



HAYWOOD NORAM EASTERN CANADIAN CHAMPIONSHIPS

3-5 February, 2017
Nakkertok South Nordic Centre



© 2016 Gary Duncan

COACHES' MEETING– SPRINT/PROLOGUE

Thursday, 02 February, 2017



AGENDA

- **Welcome**
- **Roll Call**
- **Organizing Committee/Competition Committee**
- **Start Order**
- **Weather Forecast**
- **CPL Checking**
- **Course**
- **Stadium**
- **Additional Information**
- **Notes from the Technical Delegate**
- **Notes from the Cross Country Canada Competition Director**
- **Notes from the Chiefs of Event**
- **Adjournment**

ROLL CALL

Alkan KHS	Highland Trailblazers	Nipissing University	Strathcona Nordic
Amos	Hollyburn Ski Club	NOD Junior Lakers	Stratton Mountain School Elite
Arrowhead Nordic	Kahoutek	Nord-Roi	Team Hardwood
AWCA	Kanata	North Bay Nordic	Team R.A.D.
Big Thunder Nordic	Kawartha Nordic	NSST	Telemark Nordic
Black Jack Ski Club	Kenora Nordic	NTDC-Thunder Bay	Temiskaming
C.N.M.S.A.	Kimberley Nordic	NWTST	U of Alberta
Canmore Nordic	Lakehead University	ONST	U of Toronto
Carleton U	Lappe Nordic	Opticité	Walden Nordic
CBDN/Salomon/RGS/Infinity	Laurentian University	Orford	Waterloo U
Chelsea Nordiq	MBST	Ottawa Racers	Whistler Nordic
CNEPH	Mauriski	Para Nordic Renegades	Whitehorse Ski Club
CRTG	McGill Nordic Ski Team	Pembroke	XC Chelsea Masters
Défi T.M.	Montériski	Peterborough Nordic Club	XC Ottawa
Fondeurs-Laurentides	Nakkertok Nordic	Queen's University	XCNL
Foothills Nordic	Natural Fitness Lab	Rocky Mountain Racers	XCZone
Georgian Nordic	Nelson Nordic	Skibec	Yellowknife Ski Club
Guelph University	NBST	Skinouk	YTST

ORGANIZING COMMITTEE– COMPETITION COMMITTEE (partial list)

Position	Name
Event Chairs	Cathryn Bjerkelund, Jacques Dumont
Chiefs of Competition	Pierre Millette, Jérôme Poulin
Chiefs of Course	Kevin Mallory, Jeff Pouw
Chiefs of Stadium	Richard Turgeon, Philippe Daoust
Competition Secretary, Registrar	Mario Dumas, Hélène Marois
Chiefs of Timing and Results	Emil Jacobson, Doug Stowe
Chief of Site/Venue	Ken Lindfors
Chiefs of Waxing Facilities	Robert Vandenburg, Marten Burns

JURY

Position	Name
Technical Delegate	Dan Brisbin
Assistant Technical Delegate	Daniel Bellerose
CCC Director of Competitions	Dave Dyer
Chief of Competition	Pierre Millette

START ORDER

Category	Distance	Estimated Start Time	Estimated Awards Time
	(km)	(clock)	
Sprint Qualifiers			
Jr/Sr F	1.3	09:05	
Jr/Sr M	1.4	09:24	
Paranordic			
PN Sit Ski M	0.80	10:05	11:00
PN Sit Ski F	0.80	10:06	11:00
PN Stand M	1.25	10:09	11:00
PN Stand F	1.25	10:10	11:00
Heats Women	1.3	11:00	13:00
Heats Men	1.4	12:15	13:30
Prologue			
Jr, Juv & Midget M	3	14:00	16:00
Jr, Juv & Midget F	3	15:10	16:30

START ORDER

Heat	Junior Women	Senior Women	Junior Men	Senior Men
QF-1	11 :00 :00	11 :15 :00	12 :15 :00	12 :30 :00
QF-2	11 :03 :00	11 :18 :00	12 :18 :00	12 :33 :00
QF-3	11 :06 :00	11 :21 :00	12 :21 :00	12 :36 :00
QF-4	11 :09 :00	11 :24 :00	12 :24 :00	12 :39 :00
QF-5	11 :12 :00	11 :27 :00	12 :27 :00	12 :42 :00
SF-1	11 :30 :00	11 :43 :00	12 :45 :00	12 :58 :00
SF-2	11 :33 :00	11 :46 :00	12 :48 :00	13 :01 :00
Final B	11 :52 :00	12 :05 :00	13 :07 :00	13 :20 :00
Final A	11 :55 :00	12 :08 :00	13 :10 :00	13 :23 :00

