



Eastern Canadians Championships Paranordic Nationals O' Cup #4 Team's Captains Meeting February 1, 2019





Welcome

- * Confirmation list is being circulated
- * Please sign attendance sheet



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

Jury

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



TCM Schedule

Rockside Room, main floor of the Chalet

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

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





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.

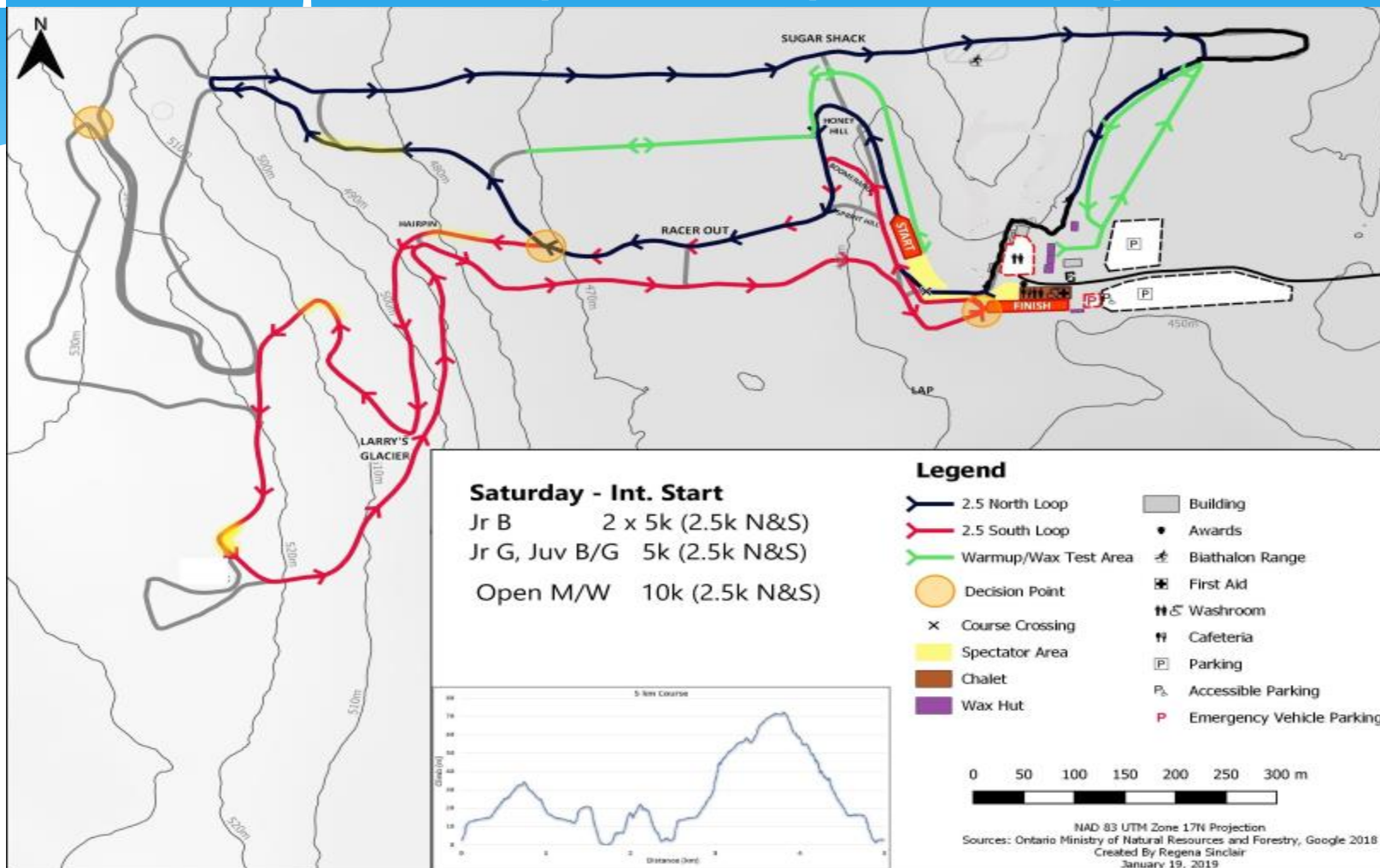




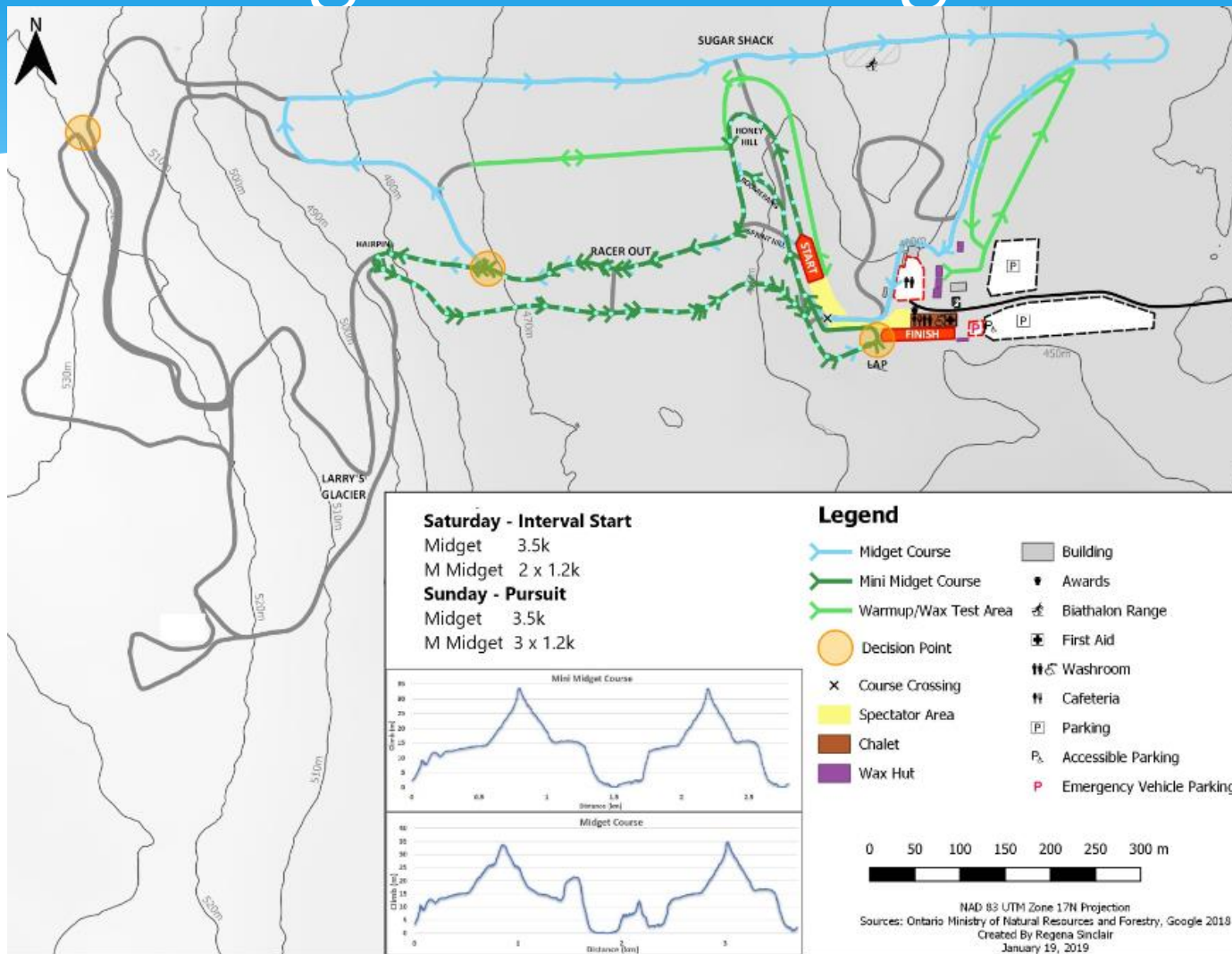
Weather Report



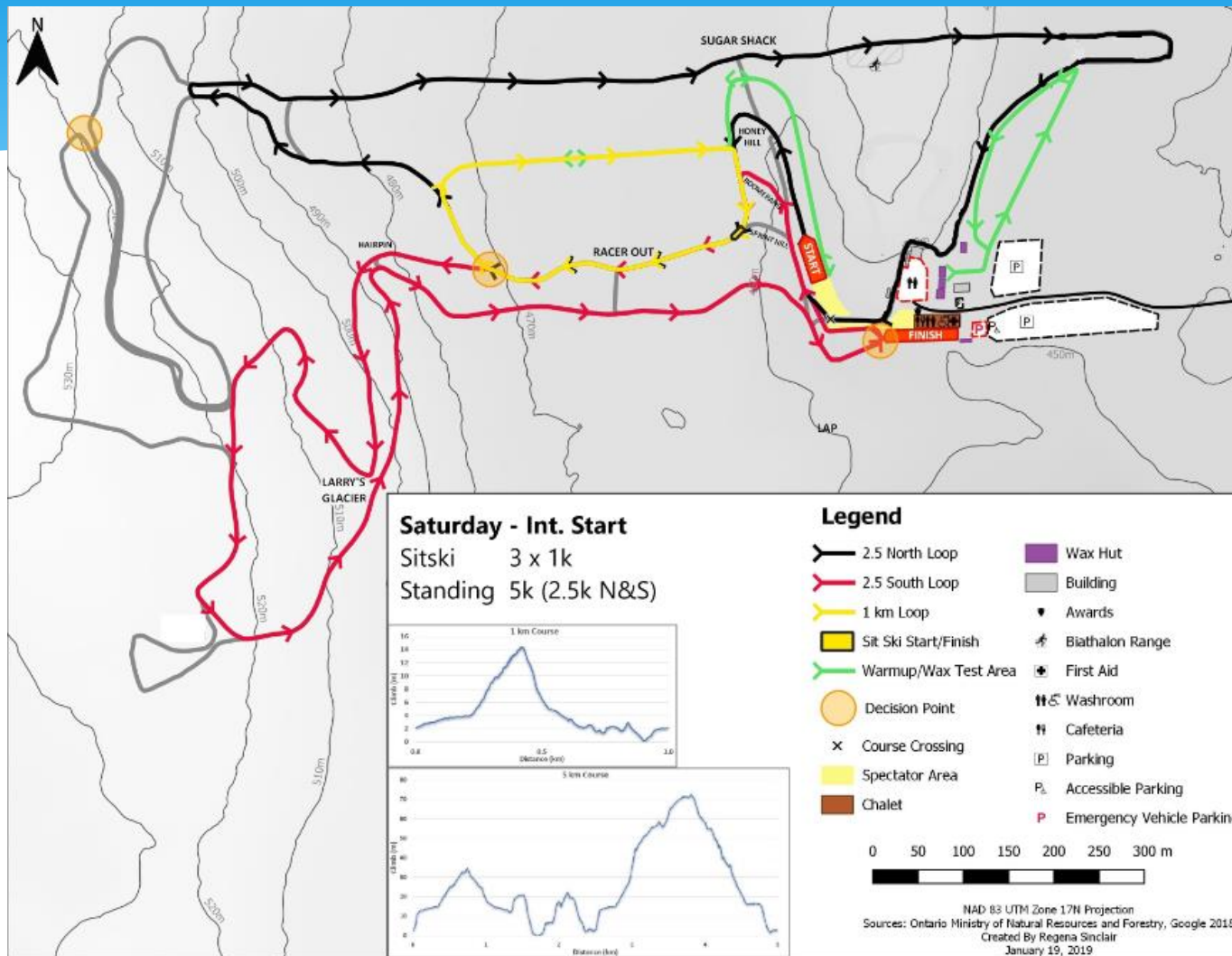
Open M/W Jr B/G Juv B/G



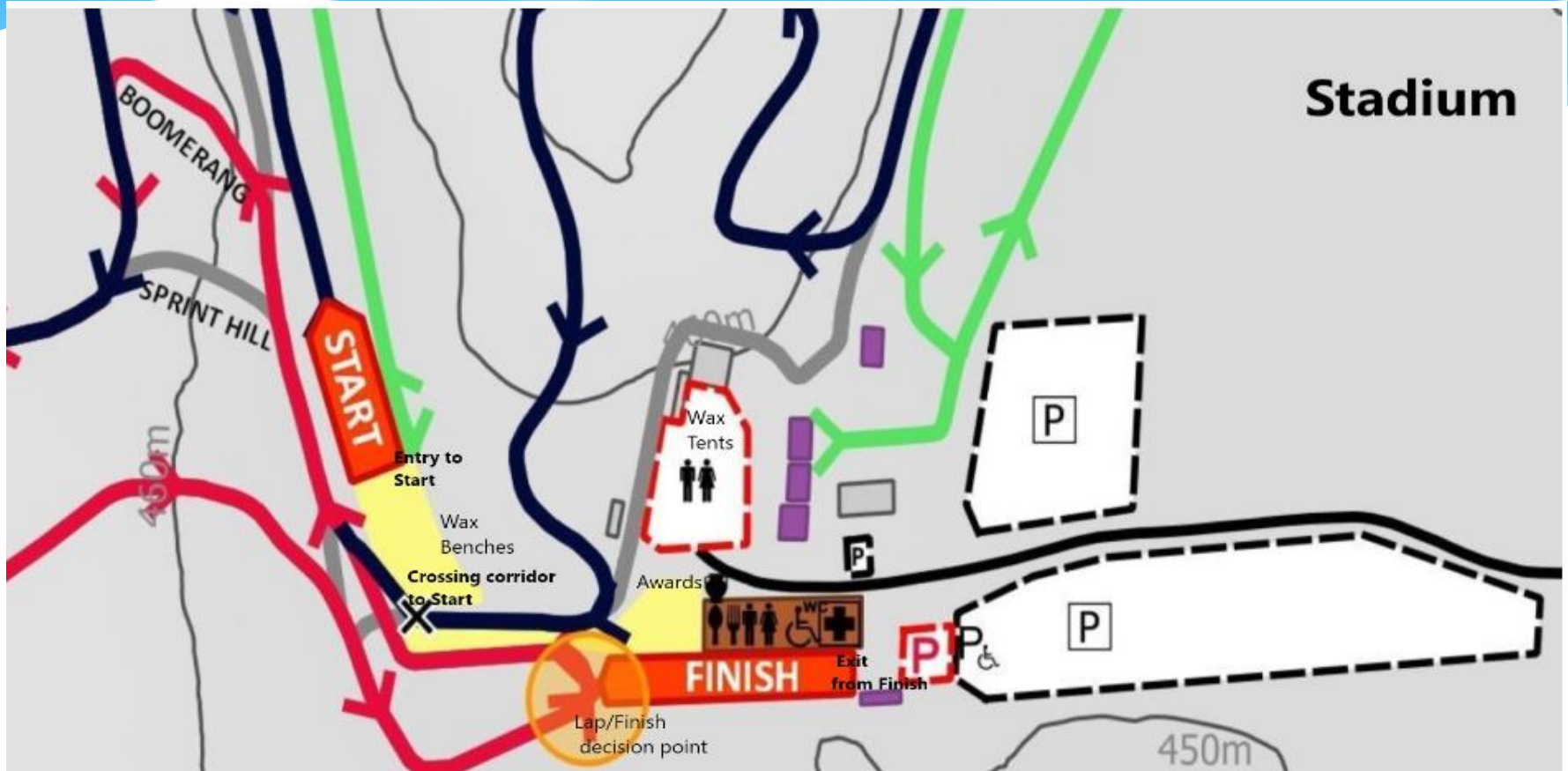
