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**RACE NOTICE**

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

- RACE EVENTS:** Wednesday, December 12, 2018 Official Training: 10am-12pm  
Thursday, December 13, 2018 Individual Sprints – Classic Technique NorAm  
Friday, December 14, 2018 Official Training: 10am-12pm  
Saturday, December 15, 2018 Interval Start – Free Technique  
Sunday, December 16, 2018 Mass Start – Classic Technique
- LOCATION:** Canmore Nordic Centre, Canmore, Alberta
- HOSTED BY:** Canmore Nordic Ski Club
- SANCTIONED BY:** Federation Internationale de Ski (FIS), Cross Country Canada (CCC)
- EVENT WEB-SITE:** Information on all event details is at [www.canmorenordic.com](http://www.canmorenordic.com)
- REGISTRATION:** Registration and fee payment is online <https://zone4.ca/reg.asp?id=19819>. Coaches register with no fee. Up to date information will be shared with coaches via Zone 4 so coaches MUST register. If you experience any difficulties or have questions about registration please contact the Competition Secretary at [competitionsecretary@canmorenordic.com](mailto:competitionsecretary@canmorenordic.com)
- RACE ENTRY** **Regular deadline has been extended to Monday, December 10, 2018 at 23:59MST. Due to the short notice for this event, the late entry additional fees of \$10 per race have been eliminated.**
- 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:         | Jim Hendry <a href="mailto:jwhendry@shaw.ca">jwhendry@shaw.ca</a> 403.688-6803                                    |
| Chief of Course:              | Mike Norton   |
| Chief of Stadium:             | Greg Manktelow  |
| Chief of Timing:              | Cindy Low   |
| Chief of Start:               | Greg Thompson/Patrick Fricker   |
| Chief of First Aid:           | Wendy McGregor  |
| Chief of Competition Control: | John Reeves   |
| Competition Secretary:        | Jeanie Godfrey <a href="mailto:competitionsecretary@canmorenordic.com">competitionsecretary@canmorenordic.com</a> |
| Technical Delegate:           | John Aalberg <a href="mailto:kjaalberg@aol.com">kjaalberg@aol.com</a>   |
| Assistant Technical Delegate: | Jeff Ellis <a href="mailto:jeff.ellis418@gmail.com">jeff.ellis418@gmail.com</a>                                   |
| CCC Race Director:            | Dave Dyer   |

- LICENSES:** All competitors skiing in **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.cccski.com/Events/License-Applications](http://www.cccski.com/Events/License-Applications).
- 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.
- 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 considered 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 by 3pm 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 3<sup>rd</sup> and 4<sup>th</sup> place time.
- There are no races for categories other than Open Men/Women and Jr Men/Women on this day.
- 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 online at [www.zone4.ca](http://www.zone4.ca)

- RACE OFFICE:** The event race office will be in the Biathlon building. Hours are as follows:
- Tuesday 12PM-4PM
  - Wednesday 9AM-4PM
  - Thursday 8:00AM-4PM
  - Friday 9AM-2PM
  - Saturday 8:00AM-4PM
  - Sunday 8:00AM-4PM
- 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 carefully specify your preference upon registration
- TEAM CAPTAIN MEETINGS** Meetings will be held the night before each race day, in the Bill Warren Training Centre, the Haig Room, at 6:30pm
- AWARDS:** **Haywood NorAm Awards:**  
Cash Prizes will be awarded 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 Midget through 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 café at the Canmore Nordic Centre Day Lodge.
- FACILITIES:** The Canmore Nordic Centre Day Lodge is available to athletes from 9am – 5pm. There are showers and washroom facilities in the day lodge.
- MEDICAL:** First Aid Room located on the First Floor of Biathlon Building attended competition days. For medical emergencies call 911 and ask for Kananaskis Dispatch
- TRAIL FEES:** Trail passes are required at the Canmore Nordic Centre. A discounted Multi-Day-Pass is necessary for those without a Canmore Nordic Centre Season Pass and will **include an additional unofficial training day on Tuesday December 11**. This \$40 Multi-Day-Pass must be purchased by participants (athletes, coaches, support staff) during the registration and will cover Tuesday, December 11 to Sunday, December 16.
- WAX FACILITIES:** Teams/Clubs may reserve wax rooms from Wednesday December 12 to Sunday December 16 on Zone 4 through the coach registration tab. For those wishing to access their wax room prior to the official start of the event, there is an option for early entry on Tuesday December 11 for \$40. This must be paid on Zone 4 when doing your coach registration. There is a \$375 deposit required for the wax room key. This must be paid in cash/cheque at the Race Office when picking up wax room key. For those wishing to access the wax room Monday afternoon, December 10, please contact [competitionsecretary@canmorenordic.com](mailto:competitionsecretary@canmorenordic.com) with that request after doing the wax room booking on line.
- WAX TESTING:** A wax testing/warm up area will be provided and noted on the event website.
- COURSE MAPS:** Course maps are available on the event website: [www.canmorenordic.com](http://www.canmorenordic.com)

