



Dear Skiers and Coaches

The Canadian Eastern Championships Organizing Committee 2018 (CECOC2018) extends a warm invitation to attend the Haywood NorAm Canadian Eastern Championships.

The CECOC2018 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq

The event takes place Friday, 2-4 February 2018 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec.

The Eastern Canadian Championships is part of the Haywood NorAm Series, Canadian Sprint Series, FIS Continental Cup Series, US Ski & Snowboard SuperTour, Coupe Québec, Ontario Cup, National Capital District Series, Ontario and Quebec University/College races. For 2018, Para-Nordic Nationals, will take place at Easterns.

We look forward to welcoming athletes, coaches, and their families.

Jacques Dumont and Cathryn Bjerkelund
CECOC2018 Co-Chairs

Pierre Millette
Chief of Competition





A. GENERAL INFORMATION

DATES

1-4 February 2018

LOCATION

Nakkertok South Nordic Centre, 900 Gatineau Avenue, Gatineau/Cantley, Quebec.
<http://cecski.ca/getting-here/>

PROGRAM

The competitions will be run over three days and the program will be:

- Friday, 2 February: Sprint Junior and Senior men and women classic technique; Prologue for Challenge and Midget, Interval Start in classic technique; and Para-Nordic, Sprint Interval Start in classic technique;
- Saturday, 3 February: Interval Start (all categories), in free technique (1st Day Pursuit Open); and
- Sunday, 4 February: 2nd Day Pursuit (Open) and Mass Start (Challenge, Midget, and Para-Nordic) in classic technique

SANCTIONING

The event is sanctioned by the Fédération internationale de ski (FIS), Cross Country Canada (CCC), US Ski & Snowboard (USSS), Cross Country Ski Ontario (XCOS), Ski de fond Québec (SFQ), and National Capital District (NCD).

STAKES

The Canadian Eastern Championships involve:

- FIS Continental Cup Series;
- Haywood NorAm Series;
- Canadian Sprint Series;
- US Ski & Snowboard SuperTour Series;
- Para-Nordic Ski Nationals;
- Coupe Québec;
- Ontario Cup;
- Ontario and Quebec Universities and Colleges races; and
- National Capital District Series.

TECHNICAL BACKGROUND

The event is guided by the following, which can be found on the relevant website:

- [2017 International Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2017 Precisions highlighted V2 - October 2017](#)



- [Haywood NorAm Series Technical Package - 2017-18 Season](#)

and, where appropriate, by the:

- Cross Country SuperTour in [US Ski & Snowboard Nordic Guide – 2017-18 Season](#) pp.58-60
- [World Para Nordic Skiing Rules and Regulations 2017/2018](#)
- [Ontario Cup Technical Package 2017-2018](#)
- [Règlements officiels Coupe Québec 2017-2018](#)
- [NCD Race Series Technical Package 2018](#)

COMPETITION COMMITTEE

| Position | Name |
|---|-----------------------------------|
| Chief of Event/Co-chief of Event | Jacques Dumont/Cathryn Bjerkelund |
| Chief of Competition | Pierre Millette |
| Chief of Course | Jeff Pouw |
| Chief of Stadium | Richard Turgeon |
| Competition Secretary | Tamara McCaw |
| Chief of Course Control | Jim McCarthy |
| Chief of Marshalls | Robert Arnold |
| Chief of Timing and Results | Emil Jacobson |
| Chief of Waxing Facilities | Robert Vandenburg |

JURY

| Position | Name |
|-------------------------------------|-----------------|
| Technical Delegate | Shawn Sinclair |
| Assistant Technical Delegate | Sherryl Yeager |
| CCC Director of Competitions | Dave Dyer |
| Chief of Competition | Pierre Millette |



SCHEDULE OF EVENTS

Eastern Standard Time (please refer to cecski.ca for updates)