WEATHER FORECAST

http://weather.gc.ca/forecast/hourly/gc-126_metric_e.html

Gatineau, QC

▼ Current Conditions

Observed at: Gatineau Airport 4:08 PM EST Thursday 2 February 2017



-8°C

Condition: **Mostly Cloudy**
 Pressure: **101.6 kPa**
 Tendency: **Falling**

Temperature: **-7.7°C**
 Dew point: **-10.4°C**
 Humidity: **81%**

Wind: **SW 4 km/h**
 Wind Chill: **+10**
 Visibility: **24 km**

▼ Forecast

Issued: 3:30 PM EST Thursday 2 February 2017

	Fri 3 Feb	Sat 4 Feb	Sun 5 Feb	Mon 6 Feb	Tue 7 Feb	Wed 8 Feb
	 -7°C 40% Chance of flurries	 -5°C Sunny	 -4°C Flurries	 -7°C A mix of sun and cloud	 -9°C 70% Chance of snow	 -4°C 60% Chance of snow
<u>Tonight</u>	<u>Night</u>	<u>Night</u>	<u>Night</u>	<u>Night</u>	<u>Night</u>	
 -16°C Periods of light snow	 -18°C 40% Chance of flurries	 -8°C Cloudy	 -10°C 60% Chance of flurries	 -19°C 30% Chance of flurries	 -9°C 70% Chance of snow	

Tonight Periods of light snow ending early this evening then mainly cloudy. Low minus 16.

Fri, 3 Feb Mainly cloudy, 40 percent chance of flurries in the afternoon, High minus 7,
Night Partly cloudy, 40 percent chance of flurries early in the evening. Low minus 18.

CPL CHECKING

<http://zone4.ca/event/090a5bf2-e8dc-11e6-9e5c-0a7aff3e7c9d/>

2017 Haywood NorAm Canadian Eastern Championships | Zone4.ca



Start Lists & Seed Lists

[Friday Buff Sprint Qualifier + Prologue - Seed List](#)

[Saturday Fresh Air Classic - Seed List](#)

[Sunday Cyclery Skate Wave Starts - Seed List](#)

The Canadian Eastern Championships Organizing Committee would like to welcome all athletes, coaches and spectators to the 2017 Haywood NorAm Canadian Eastern Championships. The event takes place Friday, Feb 3 through to Sunday, Feb 5 at the Nakkertok South Nordic Center, in Gatineau/Cantley, Québec. It is part of the 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.