**CANCELLATION:** In the event of inclement weather, there is a chance that the slated days/events may be altered, changed, or cancelled. Decisions will be made by the Competition Jury in the best interest of athletes and with the importance of these Trial races in mind.

**ACCOMMODATION** Preferred accommodation is the Rocky Mountain Ski Lodge

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

Day	Event	Start of Race/Official Training	Race office Open
<b>Tuesday December 11, 2018</b>	Unofficial Training Day		12pm-4pm
<b>Wednesday December 12, 2018</b>	Official Training Day	10am-12pm	9am-4:00pm
	<i>Team Coaches Meeting (TCM)</i>	<i>Bill Warren Training Centre</i>	6:30pm
<b>Thursday December 13, 2018</b>	Qualifier for Open Sprints - Classic	10:00am	8:00am-4:00pm
	Heats	TBA	
<b>Friday December 14, 2018</b>	Official Training Day	10am-12pm	9am-2:00pm
	<i>Team Coaches Meeting (TCM)</i>	<i>Bill Warren Training Centre</i>	6:30pm
<b>Saturday December 15, 2018</b>	Interval Start –Free Technique	10:00am	8:00am-4:00pm
	<i>Team Coaches Meeting (TCM)</i>	<i>Bill Warren Training Centre</i>	6:30pm
<b>Sunday December 16, 2018</b>	Mass Start - Classic	10:00am	8:00am-4:00pm

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

CATEGORY	YEAR OF BIRTH	Fees for each race		
		<b>Registration Deadline Mon Dec 10</b>	<b>Sat, Dec 15 TBC</b>	<b>Sun, Dec 16 Mass Start Classic Technique</b>
Midget B.	2006	\$40	1 x 2.5km	N/A
	2005			
Midget G.	2006	\$40	1 x 2.5km	N/A
	2005			
Juvenile B.	2004	\$40	5km, 2 x 2.5km	6km
	2003			
Juvenile G.	2004	\$40	5km, 2 x 2.5km	6km
	2003			
Junior B.	2002	\$40	5km, 2 x 2.5km	6km
	2001			
Junior G.	2002	\$40	5km, 2 x 2.5km	6km
	2001			

CATEGORY	YEAR OF BIRTH	Fees for each race	Thur, Dec 13	Sat, Dec 15	Sun, Dec 16
		<b>Registration Close Monday Dec 10</b>	<b>Alta Gas Sprints Classic Technique</b>	<b>Interval Start Free Technique TBC</b>	<b>Mass Start Classic Technique</b>
<u>Junior M</u> JM1 JM2	2000 1999	\$45	1.4 km	10km 3 x 3.3km	30 km 7 x 4km (actual distance 29.74km)
<u>Junior W</u> JW1 JW2	2000 1999	\$45	1.4 km	5km 2x 2.5km	15 km 4 x 3.3km (actual distance 14.25km)
<u>Senior M</u> U 23 23+	1998 1997 1996 1995>	\$45	1.4 km	15km 4 x 3.3km	30 km 7 x 4km (actual distance 29.74km)
<u>Senior W</u> U23 23+	1998 1997 1996 1995>	\$45	1.4 km	10km 3 x 3.3km	15 km 4 x 3.3km (actual distance 14.25km)



2018 Haywood NorAm World Junior and U23 Trials Sponsors:

**HAYWOOD**

**AltaGas**