

CAPITAL  MARKETS

HAYWOOD

AltaGas



HAYWOOD NORAM / US SUPER TOUR

ALBERTA CUP 1 AND 2

YOUTH OLYMPIC GAMES 2020 TRIALS

MEXICAN NATIONAL CHAMPIONSHIPS

DECEMBER 5 – 8, 2019

HOSTED BY CANMORE NORDIC SKI CLUB

<https://www.canmorenordic.com/>

CANMORE NORDIC CENTRE PROVINCIAL PARK

SANCTIONED BY: FIS, NORDIQ CANADA, CROSS COUNTRY ALBERTA

SCHEDULE:

THURSDAY, DEC 5, 2019: OFFICIAL TRAINING

FRIDAY, DEC 6, 2019: **ALTAGAS SPRINTS FREE** (Open & U20 categories only)

SATURDAY, DEC 7, 2019: **INTERVAL START CLASSIC**



Presented by:

SUNDAY DEC 8, 2019: **INTERVAL START FREE**



Presented by:

REGISTRATION:

Registration and fee payment is online only at: www.zone4.ca . **Coaches must register with no fee. Up to date information will be shared with coaches via zone4.** If you experience any difficulty or have questions about registration please contact the Competition Secretary at: competitionsecretary@canmorenordic.com

Regular deadline: Friday, November 22, 2019 - 23:59 MST

Late deadline: Monday, December 2, 2019 - 23:59 MST subject to + \$10 / race.

After registration closes, registration only accepted at discretion of jury and at additional \$50/ race charge. Late entrants may not be seeded.

Race fee: Open, U20 \$45/race; Masters, Para, U18 \$40/race; U16, U14 \$35/race; U12 and under \$20/race

The Nordiq Canada Events Committee has sanctioned this event for a “snow enhancement fee” of \$5 per competition day/athlete. This is due to this event being a Tier 1 event and has incremental costs for snow making and storage as part of the snow management program. The incremental fee collected is separately identified and is expensed to the venue operator to off-set snow management fees directly related to preparation of the event tracks

YOUTH OLYMPIC GAMES LAUSANNE 2020 TRIALS: Friday, Dec 6; Saturday, Dec 7

Selection Criteria: [http://cccski.com/getattachment/National-Ski-Team/Selection-Criteria/2019-20-Trip-Selection-Criteria---FINAL-\(1\).pdf.aspx](http://cccski.com/getattachment/National-Ski-Team/Selection-Criteria/2019-20-Trip-Selection-Criteria---FINAL-(1).pdf.aspx)

YOUTH OLYMPIC GAMES 2020 TRIALS RACERS NEED TO REGISTER AND RACE IN U20 CATEGORY

RULES: Click <https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>

Tech Package NorAm: <http://www.cccski.com/getmedia/9219100b-91da-4ef9-b2de-f97e8ecef41/2019--20-NorAmCanada-CupTP-Aug-V5-md-edits-NC.pdf.aspx>

Tech Package Alberta Cup: <https://www.xcountryab.net/technical-packages/>

COMPETITION COMMITTEE:

Chief of Competition: Jim Hendry
Competition Secretary: Jeanie Godfrey
Chief of Course: Eric Trouillot
Chief of Stadium: Greg Manktelow
Chief of Timing: John Hewie
Chief of Controllers: Mike Norton
Chief of Start: Patrick Fricker
Technical delegate: Ian Sibbald
Assistant TD: Dan Brisbin
Race Director: Jeff Ellis, Nordiq Canada

LICENSES:

All competitors skiing in U16, U18 and Open categories must have at least one of the following licenses:

- Nordiq Canada Racing License
- Nordiq Canada Associate License
- FIS License
- Nordiq Canada Supporting Day Member License (SDML) (can be purchased with on-line registration)

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada or SDML to compete

***Associate License for non-Canadian Skiers:** For non-Canadian skiers not holding an active FIS license, an Associate License may be obtained through Nordiq Canada for eligibility in all

sanctioned competitions in Canada. The results of skiers with Associate Licenses will be included in the Canada Point List calculation and used for seeding purposes.

For more information, visit the Cross Country Canada/Nordiq web site: www.ccski.com/Events/License-Applications.

JURY:

The Jury members are the Technical Delegate, who is the chair of the Jury, the Chief of Competition, the Nordiq Canada Race Director, and the Assistant Technical Delegate.

SEEDING:

The current CPL point list for both distance and sprint competitions will be used.