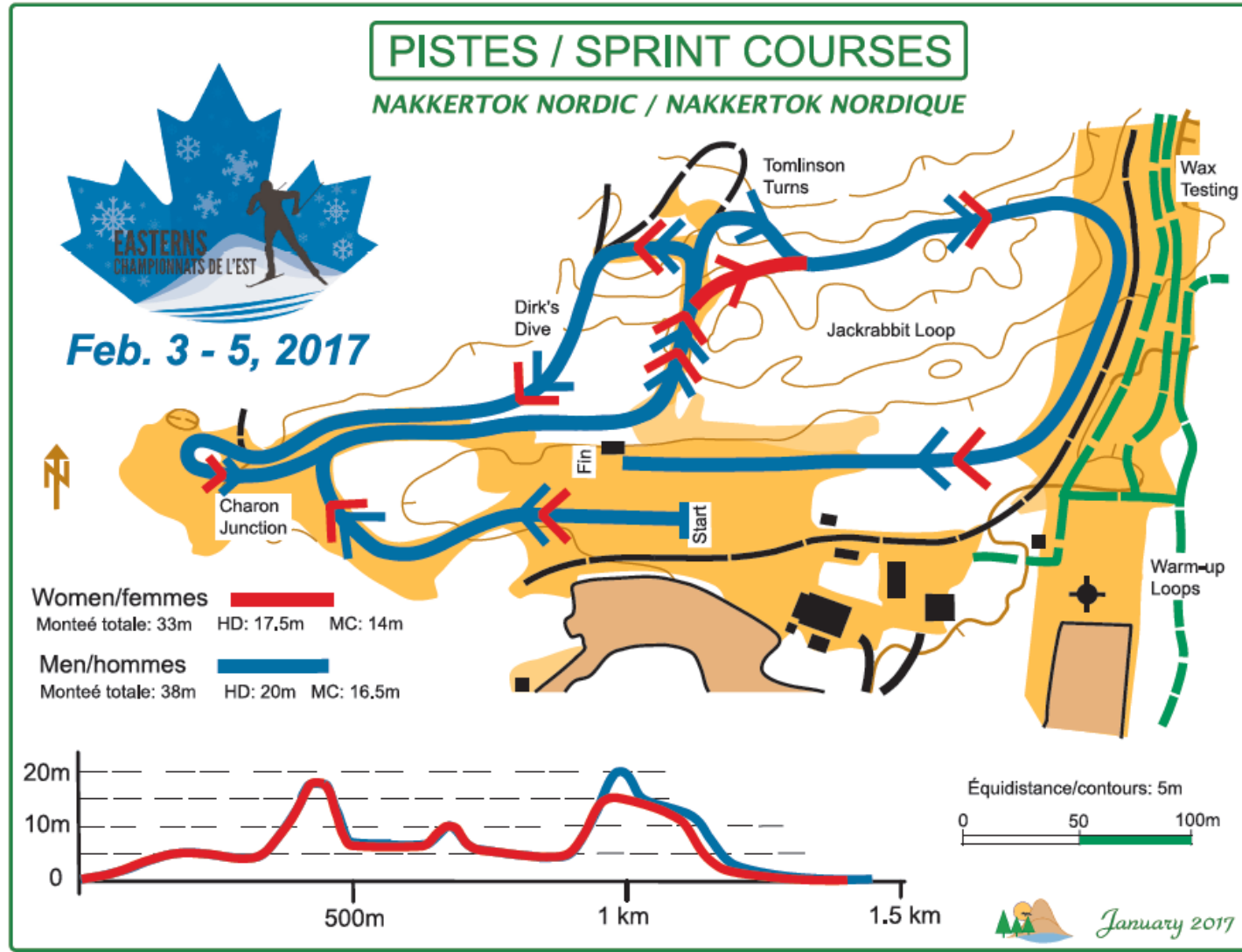
cecski.ca

[cecski](https://www.facebook.com/cecski)

Related Links

[Confirmation List](#)

COURSE



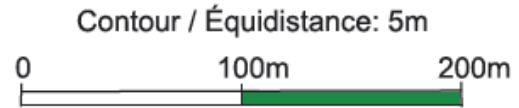
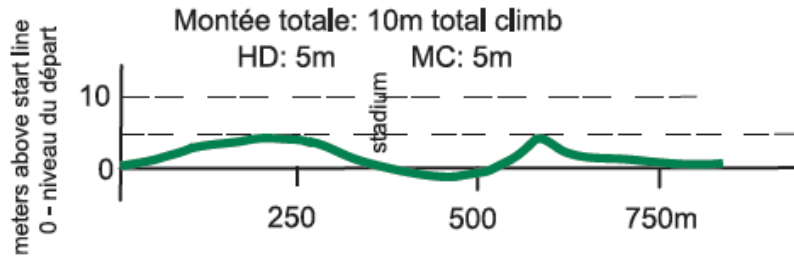
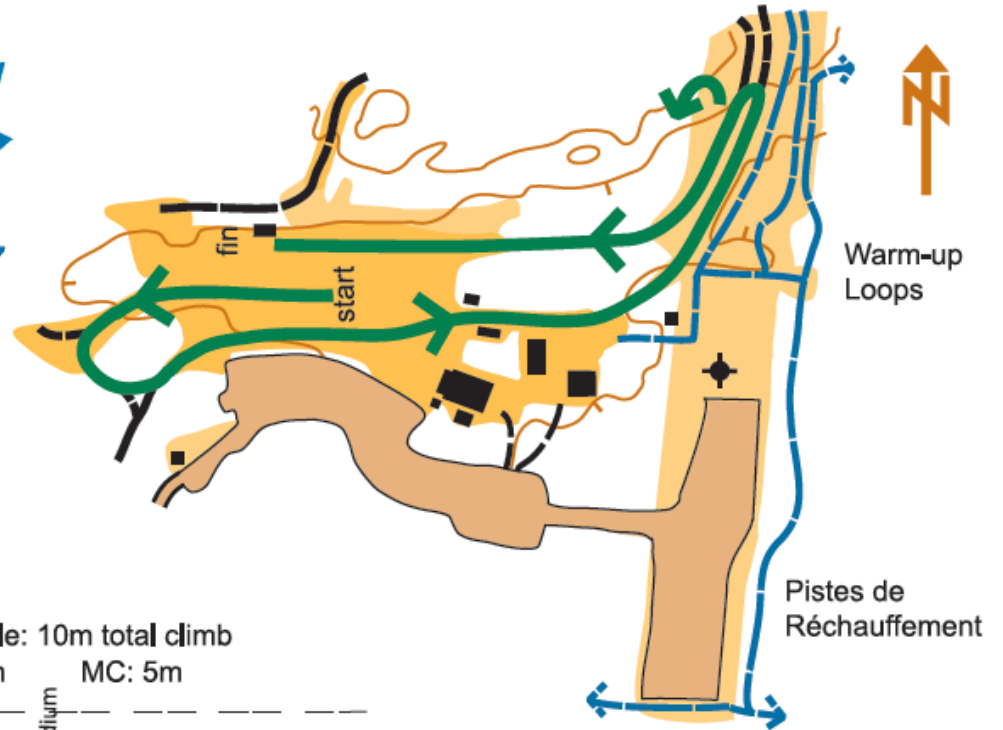
COURSE