| Date | Time | Event |
|----------------------|-------------|--|
| Friday 19 January | 23:59 | Deadline for Registration |
| Tuesday 30 January | 23:59 | Deadline for Late Registration |
| Tuesday 30 January | 23:59 | Deadline for corrections of Confirmation List |
| Wednesday 31 January | 13:00–15:00 | Sprint and Prologue courses accessible |
| | 18:00 | Deadline to provide with feedback on the Seeding List |
| Thursday 1 February | 11:00–15:00 | Sprint and Prologue courses open for official training and inspection |
| | 17:00 | Team Captains' Meeting, Ski Chalet, Nakkertok South Nordic Centre |
| Friday 2 February | 9:00 | Classic Technique Sprint qualifying round: Open men and women. Sprint Interval Start Para-Nordic categories. |
| | 11:00 | Classic Technique Sprint heats: Senior and Junior, Men and Women |
| | 14:00 | Classic Technique Prologue: Midget to Junior Boy/Girl categories. |
| | 16:00–17:00 | Training and course inspection for Saturday's races |
| | 17:00 | Team Captains' Meeting, Ski Chalet, Nakkertok South Nordic Centre |
| Saturday 3 February | 09:00 | Free Technique; Interval Starts |
| | 14:30–16:00 | Training and course inspection for Sunday's races |
| | 17:00 | Team Captains' Meeting, Ski Chalet, Nakkertok South Nordic Centre |
| Sunday 4 February | 09:00 | Classic Technique, Pursuit Open categories and Mass Start all other categories |

CONTACT INFORMATION

Please contact the Race Registrar at cec.registrar@gmail.com for all information regarding registration. For all other inquiries, please contact the Competition Secretary at cec.race.secretariat@gmail.com.



B. COMPETITION AND REGISTRATON INFORMATION

RACE FORMAT, CATEGORIES AND DISTANCES

| Category | Year of Birth | Friday February 2 Classic | Saturday February 3 Free | Sunday February 4 Classic |
|-------------------------------|----------------|------------------------------------|--|---|
| Open Categories | | Sprint Qualifier and Heats* | Pursuit | |
| | | | 1st Day Interval Start | 2nd Day Pursuit Start |
| Junior Women | 1998, 1999 | 1300m | 10km (2x5km) | 10km (2x5km) |
| Junior Men | 1998, 1999 | 1400m | 15km (3x5km) | 15km (3x5km) |
| Senior Women | 1997 & earlier | 1300m | 10km (2x5km) | 10km (2x5km) |
| Senior Men | 1997 & earlier | 1400m | 15km (3x5km) | 15km (3x5km) |
| Para-Nordic Categories | | Sprint Interval Start | Interval Start | Mass Start |
| PN Standing Women | n/a | 1250m | 5km (2x2.5km) | 6km (2X3km) |
| PN Standing Men | n/a | 1250m | 5km (2x2.5km) | 9km (3X3km) |
| PN Sit Ski Women | n/a | 800m | 2.5km (2x1.25km) | 5km (4x1.25km) |
| PN Sit Ski Men | n/a | 800m | 2.5km (2x1.25km) | 5km (4x1.25km) |
| Other Categories | | Prologue Interval Start | Interval Start | Mass Start |
| Midget Girls | 2005, 2004 | 3km | 5km (2x2.5km) | 6km (2x3km) |
| Midget Boys | 2005, 2004 | 3km | 5km (2x2.5km) | 6km (2x3km) |
| Juvenile Girls | 2003, 2002 | 3km | 7.5km (2x3.75km) | 5km (1X5km) |
| Juvenile Boys | 2003,2002 | 3km | 7.5km (2x3.75km) | 5km (1X5km) |
| Junior Girls | 2001, 2000 | 3km | 7.5km (2x3.75km) | 10km (2x5km) |
| Junior Boys | 2001, 2000 | 3km | 7.5km (2x3.75km) | 10km (2x5km) |

* Sprint heats will be timed in accordance with the article 4.1, paragraph 2 of the Haywood NorAm Technical Package.



SEEDING AND CATEGORY ELIGIBILITY

All Open category skiers (Seniors and Juniors) are seeded together by gender for the Sprint Qualifying round in order of Sprint CPL with the best starting first. Unless the Competition Secretary receives notice of an athlete's intent to race up at the TCM on 1 February, 2018, qualifying Juniors will be entered into the Junior quarterfinal heats. The CPL list used will be 4th list: 26/01/2018.

USSS skiers with FIS Points are included in the Canada Points List. US skiers without FIS license will be seeded accordingly to their results at the US Nationals and the Mont Ste. Anne NorAm.

For the prologue, the start order for all categories, including Midget, will be by Distance CPL. Those not on the CPL including those with a SMDL will be randomly placed following the last CPL-listed skier.

For interval start distance races, the Distance CPL will be used when seeding all categories. Within each category skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will then be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking or with a SMDL will be assigned to a separate group and randomized. The CPL list used will be

Number of groups will be as follow:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

For the pursuit start, start order will be based on results of the interval start race on Saturday. The winner of the race will start at 0:00 while other skiers will start by their time difference with the leader. The Jury will determine the time behind the leader that the remaining skiers will start as one group in a heat start. Skiers must start and finish the Interval Start race in order to be able to start the Pursuit the next day.

