



HAYWOOD NORAM EASTERN CANADIAN CHAMPIONSHIPS

3 to 5 February 2017
Nakkertok South Nordic Centre



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COMPETITION NOTICE





Dear Skiers,

The Canadian Eastern Championships Organizing Committee 2017 (CECOC2017) extends a warm invitation for skiers to compete at the Haywood NorAm Canadian Eastern Championships.

The CECOC2017 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq
- Kanata Nordic.

The event takes place Friday, 3 through to Sunday, 5 February 2017 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec.

The Canadian Eastern Championships is part of the Haywood NorAm Series, Buff NorAm Sprint Series, FIS Regional Cup Series, Québec Cup, Ontario Cup, National Capital District Series, and Ontario and Quebec University/College races.

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

Jacques Dumont and Cathryn Bjerkelund
CECOC2017 Co-Chairs

Pierre Millette and Jérôme Poulin
Co-Chiefs of Competition



A. GENERAL INFORMATION

SANCTIONING

The event is sanctioned by the Federation internationale de ski (FIS), Cross Country Canada (CCC), Cross Country Ski Ontario (XCSO) and Ski de fond Québec (SFQ).

TECHNICAL BACKGROUND

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

- [International Ski Competition Rules \(ICR\) - 2016](#)
- [FIS ICR – CCR \(Canadian Competition Rules\) Precisions 2016](#)
- [Haywood NorAm Series Technical Package 2016-2017](#)

and, where appropriate, by the:

- [Ontario Cup Technical Package 2016-2017](#)
- [Règlements officiels Coupe Québec 2016-2017](#)
- [NCD Race Series Technical Package 2014.](#)

ORGANIZING / COMPETITION COMMITTEES

(Partial list)

Position	Name
Chief of Event	Jacques Dumont, Cathryn Bjerkelund
Chief of Competition	Pierre Millette, Jérôme Poulin
Chief of Course	Kevin Mallory, Jeff Pouw
Chief of Stadium	Richard Turgeon, Philippe Daoust
Competition Secretary, Registrar	Mario Dumas, Hélène Marois
Chief of Timing and Results	Emil Jacobson, Doug Stowe
Chief of Site/Venue	Ken Lindfors
Chief of Waxing Facilities	Bob Vandenburg, Marten Burns
Chief of Media Crew	Anne Duggan
Chief of Sponsorship and Fundraising	Deb Holbrook, Sue Schlatter

JURY

Position	Name
Technical Delegate	Dan Brisbin
Assistant Technical Delegate	Daniel Bellerose
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
Wednesday 25 January	23:59	Deadline for Registration
Tuesday 31 January	23:59	Deadline for corrections of Confirmation List
Wednesday 1 February	13:00–15:00	Sprint and Prologue courses accessible
Thursday 2 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 3 February	9:00	Classic Technique sprint qualifying round: Open men and women. Sprint distance 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 4 February	09:00	Short Distance Classic 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 5 February	09:00	Medium Distance. Free Technique, Pursuit and Wave Start

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 3 Classic	Saturday February 4 Classic	Sunday February 5 Free
Open Categories			Sprint Qualifier and Heats*	Medium Distance Interval Start	Long Distance Pursuit
Junior Woman	1998, 1997		1300m	10km (2x5km)	15km (3x5km)
Junior Man	1998, 1997		1400m	15km (3x5km)	20km (4x5km)
Senior Woman	1996 & earlier		1300m	10km (2x5km)	15km (3x5km)
Senior Man	1996 & earlier		1400m	15km (3x5km)	20km (4x5km)
Master Woman	1985 & earlier		n/a	10km (2x5km)	15km (3x5km)
Master Man	1985 & earlier		n/a	15km (3x5km)	20km (4x5km)
Paranordic Categories			Sprint Distance Interval Start	Medium Distance Interval Start	Long Distance Wave Start
PN Standing Woman	n/a		1250m	5km (2x2.5km)	6km (2X3km)
PN Standing Man	n/a		1250m	5km (2x2.5km)	9km (3X3km)
PN Sit Ski Woman	n/a		800m	2.5km (2x1.25km)	5km (4x1.25km)
PN Sit Ski Man	n/a		800m	2.5km (2x1.25km)	5km (4x1.25km)
Other Categories			Prologue Interval Start	Medium Distance Interval Start	Long Distance Wave Start
Midget Girl	2004, 2003		3km	5km (2x2.5km)	6km (2x3km)
Midget Boy	2004, 2003		3km	5km (2x2.5km)	6km (2x3km)
Juvenile Girl	2002, 2001		3km	7.5km (2x3.75km)	5km (1X5km)
Juvenile Boy	2002,2001		3km	7.5km (2x3.75km)	5km (1X5km)
Junior Girl	2000, 1999		3km	7.5km (2x3.75km)	10km (2x5km)
Junior Boy	2000, 1999		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 2 February, 2017, qualifying Juniors will be entered into the Junior quarterfinal heats.

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.

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 with handicap 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 when the rest of the skiers will start in a single group. Athletes without CPL ranking or with a SMDL will be assigned to a separate group and randomized. It is possible to participate in the pursuit without doing the interval start race but the skiers will start behind those who participated in the interval start race and their position will be randomly assigned.

For the wave start race, 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. Waves will be composed of 10 skiers and will start in a 30-second interval. Chevron will be used to assign the start positions.

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 of CEC. 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 FIS, 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 and Masters 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 meet the academic standards specified in the appropriate Provincial Cup circuit specifications.

