



Eastern Canadians Championships Paranordic Nationals O' Cup #4 Team's Captains Meeting February 2, 2019





Welcome

* 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









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
- Lunches may be purchased at the cafeteria.
- 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

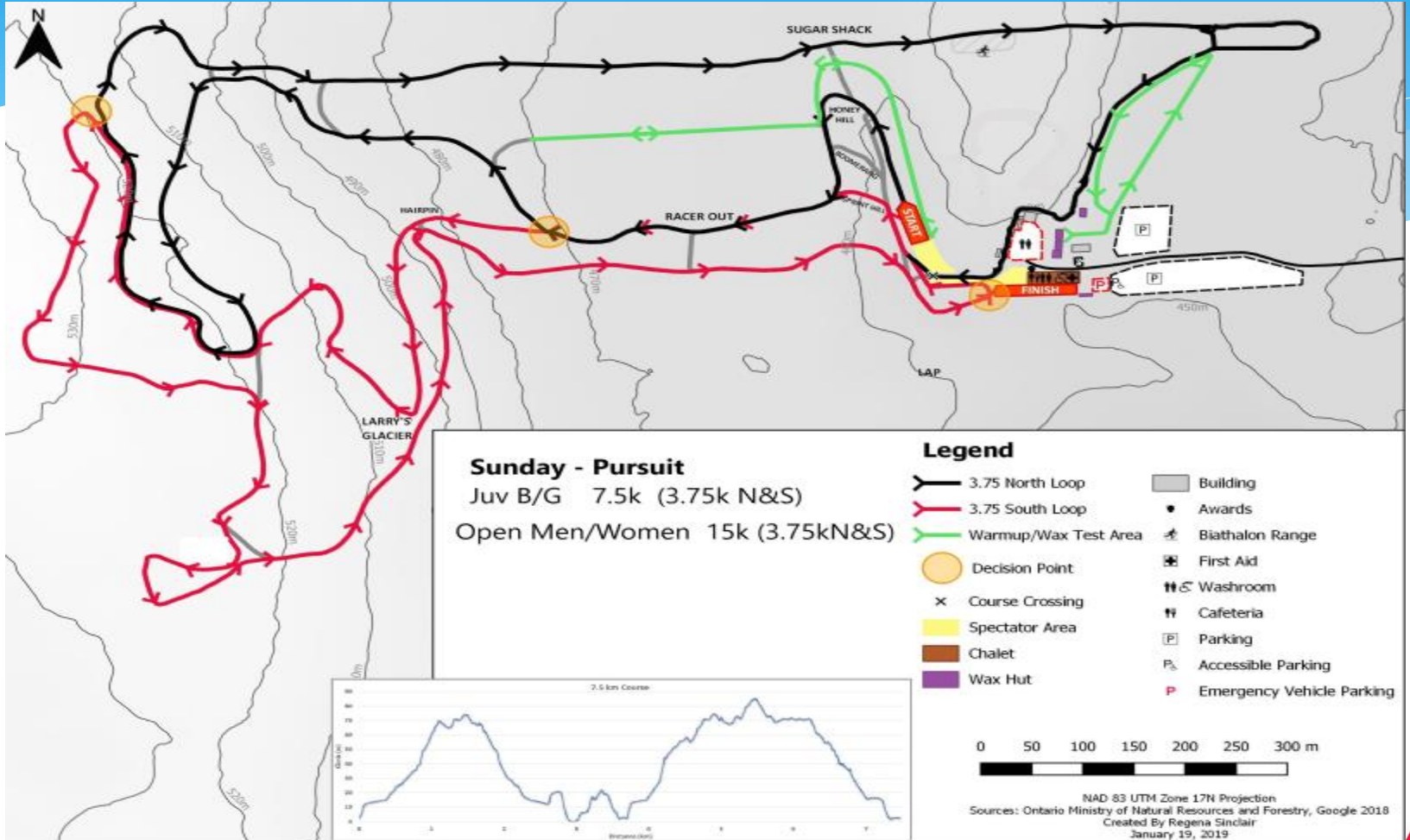
Sat Evening	Sat Overnight	Sun Morning	Sun Afternoon	Sun Evening	Sun Overnight
Cloudy with clear breaks	Freezing drizzle	Mixed precipitation	Drizzle	Drizzle	Drizzle
					
-4°	-4°	0°	3°	3°	3°
-8	-8	-5	-2	-1	-1
30 %	40 %	60 %	60 %	40 %	40 %
-	<1 mm	~1 mm	~1 mm	~1 mm	~1 mm
8 s	11 sw	19 sw	23 sw	20 sw	18 sw
22	21	36	38	33	27
96 %	93 %	100 %	100 %	93 %	93 %