INTERVAL START RACES:

For all categories, bibs will be assigned by distance CPL points. Nordiq Canada 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 tech package.

ALBERTA CUP SEEDING: as per tech packages.

Category	1st Priority	2nd Priority	3rd Priority
U16 and Older	CPL Points	AB Cup Points (if not CPL points)	Random Draw (if no AB Cup Points)
U14	AB Cup Points	Random Draw	
U12 or younger	Random Draw		

MASTERS RACES:

Will be **Interval Start** both days at end of competitive schedule.

REFUNDS:

A refund of individual registration fees will only be considered for medical reasons and if the competition secretary receives notification prior to the registration deadline of **November 22**. **Medical documentation may be requested prior to a refund being offered.**

SPRINTS:

Senior Men and U20 Men categories and the Senior Women and U20 Women categories will be combined in the Qualification race for seeding purposes and run as a single open class but will be separated into U20 and Senior for heats and awards. The top 30 U20 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 Thursday, December 5, 2019, all qualifying U20 M/W will be entered into the U20 quarter final heats. No changes will be allowed on race day.

As per the 2019/2020 Technical Package, sprint heats will be timed and ICR rule 325.4.2.7 will apply (with no B Final). Lucky loser advancement will be based on best 3rd and 4th place time.

CLASSIC TECHNIQUE:

As per the FIS rule 343.8.2, 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" may be implemented at the Jury's request during the classic races.

START LISTS:

Start lists at www.zone4.ca the evening before each race after the TCM.

RACE OFFICE:

The event race office will be in the Day Lodge building. Hours are as follows: Wednesday, December 4 and Thursday, December 5: 9:00 am – 4:00 pm; Friday, December 6, Saturday, December 7 and Sunday, December 8: 7:30am-4:00pm

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 at 6:00pm. Bill Warren Training Centre at CNC.

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. The top three athletes in the Open CCUNC category will receive merchandise awards. Awards will also be presented to the top 3 U16 through to masters categories. Awards will be presented to the top 6 by YOY U14-U8 Boy/Girl races.

***** A schedule of daily awards presentations will be posted at the Race Office*****

College & University Skiers:

In order to encourage student-athletes in Canada, there will be university categories and awards.. The CCUNC category is integrated into the Open category. In addition to race eligibility, athletes competing in the CCUNC category must meet the varsity requirements of their institution, (U Sport member, CEGEP or College) and must be enrolled in a minimum of 3 courses per semester for 2 semesters in the most recent 12-month period.

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 30 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 8am – 5pm each race day and 9am-5pm for the official training day. There are showers and washroom facilities in the day lodge.

MEDICAL:

First Aid Room located in day lodge. For medical emergencies call 911 and ask for Kananaskis Dispatch.

COACHES:

COACH REGISTRATION IS REQUIRED (FREE). ALL COACHES MUST REGISTER TO BOOK WAX ROOMS, PURCHASE DISCOUNTED TRAIL PASSES AND TO FACILITATE COMMUNICATION DURING THE EVENT. Notices will be sent via the email address provided on the coach registration. Coaches may purchase trail passes for other team staff; however, anyone needed to receive race information, must register themselves on the Coach Registration page.

COACHES BIB'S:

Coach bibs and privileges issued by Nordiq Canada are in effect at all NorAm and National Championship competitions designated as distance events. **The Jury may limit access to the course at any time due to snow, weather or course conditions.**

The Zone4 link for live registrations is now open at: <https://zone4.ca/register.asp?id=22283>

TRAIL FEES:

Trail passes are required at the Canmore Nordic Centre. Passes are required for anyone on snow including athletes, wax technicians, and coaches. The fine for skiing without a trail pass is \$172. Discounted passes at 50% are available to purchase on-line during the registration process for those in non-NorAm categories. After registration is closed, trail passes will only be available for purchase at full price at the Canmore Nordic Centre Office. Please see registration page for specific details.

WAX FACILITIES:

Teams/Clubs may reserve wax rooms anytime between Wednesday, December 4 to Sunday, December 8 on Zone 4 through the coach registration tab. For those wishing to access a wax room earlier, please contact competitionsecretary@canmorenordic.com with that request after doing the wax room booking on the coach registration page. **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.** Once coaches have registered for a wax room, allocation will be done based on number of registered athletes per club/team.

WAX TESTING:

A wax testing/warm up area will be provided and noted on the event website.