For the mass start races, seeding and bib assignment for all categories, including Midget, will be by Distance CPL. Those not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier. A Chevron start will be used.

Skiers seeking to meet the criteria for selection to provincial teams should register in the appropriate category indicated in the table above.



Masters age Men and Women may register and compete in Open Categories by registering as Seniors.

University skiers of Junior age can compete in either Junior or Senior categories, but not both and must chose the same category for all events at Easterns. For the sprint competition, skiers will be ranked according to the qualifying round only.

As indicated in the CCC Competition Model, athletes may “race up”. Athletes wishing to do so should consult with their coaches and/or parents to select the most appropriate race category. One of the considerations may be whether skiers are seeking to meet criteria for provincial team selection.

LICENSING

- A. All skiers, including Midgets and University competitors, must hold a valid racing license issued by CCC, or hold a recognized national cross-country license from another country. If not, a Supporting Member Day License (SMDL) needs to be purchased for each race day during the online registration process.
- B. All Québec skiers competing in Juvenile to Senior categories must also hold a SFQ annual license. Québec skiers competing in Midget categories must also have a SFQ license or buy a SFQ Day License online for each race day.
- C. Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they should register on Zone4 and must sign the CCC Discharge form at the Race Office unless they hold a valid CCC license.
- D. Aside from satisfying requirements (A) or (B), each full-time student athletes registering for the Ontario and Québec University series must must meet the academic standards specified in the appropriate Provincial Cup circuit specifications.

NOTICE OF DOPING CONTROL

Participants in the Eastern Canadian Championships must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program.



AWARDS

All awards provided by CECOC2018 will be presented as soon as possible after categories have finished, based on unofficial results.

Medals

The medals will be awarded as follows:

| Category | | Year of Birth | Friday February 2 Classic | Saturday February 3 Free | Sunday February 4 Classic |
|-------------------------------|------|----------------|---------------------------|--------------------------|---------------------------|
| Open | | | Sprint | Interval Start | Pursuit |
| Junior Women | | 1999, 1998 | First three | First three | First three |
| Junior Men | | 1999, 1998 | First three | First three | First three |
| Senior Women | | 1997 & earlier | First three | First three | First three |
| Senior Men | | 1997 & earlier | First three | First three | First three |
| University Women | | n/a | First three * | First three | First three |
| University Men | | n/a | First three * | First three | First three |
| Paranordic Categories | | | Sprint Distance | Interval Start | Mass Start |
| PN Standing Women | | n/a | First three** | First three** | First three** |
| PN Standing Men | | n/a | First three** | First three** | First three** |
| PN Sitting Women | | n/a | First three | First three | First three |
| PN Siting Men | | n/a | First three | First three | First three |
| Other Categories – YOB | | | Prologue | Interval Start | Mass Start |
| Midget Girls | MG1 | 2004 | First three | First three | First three |
| | MG2 | 2005 | First three | First three | First three |
| Midget Boys | MB1 | 2004 | First three | First three | First three |
| | MB2 | 2005 | First three | First three | First three |
| Juvenile Girls | JVG1 | 2002 | First three | First three | First three |
| | JVG2 | 2003 | First three | First three | First three |
| Juvenile Boys | JVB1 | 2002 | First three | First three | First three |
| | JVB2 | 2003 | First three | First three | First three |
| Junior Girls | JG1 | 2000 | First three | First three | First three |
| | JG2 | 2001 | First three | First three | First three |
| Junior Boys | JB1 | 2000 | First three | First three | First three |
| | JB2 | 2001 | First three | First three | First three |
| Categories | | | | | Pursuit |
| Open Men | | | | | First three |
| Open Women | | | | | First three |



- * Based on qualifier
- ** Including the guide if necessary

Cash

Cash awards will be provided to the Open skiers as follow. Cash Prizes and Canada/FIS points for Day 2 (interval start) and Day 3 (pursuit start) will be based on the time skied for the kilometers for that day. Aggregate Prizes for the Pursuit competition will be based on order of finish on Day 3. Skiers must hold an FIS license in order to be eligible for cash prizes in NorAm events.