Midget & Mini Midget



ParaNordic



Chalet Stadium



Start List

- * Please notify the Competition Secretary of any errors or changes in categories from the circulated confirmation list
- * Draw will take place immediately following the TCM, start lists will be available on Zone4



Order of Start

- * Open Men / Jr Boys 10:00
- * Open Women 11:04
- * PN Sitski 12:00
- * PN Standing 12:01
- * Juv B 12:23
- * Jr/Juv G 12:55
- * Midget B 13:54
- * Midget G 14:02
- * MMidget B 14:36
- * MMidget G 14:45





Bibs

- * Bibs will be available at 8:00 at the race office.
- * Bibs will be distributed as per athlete registration
- * Clubs will be charged \$100. for each lost bib
- * Please return bib bags to the race office





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.





Awards

Awards will take place 20 – 30 min after the last finisher in each category.

Jr Men and Jr Women will receive their awards for Fridays Sprint at the time ceremony for the Saturday race.

Paranordic will receive their awards for the Friday Sprint race at the ceremony for the Saturday awards.





Comments - TD

Congratulations to all of today's winners

Many verbal reprimands today for technique infractions in the Technique and Turning Zones. Poor track conditions were partially to blame but skiers should strive to maintain proper Classic Technique.

Jury will be monitoring several sites on course tomorrow



Comments - RD

In discussions with the OC for the Canada Winter Games in Red Deer, AB they are experiencing very low snow conditions.

They can guarantee a solid 2.5k course but not a 3.75k nor a 3.3k course.

Suggest athletes pack rock skis for training.



Course Etiquette

- * Please respect the area for wax benches and keep it clean and keep the warm-up loop accessible
- * Coach bibs allow access to race course for wax testing NOT pacing/ splits. Ski in the direction of the race ONLY.
- * Please treat our volunteers with respect. \$100. fine for abusive behaviour.



Other

- * 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
- * Accessible parking spaces are available in the lower parking lot closest to the Finish area
- * Athletes after race snack is available in Box Lunch room. Cookie/fruit etc.
- * Food is available for purchase in the cafeteria