Piste de 800m Sit Ski Sprint Course

NAKKERTOK NORDIC / NAKKERTOK NORDIQUE

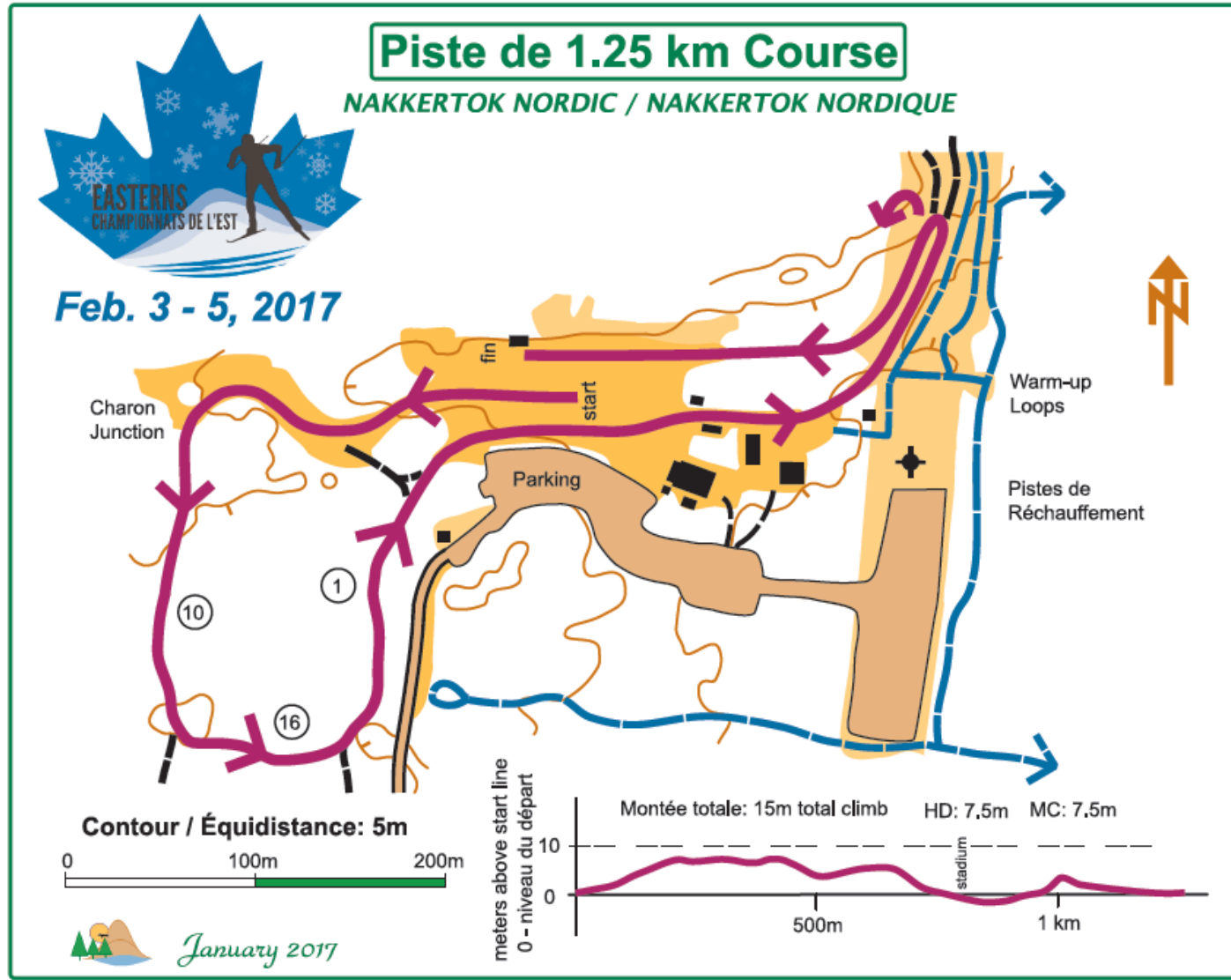


Feb. 3 - 5, 2017

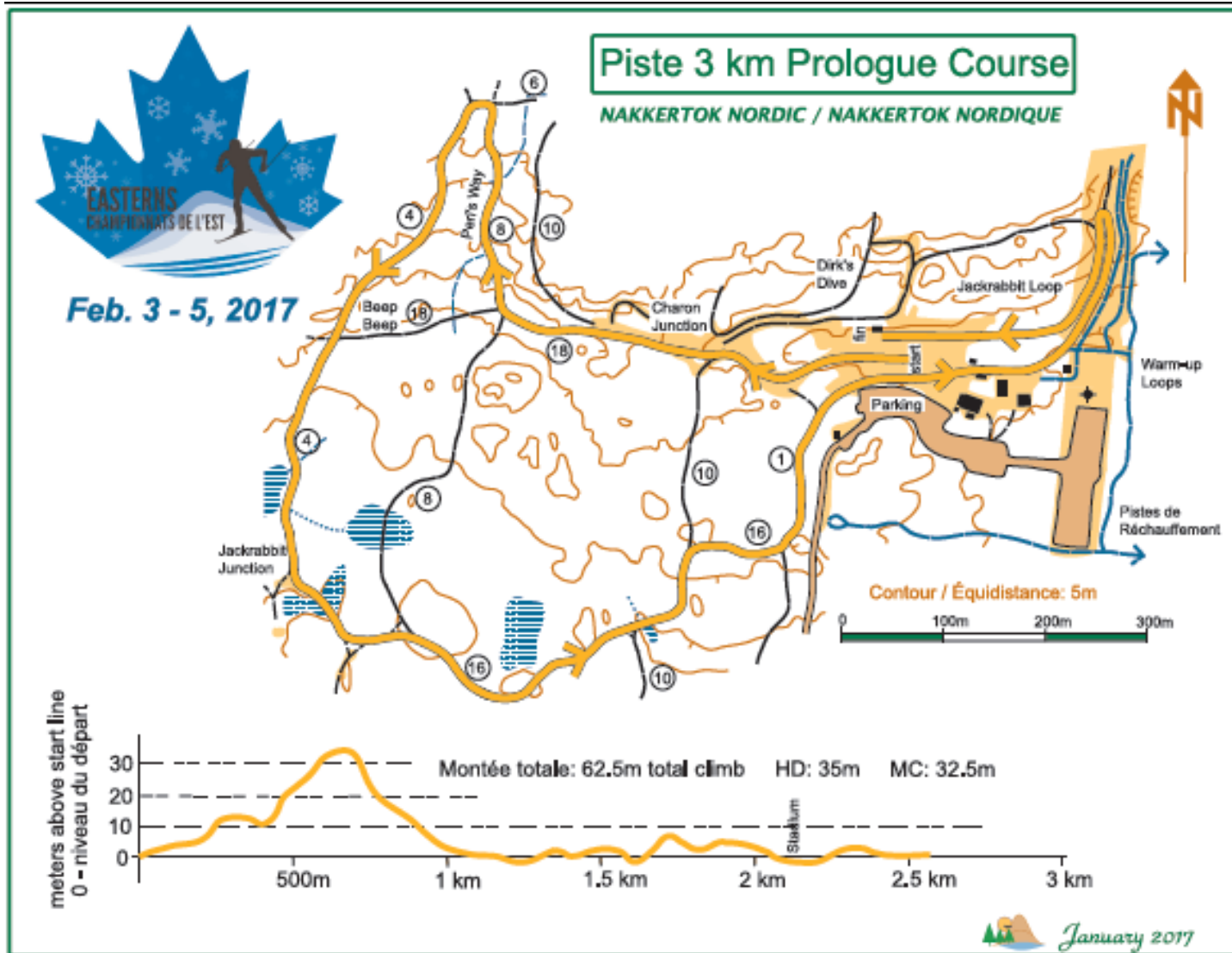


January 2017

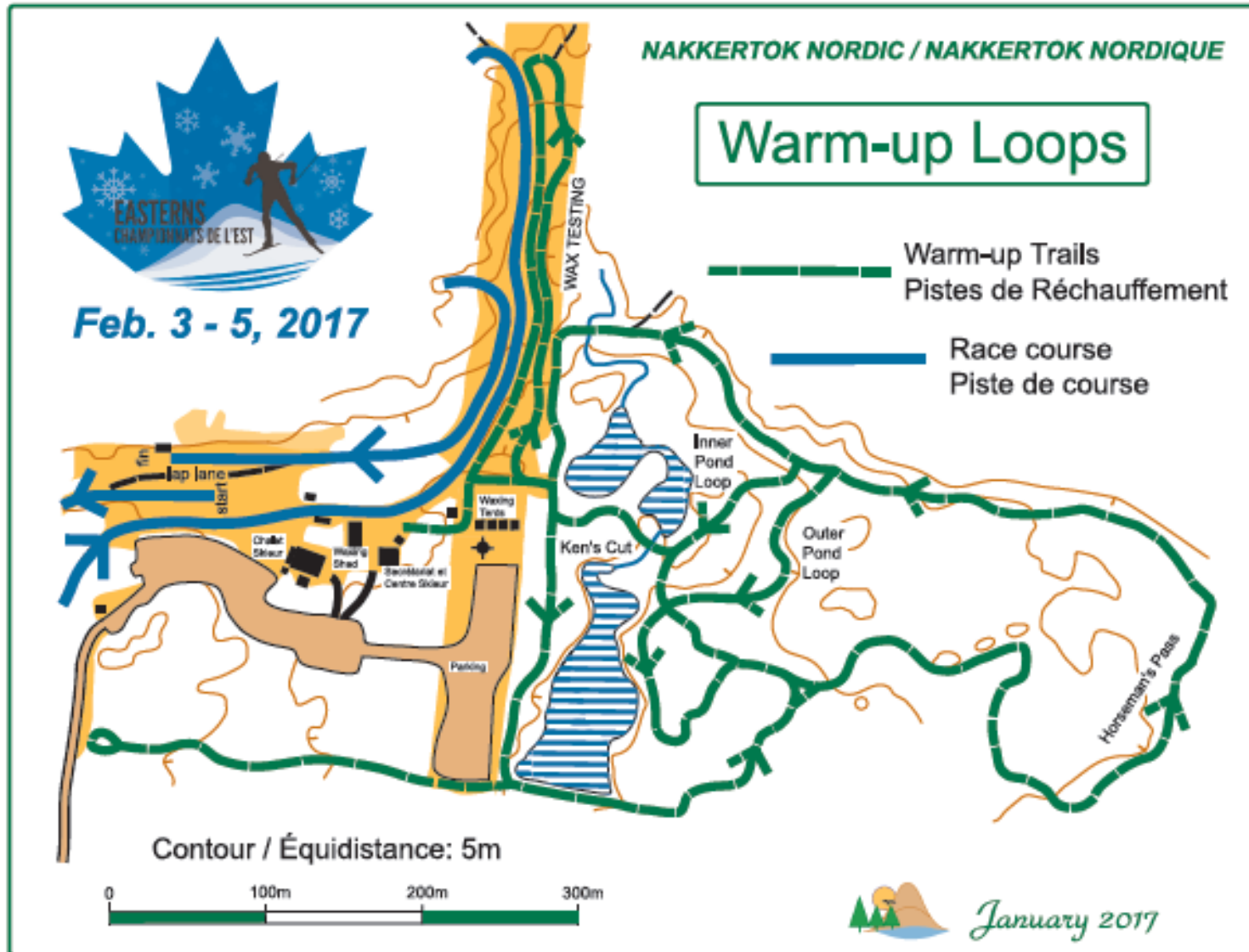
COURSE



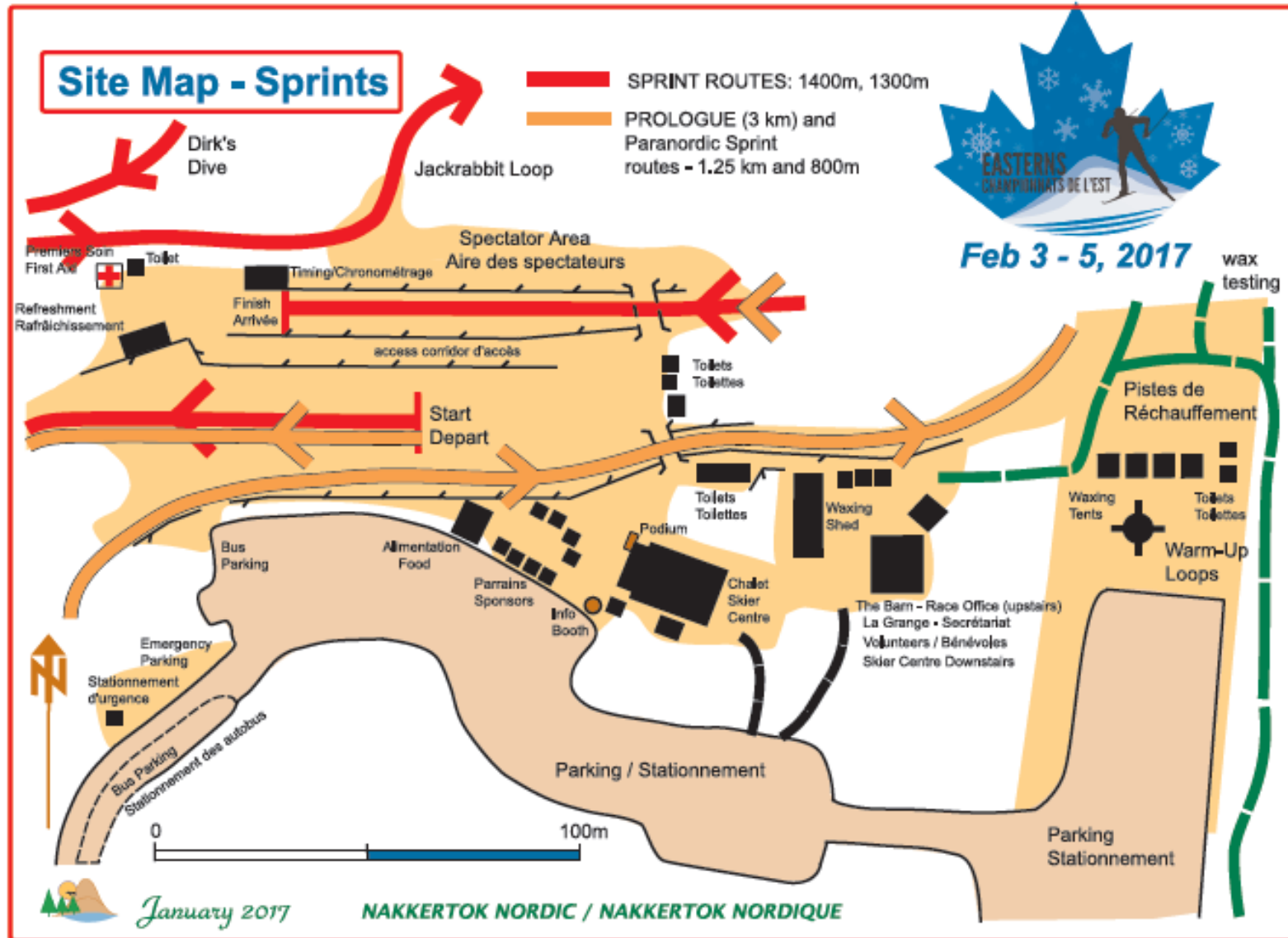
COURSE



COURSE



STADIUM



ADDITIONAL INFORMATION - COMPETITION

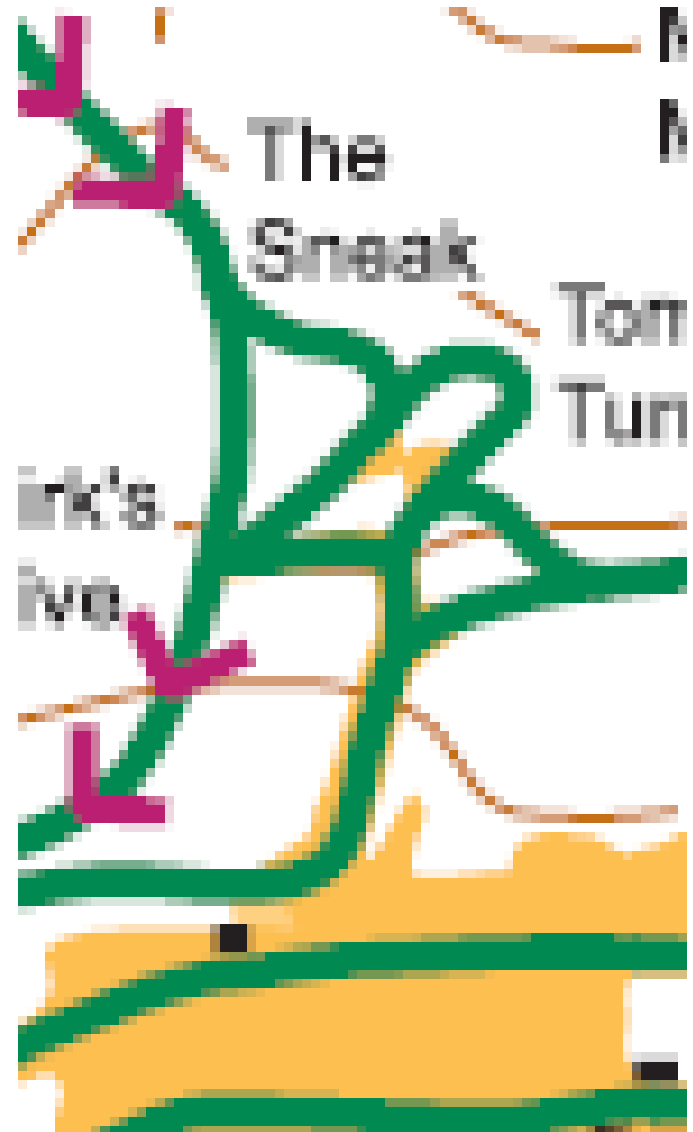
SPRINTS CLASSIC TECHNIQUE

- **Course closed at 8:50 and 10:50**
- **15s qualifier start intervals**
- **Charron Junction for qualifier**