CCA Glide Waxing Protocol for Alberta Cup Races Master, U18 and Below Categories:

As YOG Trials Racers are competing in the U20 Category this protocol will not apply to YOG Races

[http://ccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-Policy-V6-\(1\).pdf.aspx](http://ccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-Policy-V6-(1).pdf.aspx)

Cross Country Alberta requests that all coaches, athletes, wax technicians, and parents abide by a self-governed protocol while waxing skis for all athletes. This request applies to all local, regional and provincial events taking place in Alberta (e.g. club races, loppets, regional cup races, AB Cups, AB Youth Championships, and AB Winter Games). This request also applies to athletes traveling to Alberta from out-of-province or out-of-country. The recommended glide waxing protocol is as follows:

- Structure tools ARE permitted
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- **Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted**
- **Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted**
- **Cold weather powder additives and hardeners are NOT permitted**

The adherence to this protocol is self-governed and is the responsibility of the coaches, athletes, parents and wax technicians.

COURSE MAPS:

Course maps will be published as soon as conditions permit on the event website:

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 the Youth Olympic Games trial races in mind.

ACCOMMODATIONS:

Preferred accommodation is the Rocky Mountain Ski Lodge or Best Western Pocaterra Inn



Book at www.bestofbanff.com or <https://pocaterrainn.com/> Promo code **SPORTS**

PARKING:

There is ample parking at the Canmore Nordic Centre; however, if you plan to bring a wax trailer, please contact the race secretary to see about availability of space.

Category	Year of Birth	Fee Per Race	Dec 6, 2019 ALTA GAS SPRINTS	Dec 7 2019 INTERVAL START CLASSIC	DEC 8 2019 INTERVAL START SKATE
Open Men	<2000	45	1.3 km Sprint Course	10 km 3 x 3.3	15 km 4 X 3.75
Open Women	<2000	45	1.3 km Sprint Course	5 km 2 x 2.5	10 km 3 x 3.3
U20 Men	2000 2001	45	1.3 km Sprint Course	10 km 3 x 3.3	15 km 4 x 3.75
U20 Women	2000 2001	45	1.3 km Sprint Course	5 km 2 x 2.5	10 km 3 x 3.3
U18 M	2002 2003	40	NA	10 km 3 x 3.3	10 km 3 x 3.3
U18 W	2002 2003	40	NA	5 km 2 x 2.5	7.5 km 3 x 2.5
U16 M	2004 2005	35		5 km 2 x 2.5	4 km 2 x 2.0
U16 F	2004 2005	35		5 km 2 x 2.5	4 km 2 x 2.0
U14 M	2006 2007	35		2 km 1 x 2.0	4 km 2 x 2.0
U14 F	2006 2007	35		2 km 1 x 2.0	4 km 2 x 2.0
U12 M	2008 2009	20		2 km 2 x 1.0	2 km 2 x 1.0
U12 F	2008 2009	20		2 km 2 x 1.0	2 km 2 x 1.0
U10 M	2010 2011	20		1 1 x 1.0	1 1 x 1.0
U10 F	2010 2011	20		1 1 x 1.0	1 1 x 1.0
U8 M	2012 and >	20		800 m	800 m
U8 F	2012 And >	20		800 m	800 m
Para Nordic Sit		40		3 X 2 km PN	3x 2km PN
Para Nordic Stand		40		In open	In open
Master 1, 2 (M/F)	1980-1989	40		10 3 x 3.3	7.5 2 X 3.75
Master 3, 4 (M/F)	1970-1979	40		10 3 x 3.3	7.5 2 x 3.75
Master 5, 6 (M/F)	1960-1969	40		10 3 x 3.3	7.5 2 x 3.75
Master 7 + (M/F)	1959 and older	40		10 3 x 3.3	7.5 2 x 3.75