NOTICE OF DOPING CONTROL

Participants in the Canadian Eastern 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. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are invited to read the full notice on the CEC website at <http://cecski.ca/race-info/doping-control/002E>.

AWARDS

All awards provided by CECOC2017 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 3 Classic	Saturday February 4 Free	Sunday February 5 Classic
Open			Sprint	Medium Distance	Long Distance
Junior Woman		1998, 1997	First three	First three	First three
Junior Man		1998, 1997	First three	First three	First three
Senior Woman		1996 & earlier	First three	First three	First three
Senior Man		1996 & earlier	First three	First three	First three
Master Woman		1985 & earlier	n/a	First three	First three
Master Man		1985 & earlier	n/a	First three	First three
University Woman		n/a	First three *	First three	First three
University Man		n/a	First three *	First three	First three
Paranordic Categories			Sprint Distance	Medium Distance	Long Distance
PN Standing Woman		n/a	First three**	First three**	First three**
PN Standing Man		n/a	First three**	First three**	First three**
PN Sitting Woman		n/a	First three	First three	First three
PN Siting Man		n/a	First three	First three	First three
Other Categories – YOB			Prologue	Medium Distance	Long Distance
Midget Girl	MG1	2003	First three	First three	First three
	MG2	2004	First three	First three	First three
Midget Boy	MB1	2003	First three	First three	First three
	MB2	2004	First three	First three	First three
Juvenile Girl	JVG1	2001	First three	First three	First three
	JVG2	2002	First three	First three	First three
Juvenile Boy	JVB1	2001	First three	First three	First three
	JVB2	2002	First three	First three	First three
Junior girl	JG1	1999	First three	First three	First three
	JG2	2000	First three	First three	First three
Junior Boy	JB1	1999	First three	First three	First three
	JB2	2000	First three	First three	First three
Categories					Pursuit
Open M					First three
Open W					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 5 December, 2016, through [Zone 4](#). Entries must be submitted by 23:59 EST on Wednesday, 25 January, 2017.

Any late entry will attract a surcharge and that late entries after Monday, 30 January, 2017, at 23:59 will require Jury approval and a surcharge of \$50 per race. Requests for Jury approval through Race Secretary.

Racers and coaches must check the Easterns 2017 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 31 January, 2017 should any corrections be required or if you encounter any difficulties registering on-line.

Coaches and Team Captains should registered through [Zone 4](#) in order for the OC to establish an email and a SMS lists which will be used to communicate any changes or any decisions taken over the course of the event.

Should the event be cancelled, the OC in cooperation with CCC, will provide a refund of registration fees less the costs associated with expensed items not re-usable at future events.

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 Race Fees (Midget)	\$5 (\$2.50)
SFQ 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 at the race office before bibs are issued.

TEAM CAPTAINS' MEETINGS

Team Captains' Meetings will be held on 2, 3 and 4 February 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. If both "Club" and "Team" fields are filled in 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.

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.

The OC is informing you that as per ICR 310.2.1.5 "the Jury may ban the use of specific techniques on marked sections of the course," the Jury will add a No-double Pole Zone during the classic sprint 2 lap course at Eastern's.

Clarification of the rule and sanctions

- i) Only diagonal technique with diagonal movements of both arms and legs are allowed in the no double pole zone; this means there can only be one pole in the ground at any time. All other techniques are not allowed in the zone.
- ii) The zones will be clearly marked (start and stop) for the 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.

C. FACILITY INFORMATION

DIRECTIONS TO THE COMPETITION SITE

Races will take place at Nakkertok South Nordic Centre, 900 Avenue Gatineau, Cantley, Québec. Directions to Nakkertok South can be found on the event website (cecski.ca).

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 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 racing days by individuals other than athletes and coaches using the trail system. Access to the racing trails on racing 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 18 January, 2017 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 14 January, 2017 to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

In accordance with the 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.

GUIDELINE ON THE USE OF FLUORO GLIDE WAXES FOR MIDGET SKIERS

Use of non-fluoro (NF) or low fluoro (LF) glide waxes only. High fluoro (HF) or Medium Fluoro (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

COURSE AND STADIUM MAPS

Maps are available on the event website at 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.



RACE HOTEL INFORMATION

Suggested Hotels

Be quick as very high demand that specific weekend

Best Western Plus

131 Laurier Street, Gatineau, QC J8X 3W3

819-770-8550

Reservations 1-800-265-8550

2017 Standard with two double beds

Single occupancy \$159 per night

Double occupancy \$159 per night

Triple occupancy \$164 per night

Quadruple Occupancy \$169 per night

Les Suites

130 Besserer Street, Ottawa ON K1N 9M9

Group reservation link: [Click here for preferred rates for Canadian Eastern Championships](#) Password: CECSKI2017

Premiere One Bedroom Suites: \$199.00/night (Single/double occupancy)

Premiere Two Bedroom Suites: \$329.00/night (1-4 occupancy)

\$25 additional person charge

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:

Reservations: 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

SFQ discount available, please call for reservation (819) 243-6010

SFQ rate is \$122.00 triple occupancy

Room left are only with 1 Queen bed and simple sofa-bed.

Include hot breakfast, parking and high speed internet..

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

LOST & FOUND

Items lost during Easterns are being collected in the blue room of Nakkertok and can be claimed at the volunteer sign in desk. There is also a list posted in the website at <http://cecski.ca/updates/lost-found/> at the end of each day of the items which have been



found. If you have lost an item and do not see it on the list please send an email to cec.lostandfound@gmail.com.

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.