| Day 1 | Men | Women |
|-----------------|--------|--------|
| 1 st | \$500 | \$500 |
| 2 nd | \$300 | \$300 |
| 3 rd | \$200 | \$200 |
| 4 th | \$150 | \$150 |
| 5 th | \$100 | \$100 |
| U23 | \$75 | \$75 |
| Totals | \$1325 | \$1325 |

| Days 2 & 3 | Men | Women |
|-----------------|-------|-------|
| 1 st | \$300 | \$300 |
| 2 nd | \$200 | \$200 |
| 3 rd | \$100 | \$100 |
| Totals | \$600 | \$600 |

| Pursuit | Men | Women |
|-----------------|--------|--------|
| 1 st | \$500 | \$500 |
| 2 nd | \$300 | \$300 |
| 3 rd | \$200 | \$200 |
| 4 th | \$150 | \$150 |
| 5 th | \$100 | \$100 |
| U23 | \$200 | \$200 |
| Totals | \$1450 | \$1450 |

REGISTRATION

All entries and payment will be processed on-line, starting 4 December, 2017, through [Zone 4](#). Entries must be submitted by 23:59 EST on Friday, 19 January, 2018.

Any late entry after 23:59 EST on Friday, 19 January, 2018 and before 23:59 Tuesday, 30 January, 2018 will incur a surcharge of \$40 per registration and late entries after 23:59 Tuesday, 30 January, 2018, will require Jury approval and a



surcharge of \$100 per registration. Requests for Jury approval must be made through the Race Secretary.

Senior M/W and Junior M/W (including University skiers) must compete in both Saturday and Sunday races. Single day registration for either Saturday or Sunday in these categories will not be accepted. The registration cost for the Interval Start and Pursuit is \$90, covering both days.

Racers and coaches should consult the Easterns 2018 confirmation list on [Zone 4](#) as soon as possible after they complete their registration. Please contact cec.registrar@gmail.com before 23:59 EST, Monday 29 January, 2018 should any corrections be required.

A seeding list will also be distributed for review by the coaches. Please contact cec.registrar@gmail.com before 18:00 EST, Wednesday 31 January, 2018 should any corrections be required.

Coaches and Team Captains should register through [Zone 4](#) in order that the OC can establish email and SMS lists which will be used to communicate any changes or any decisions taken over the course of the event. Coaches can also use their Zone4 registration to reserve and pay for the limited number of Coaches' bibs that will be available.

Refunds may be made at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made considering incurred expenses and CCC technical Package directives. Note that no refunds will be made for any day licenses (CCC or SFQ) or for fees (CCO or SFQ) not required but purchased by mistake.

Ontario university athletes must meet the varsity requirements of their institution, (CIS,OUA,OCAA), be enrolled in a minimum of 3 courses per semester in the current academic year (September through April) and have a signed or e-mail authorization from the school coach and/or Director of Athletics to be eligible to university awards. For more information contact Meg Sinclair at sinclml@mcmaster.ca

Québec University or CEGEP student-athletes registering for the Québec University & College Series must conform to Annex 1 - sections 1.1 and 1.2 of the "Règlements officiels de la Coupe Québec".

For other Canadian Provinces or American Universities athletes, racer must meet the varsity requirements of their institution and be able to provide a signed or e-mail authorization from the school coach and/or Director of Athletics to be eligible to university awards.



Athletes have the responsibility to be able to prove eligibility in case of a protest or their University results will not be recognized.

Race Fees

| Item | Cost per Race |
|--|---------------|
| Race Fee: Juveniles and above including Para-Nordic skiers | \$45 |
| Race Fee: Midgets | \$22 |
| Supporting Member Day License (SMDL) - CCC | \$5 |
| Supporting Member Day License (SMDL) - SFQ | \$5 |
| XCSO Ontario Cup Race Fees (Midget) | \$5 (\$2.50) |
| SFQ Coupe Québec Race Fees | \$5 |

Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added only to the race fees.

The \$5 Supporting Member Day License, SMDL, for each race, must be purchased by all racers who do not hold FIS or CCC licenses. The \$5 Supporting Member Day License (SMDL) - SFQ must be purchased for each race by all Quebec racers who also do not hold a SFQ license.

Refunds may be made at the sole discretion of the Organizing Committee. There will not be any refunds if athletes do not turn up. Overpayments of XCSO and SFQ fees or CCC or SFQ day licenses will not be refunded.

Registrations will be reviewed against racers' CCC license's province of registration for applicability of SFQ or XCSO race fees. Improperly registered racers will be required to pay any outstanding fees owing with the Registrar online or at the race office before bibs are issued.

TEAM CAPTAINS' MEETINGS

Team Captains' Meetings will be held on 1, 2 and 3 February, 2018 at 17:00 in the lodge at Nakkertok South Nordic Centre.