DATE	TIME	EVENT	LOCATION/COURSE
		TRAINING	
Dec 4 2019 Wednesday	0900-1600	Race office Opens	Meeting Room A CNS Day Lodge
Dec 5 2019 Thursday	0900-1600	Race office opens	Meeting Room A CNS Day Lodge
	1000-1400	Official Training	All Courses
	1800	Team Captains Meeting	Bill Warren Training Centre
Dec 6 2019 Friday		ALTA GAS SPRINTS YOUTH OLYMPIC GAMES TRIAL	
	0730-1600	Race Office Opens	Meeting Room A CNC Day Lodge
	0800	Training	All course
	0900	Training	1.3 km Sprint Course
	0950	Course Close	1.3 Km Sprint Course
	1000	Sprint qualification Open Women	1.3 Km Sprint Course
ALL TIMES APPROXIMATE	1040	Sprint qualification Open Men	1.3 km Sprint Course
	1145	Course closes	1.3 km Sprint Course
EXACT START TIMES ON START LIST ZONE 4	1155	MEXICAN NATIONAL SPRINT FINAL	1.3 km Sprint Course
EVENING BEFORE RACE ZONE4.CA	1200	FEMALE Sr/U20 Sprint Heats Quarter finals	1.3 km Sprint Course
	1244	Semis	
	1306	Finals	
	1330	MALE Sr/U20 Sprint Heats Quarter finals	
	1414	Semis	
	1436	Finals	
	1530	Awards OPEN,U20,U23,CCUNC	Haywood Podium West End of Day Lodge
	1450	Training	All Courses
	1800	Team Captains Meeting	Bill Warren Training Centre

Dec 7, 2019 SATURDAY		HAYWOOD NorAm YOG TRIAL INTERVAL START CLASSIC PRESENTED BY Rocky Mountain Ski Lodge	
	0730	Race office opens	Meeting room A CNC Day Lodge
	0800	Training	All Courses
	0830	Para Nordic	3 x 2 km PN course
	0900	Open Men, U20, U18 10 KM	3 x 3.3
	1050	Open Women U20,U18, 5KM	2 x 2.5
	1230	AWARDS OPEN,U20,PN, U18, CCUNC	HAYWOOD PODIUM WEST END OF DAY LODGE
ALL TIMES APPROXIMATE	1210	U8 M/F 0.8 KM	1 X 0.8 km
	1220	U10 M 1 KM	1 x 1 km
	1224	U10 F 1 KM	
EXACT START TIMES ON START LIST ZONE 4	1240	U12 M 2 KM	2 X 1 km
EVENING BEFORE RACE ZONE4.CA		U12 F 2 KM	2 X 1 km
	1320	U14 M 2 KM	1 X 2 km
		U14 F 2 KM	1 X 2 km
	1400	AWARDS U8/U10/U12	HAYWOOD PODIUM WEST END OF DAY LODGE
	1400	U16 M 5 KM	2 X 2.5
		U16 F 5 KM	2 X 2.5
	1500	MASTERS M 10 KM INTERVAL	3 x 3.3 km
		MASTERS F 10 KM INTERVAL	3 X 3.3 km
	1509	MEXICAN NATIONALS	3 X 3.3
	1600	AWARDS	HAYWOOD PODIUM WEST END OF DAY LODGE
	1800	TEAM CAPTAINS MEETING	Bill Warren Training Centre

	TIME	EVENT	LOCATION / COURSE
DEC 8, 2019 SUNDAY		Haywood Noram INTERVAL START FREE Presented by Trail Sports and Lorpen	
	0730	Race office opens	Meeting room A CNC Day Lodge
	0800	Training	All Courses
	0830	Para Nordic	3 X 2 km PN course
	0900	Open Male/U20 15 km	4 X 3.75
	1040	Open Female/U20 10 KM	3 x 3.3 km
	1145	U18 Male 10 km	3 x 3.3 km
ALL TIMES APPROXIMATE	1225	U18 Female 7.5 KM	3 x 2.5
	1230	AWARDS OPEN, U20, CCUNC,U18	HAYWOOD PODIUM WEST END OF DAY LODGE
	1300	U8 0.8 KM	1 X 0.8 km
		U10 M 1 KM	1 x 1.0 km
EXACT START TIMES ON START LIST ZONE 4		U10 F 1 KM	1 x 1.0 km
EVENING BEFORE RACE ZONE4.CA	1322	U12 M 2 KM	2 X 1.0 km
	1338	U12 F 2 KM	2 X 1.0 km
	1400	AWARDS U8, U10, U12	HAYWOOD PODIUM WEST END OF DAY LODGE
	1400	U16 M 4 KM	2 x 2 km
	1422	U16 F 4 KM	2 X 2 km
	1450	U14 M 4 KM	2 X 2 km
	1505	U14 F 4 KM	2 X 2 km
	1530	MASTERS M 7.5 KM INTERVAL START	2 x 3.75km
	1540	MASTERS F 7.5 KM INTERVAL START	2 X 3.75 km
	1630	AWARDS REMAINING	HAYWOOD PODIUM WEST END OF DAY LODGE