CAPITAL MARKETS

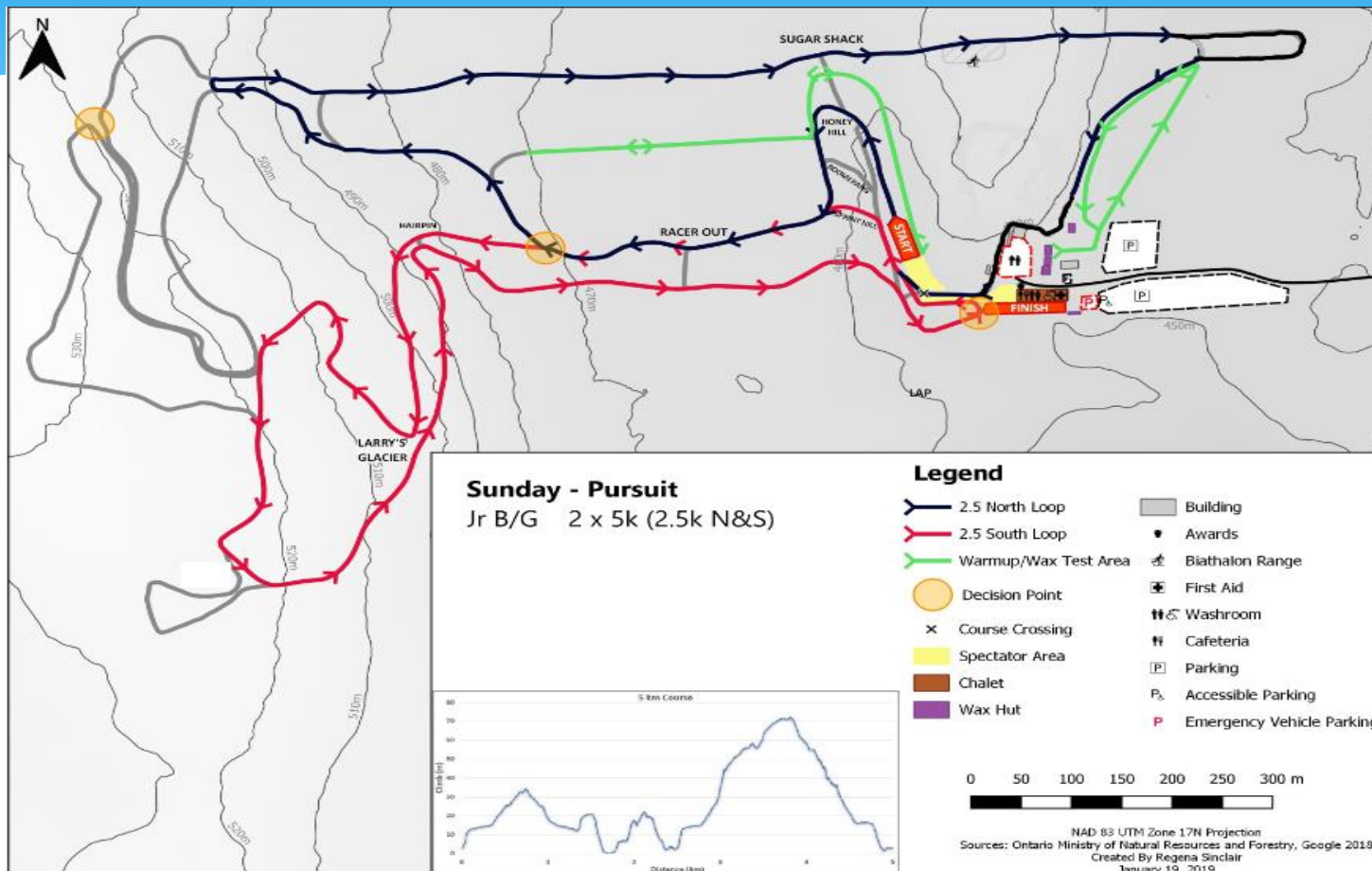


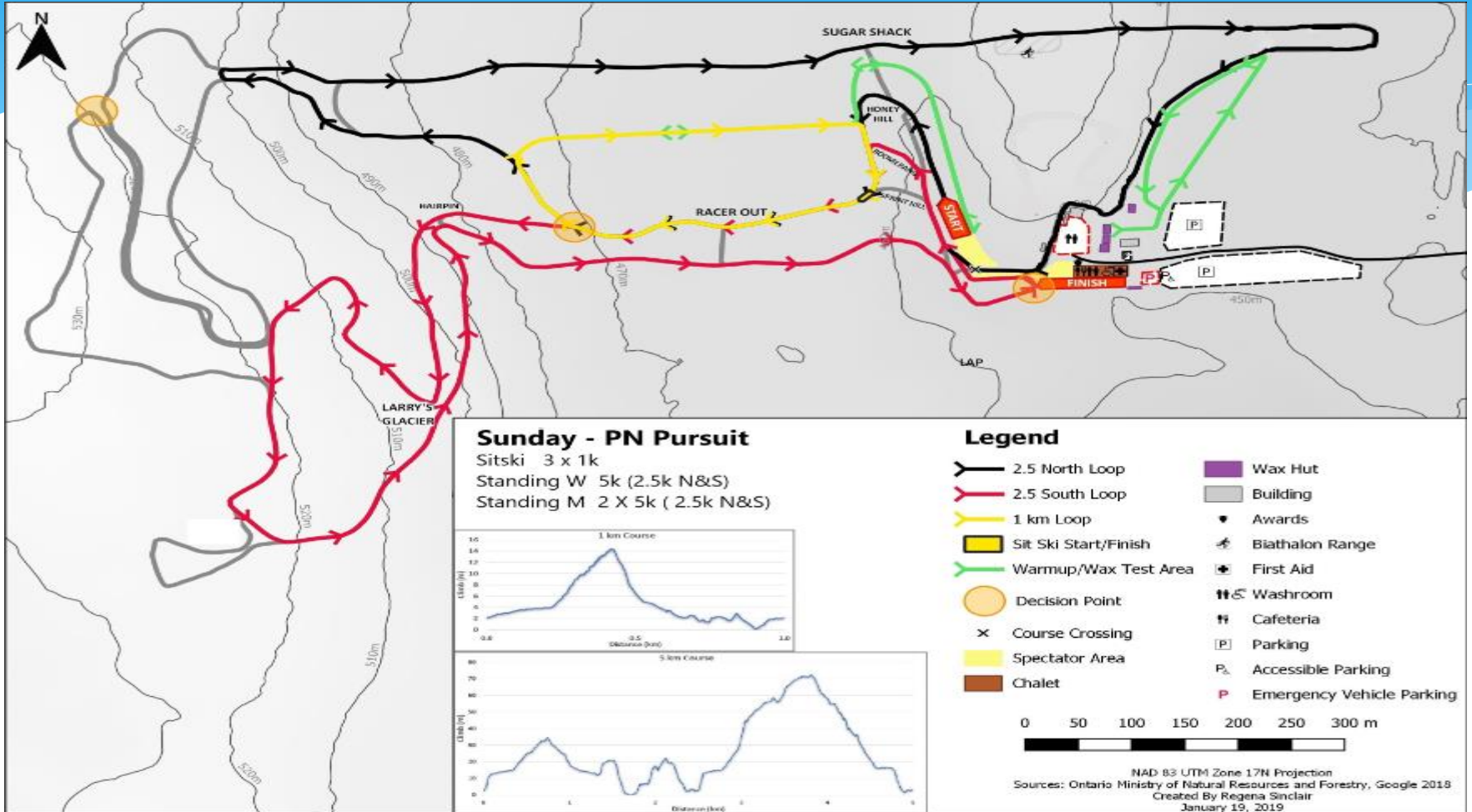
HAYWOOD

Open M/W Juv B/G

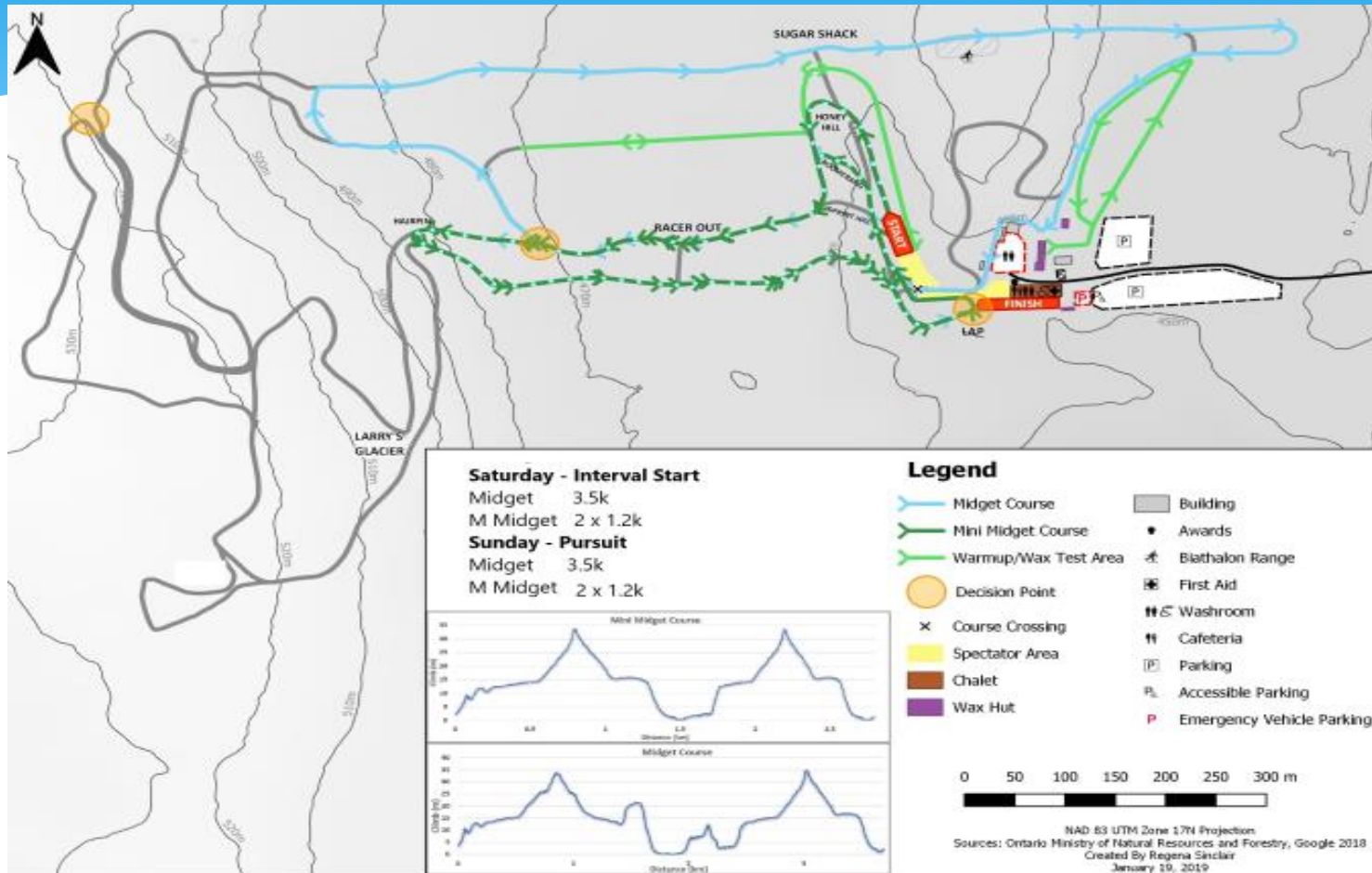


Jr B/G





Midget/MiniMidget B/G



Start List

- * Please notify the Competition Secretary of known DNS so that we can try to hold back those bibs.

- * Start Lists are created from the results of today's race

The time behind the leader determines the athletes start time.
The jury determines at which interval behind the leader that the remaining field starts as a wave.

Start Procedure

- * 3 lanes, 3 start clocks. Athlete will have a start clock showing their bib #, name, start time and a countdown clock to that start time.
- * Boots and poles must be behind the start line
- * Early start, no false start, time penalty
- * Late starters will be managed by the Start crew and will only be started when it is safe and fair to the other skiers



Order of Start