BIB PICK-UP

Bib pick-up will take place in the Race office (Barn, upstairs), 07:30-09:00 on each race day. For the Friday prologue, bibs can also be picked up from 11:30 to 13:30. If both "Club" and "Team" fields are filled in during the Zone4 registration process, skiers will be asked to choose whether their bib will be distributed according to "Club" or "Team". Only coaches can pick up the bibs.



Clubs, teams and training centres will be charged a bib replacement fee of \$50 for each missing bib or chip at the end of each race.

TRANSPONDERS

Transponders will be used for all the distance races. They will be distributed in the area behind the start.

Clubs, teams and training centers will be charged a transponder replacement fee of \$50 for each missing transponder at the end of each race.

IMPLEMENTATION OF THE NO DOUBLE POLE RULE AT EASTERNS

Clarification of no-double pole zone rule under the ICR

Internationally, FIS is concerned about preserving classical technique for the future and has asked National Ski Federations to test the implementation of no-double pole zones in FIS level domestic competitions this winter.

Please be reminded that as per ICR 310.2.1 "the Jury may ban or enforce the use of specific techniques on marked sections of the course,". The Jury will add a No-Double Pole Zone during classic technique races.

Clarification of the rule and sanctions

- i) Only diagonal technique is allowed in the No Double Pole Zone. Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques. In diagonal technique only one pole is in the ground at any time.
- ii) These zones will be clearly marked (start and stop) for Official Training day; officials with video, as well as jury members, will verify that the rule is followed during competition.
- iii) In case of infractions the jury will sanction the skier according to the ICR.

IMPLEMENTATION OF TURNING TECHNIQUES RULE

As per ICR 310.2.2.2, the OC will be clearly marked those sections of the course where turning techniques are allowed.

PROTESTS

A payment of \$ 50 CAD will be required for each protest filed. The amount will be retained by the Organizing Committee in the event of a rejection.

Coaches may file a protest until 15 minutes after the posting of unofficial results for



each category. The jury must render a decision as soon as possible after the end of the competitions of the day.

FEEDING

There will be juice and water available at the finish. There will be no feeding offered in the stadium during the Sunday's race.

CONTACT

Please contact the Chief of Competition for all technical questions concerning the races, the courses, the scheduling, and the start order. cec.competition@gmail.com

C. FACILITY INFORMATION

TRAIL FEES

Free use of trails will be provided for all registered competitors and coaches on training and racing days. Non-Nakkertok members using the trails on other days must pay a day fee of \$15, Seniors pay \$12, Children between 5 and 17 pay \$8, and children under 5 are free. The fee(s) can be deposited in any of the day use fee boxes at the main chalet. The fees must be paid on training and race days by individuals other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted.

WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to cec.race.secretariat@gmail.com by Wednesday 17 January, 2018 to ensure appropriate space allocation. Priority will be given to groups who have provided such a list. For those teams with their own waxing tents, please contact cec.race.secretariat@gmail.com by 13 January, 2018 to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

In accordance with article 8.1, paragraph 3 of the Haywood NorAm Technical Package team technicians should wear at a minimum half mask respirators rated for Chemical Clean-up, Grinding, Masonry or Painting Spray units that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols. N95 (95% Efficient Protection Against Non-Oil Particulates). Full face masks will protect eyes from dangerous vapours and dust. The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.



Wax testing can be done on the race course but coaches not wearing official Coaches' bibs must be off the course 15 minutes before the start of any race. The Jury reserves the right to limit or restrict use of the race course if conditions warrant. Coaches can use the rest of the Nakkertok trails at any the time.

All coaches on the course must ski in the direction of the race course when wax testing on it. Coaches who do not respect the wax testing guidelines will receive a verbal warning. The second warning will result in a monetary fine.

Both the glide testing area and the warm-up course will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

GUIDELINE ON THE USE OF FLURO GLIDE WAXES FOR MIDGET SKIERS

Use of non-fluro (NF) or low fluro (LF) glide waxes only. High fluro (HF) or Medium Fluro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.

WEATHER

The weather in **Gatineau**/Cantley is often from that in the City of Ottawa. The best source for race site weather is http://weather.gc.ca/city/pages/qc-59_metric_e.html. Weather reports will also be posted on site.

Please note that competitions can be delayed or canceled due to temperature.

COURSE AND STADIUM MAPS

Course and stadium maps are available on the event website at cecski.ca.

