table at the following times:
- * Seniors 12:15
- * Juniors 13:300



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Reports

* Grooming report:

- * **Temperature:** (snow and air) reports will be done at 8:00, 11:00, 12:00 and 14:00 at the start area and the highest section of the course
- * Temperatures will be posted on the results board at the north-west corner of the chalet (off the deck)
- * **Results :** Will be posted ASAP after each race on the results board.



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Awards

At the north side of the chalet (facing wax trailers) at the upper parking lot level.

Within 30 min of the last finisher



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Midget – Wax Protocol

20.1 The waxing protocol for classic events and midgets and younger categories is as follows: ? Use of Non-Fluoro (NF) or Low Fluoro (LF) glide waxes only ? High Fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids are NOT permitted ? Cold weather powder additives and hardeners are NOT permitted

This protocol is in effect at Ontario Cup events and not in effect at NorAms (Easterns).

Jury Decision: In keeping with the Ontario Cup Technical Package, Fridays classic prologue will remove the wax restrictions for Midget aged competitors. However, Saturdays classic Interval Start and Sunday's free Pursuit Start races will implement the non/low fluoro restriction.



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Comments - TD

Welcome to Easterns 2019

Challenging day for OC and most everyone due to harsh weather conditions.

Friday classic Sprint day, Jury will be on course monitoring 1 technique zone and several turning zones. (2 will be marked and controlled)

Caution to racers: if skiing between tracks ensure that skis are parallel and avoid any side pushes.

Pole measuring device outside west corner of chalet

Advise secretary of any Jr Men racing up tomorrow before end of TCM

Good Luck



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Comments - RD

Dave and Jacques showed some video clips of proper turnin techniques. Video clips are available on the FIS website.



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Course Etiquette

- * Please respect the area for wax benches and keep it clean and keep the warm-up loop accessible
- * Please treat our volunteers with respect. \$100. fine for abusive behaviour.



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