- * Please see Start List for start times. Posted on Zone4
- * Note that Mini Midgets will now be doing 2 laps of the 1.2k for a 2.4k Pursuit
- * PN Sitski will start in the Upper Stadium as they did today





Bibs

- * Bibs will be available at 7:45 at the race office.
- * Bibs will distributed as per athlete registration
- * Clubs will be charged \$100. for each lost bib
- * 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 for OPEN categories only, attach to the right calf





Reports

- * **Grooming report:** Grooming will take place tonight so that the course may firm up overnight
- * **Results :** Will be posted ASAP after each race on the results board.



Awards

- * Awards will take place 30 min. after completion of each categories but watch for an estimated schedule posted in the chalet.
- * At the north side of the chalet (facing wax trailers) at the upper parking lot level.



Comments - TD

The race courses skied very well.

There were a number of issues with athletes not skiing the proper race course. Please be aware of the decision point and which course you should be racing.

There were no technique infractions.





Comments - RD

Thank you to the OC.





Rising Stars Pierrot Bernier

Extended an Invitation to Quebec City March 22 – 24

For the FIS Rising Stars race which will happen on day 2 of the WC Final.

This event is focused on Jr Men and Women and Jr Boys and Girls who wish to compete at the elite level and have the experience of racing on at a World Cup event.

Norway will be sending 4 of their top juniors and their Junior coach to take part in the event.



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
- * Please pick up your garbage.



Thank you to all coaches and athletes
for attending the
2019 CEC & Parainordic Nationals
at Highlands Nordic.
Your sportsmanship and skiing was
inspiring.