COMPETITION OFFICE

The competition office is located above the garage. It will be open from 7 a.m. to 6 p.m. from 1 to 3 February and to 5 p.m. on 4 February.

NOTICE BOARDS

There will be three notice boards; one located near the barn, another one near the garage and the last one in the stadium.



CONTINGENCY PLAN

A back-up site has been identified for use in the case of poor snow conditions. Any change in the event location or timing will be posted as early as it is known on the event website (cecski.ca). If necessary, a decision on event cancellation or change of site will be made by CCC one week prior to the event, as recommended by the Jury. Any decision to refund will be in accordance with Section 2.6 of the NorAm Technical Package.

D. TEAM SERVICES

TRAVEL & TRANSPORTATION

The nearest airport is the Ottawa International Airport (YOW) <https://yow.ca/en>.

Car Rentals Agencies from YOW: <https://yow.ca/en/parking-transportation/car-rentals>

CCC has a promotional agreement with National. Enroll now at <http://www.nationalcar.ca/offer/XVC5074> and source the **CCC Contract ID (XVC5074)** at the time of reservation for rates, insurances and other provisions to apply.

ACCOMODATION

The Easterns 2018 Organizing Committee strongly recommend that you book your hotel rooms as soon as possible. There are many activities in the Gatineau-Ottawa region during that time of the year and it can be difficult to find a room during this.

Quality Inn

111 Bellehumeur Street
Gatineau (Québec)
J8T 6K5

Room with 2 bedrooms \$117

Parking, mini-refrigerator and internet included

For your reservations, please contact the hotel directly at 819-568-5252 or 1-877-568-5252 and ask for **EASTERNS CHAMPIONNAT DE L'EST** or group code **3122708**.



Les Suites

130 Besserer Street
Ottawa, Ontario
K1N 9M9

Group reservation link: [CLICK HERE TO BOOK YOUR SUITE TODAY](#)

Password: SKI2018

Premiere One Bedroom Suites: **\$229.00/night (single/double occupancy)**

Premiere Two Bedroom Suites: \$349.00/night (1-4 occupancy)

Rates subject to applicable tax and fees

Complimentary Wireless High Speed Internet

Parking is an additional \$22/day (plus applicable tax) with unlimited in/out access

Reservations can also be made by calling the hotel direct:

Phone: 613-232-2000

Toll free: 1-800-267-1989

By fax: 613-232-1242

By email: reservations@les-suites.com

Comfort Inn

630 La Gappe Boulevard
Gatineau, Quebec
J8T 7S8

www.gatineaucomfortinn.com

Ski de fond Quebec (SFQ) discount available, please call for reservation (819) 243-6010

Preferred rate of \$122 in triple occupancy for SFQ members

Includes hot breakfast, parking and high speed internet.

Be quick as very high demand that specific weekend.

Best Western Plus Gatineau-Ottawa

131 rue Laurier, Gatineau, QC

J8X 3W3

819-770-8550

Reservations 1-800-265-8550

Internet : [Best Western Plus Gatineau-Ottawa](#)

Single Occupancy \$129.00

Double Occupancy \$129.00

Triple Occupancy \$144.00

Quadruple Occupancy \$159.00



For your reservations, please contact us directly at the sales department at 819-770-8550 or 1-800-265-8550 extension 4473 or by email at nathalie@bwgatineau.ca.

Two double bedded rooms available - Free indoor or outdoor parking and WIFI, indoor heated swimming pool, fitness room, and breakfast on-site available (at extra cost).

Information about accommodations will be posted on the event website (cecski.ca).

FOOD

Lunch and refreshments will be provided free of charge to all competitors and to a specified number of coaches based on team size. Food tickets will be distributed with the race bibs. Each ticket can be exchanged for one lunch on the day of the athlete's event. Please note, that while the organizers of the lunch have done their best to accommodate a variety of diets and will not be offering any foods containing nuts, they cannot guarantee that the products served are 100% nut or other allergens-free. Food will be available on race days in the athletes' food tent located at the stadium.

FIRST AID

First aid will be provided by the Canadian Ski Patrol.

Hospital

Gatineau Hospital
909 La Vérendrye West
Gatineau, Quebec

LOST & FOUND

Items lost during Easterns are collected in the blue room of Nakkertok and can be claimed at the volunteer sign in desk. There is also a list of the items found posted on the website at <http://cecski.ca/updates/lost-found/> at the end of each day. If you have lost an item and do not see it on the list please send an email to cec.lostandfound@gmail.com.