- **Finish corridors, length 80 m**
- **Heat and leg bibs pickup near start area**
- **Qualifier results and heat results on white board in start area**
- **Sprint heats will be timed in accordance with article 4.1, paragraph 2 of the Haywood NorAm Technical Package**
- **Leg bibs on the right thigh**

ADDITIONAL INFORMATION - COMPETITION

SPRINTS CLASSIC TECHNIQUE (contn'd)

**Per ICR 310.2.1.5, the Jury
will add a No-double Pole Zone
during the classic sprint
on the 2 laps of the cours**



SPRINT DISTANCE PARANORDIC CLASSIC TECHNIQUE

- **10:15 start, after qualifier**
- **15 sec start interval**

PROLOGUE INTERVAL START CLASSIC TECHNIQUE

- **Race office will remain open for late pick-ups until 14:00**
- **Course available at 13:15 for training**
- **Course closed at 13:50**
- **15s start intervals**
- **Chips distributed in start area - no bib, no chip (prologue), no race!**
- **Use of non-fluoro (NF) or low fluoro (LF) glide waxes are permitted for midget racers. 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.**

GENERAL INFORMATION

- **Bib pick-up at race office from 07:30 to 09:00**
- **Race office hours 07:30 to 16:30**
- **Spectators and coaches walk along side of courses and only cross at marshalled stations**
- **Fluid station at finish**
- **Results board in start area**
- **Bib numbers must be clearly visible front and back, and should not be folded or obstructed by long hair**
- **If you find or have to return an assigned bib or chip, please bring it to the competition secretariat otherwise leave it at the finish**
- **Two pole measurement devices for the classic races will be available. One would be at the entrance of the start. The other one would be at the finish. Skiers will be selected randomly by a Jury member. We won't do it after the sprint heats.**

ADJOURNMENT

- **Comments from Technical Delegate**
- **Comments from CCC Race Director**
- **Comments from Chief of Events**
- **Questions or comments?**
- **The next meeting is tomorrow evening at 17:00, dealing with the Saturday races**
- **Good luck!**