

PHOTO: RONALD SPORST

Photo: Pierre Piquard



NORAM HAYWOOD



PHILIPPE BOUCHER
Skibec – CNEPH, 2019 NorAm Leader

ANNE-MARIE PETITCLERC
Club Nordique MSA, National Junior Team

MONT SAINTE-ANNE — JANUARY 30 TO FEBRUARY 2, 2020

WORLD JUNIOR/U23 TRIALS



RACE NOTICE

MAJOR SPONSORS

 HAYWOOD 	  	  	  
--	---	--	---



Dear athletes, coaches, parents, and volunteers:

We are pleased to welcome you to Mont-Sainte-Anne for the Haywood NORAM World Junior/U23 Trials and Coupe Quebec competitions.

Volunteers from the Mont-Sainte-Anne Nordique and Skibec Nordique ski clubs, as well as the employees at Mont-Sainte-Anne, have been working hard to prepare these competitions to make them a success and to ensure your stay in the region is as enjoyable as possible.

Once again, welcome and *Bonnes compétitions!*

Pierre Boutet
Chair, Organizing committee

Pierrot Bernier
Chief of Competitions

GENERAL INFORMATION

HOST ORGANIZATION

Corporation des courses de ski de fond Québec in collaboration with Club Nordique Mont Sainte-Anne and Skibec Nordique.

LOCATION

Centre de ski de fond Mont-Saint-Anne (Auberge du fondeur)
300, rang St-Julien, Saint-Ferréol-les-Neiges
Québec, (QC), G0A 3R0

PROGRAM

Dates	Races
Wednesday, January 29	Official training
Thursday, January 30	Sprint, free technique
Friday, January 31 st	Official training
Saturday, February 1 st	Distance, classic technique, individual start
Sunday, February 2	Distance, free technique, mass start

Important note: In case of cancellation of a NorAm race due to weather conditions, a race may be rescheduled on Monday February 3, 2020.

SANCTION

The event is sanctioned by:

- Fédération Internationale de Ski (FIS)
- Nordiq Canada (NC)
- Ski de fond Québec (SFQ)

RULES AND GUIDELINES

The event is guided by:

- [2019 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\);](#)
- [Haywood NorAm Canada Cup Series Technical Package - 2019-20 Season;](#)
- [Nordiq Canada Competition Model;](#)
- [Règlements officiels, Coupe Québec 2019–2020 \(when apply\)](#)
- [Nordiq Canada Fluoro Wax Policy;](#)
- [Allowable Wax List](#)

ORGANIZING COMMITTEE

Role	Name
Chair, Organizing Committee	Pierre Boutet
Vice-chair, Organizing Committee	François Boily
Chief of Competition	Pierrot Bernier
Assistant Chief of Competition	Jean-François Labbé / Lyne Tétreault
Finance & Fund raising	Michel Lamontagne
Chief of Course / Security	Martin Mortin / Marie-Michèle Fiset
Chief of Stadium	Martin Claveau / Anik Giguère
Chief of Controllers	Christian Caron / Caroline Fournier
Race Secretary	Vincent Bonneau / Louise Cloutier / Nathalie Ouimet
Chief of Timing	Gilles Laliberté
Chief of Medical	Catherine Deschênes, m.d. / Isabelle Genest m.d.
Participant Services	Nadja Tanner
Communications	Sonia Blanchet
Medal Ceremonies	Suzanne Grenier
Officials & Volunteers Training	Patrick Blais
Coordination & Recruitment of Volunteers	Marie-Michèle Gagnon

JURY

Role	Name
Technical Delegate	Shawn Sinclair
Assistant Technical Delegate	Frederic Forge
Events Coordinator – Nordiq Canada	Jeff Ellis
Chief of Competition	Pierrot Bernier

CONTACT – GENERAL INFORMATION

Facebook: <https://www.facebook.com/NorAm2020MSA/>

Email: noram2020msa@gmail.com

A list of coaches contact will be produced with information submitted to Zone 4 and used to communicate when necessary.

SCHEDULE OF EVENT

Date	Time (EST)	Events
Friday January 10, 2020	11:59 pm	Early bird registration end
Sunday January 26, 2020	11:59 pm	Registration closes
Tuesday January 28, 2020	9:30 am to 3:00 pm	All courses available – trail pass mandatory
	9:00 pm	Correction to confirmation list due
Wednesday, January 29, 2020	7:00 am	Opening of waxing facilities
	9:30 am to 3:00 pm	Official training - Sprint course
Thursday, January 30, 2020	6:00 am	Opening of courses and waxing facilities
	7:30 am to 8:30	Bib pick-up at the race secretary (Auberge du Fondateur)
	10:00 am	Start of sprint qualification
	12:00 pm	Sprint round of heats – Senior and U20 Men
	1:30 pm	Sprint round of heats – Senior and U20 Women
	3:15 pm	Awards ceremony
Friday, January 31st, 2020	7:00 am	Opening of waxing facilities
	9:00 am to 3:00 pm	Official training– Distance courses
Saturday, February 1st, 2020	6:00 am	Opening of courses and waxing facilities
	7:30 am to 8:30 am	Bib pick-up at the race secretary (Auberge du Fondateur)
	9:00 am	First Start
	9:45 am to 3:45 pm	Awards ceremonies
Sunday, February 2, 2020	6:00 am	Opening of courses and waxing facilities
	7:30 am to 8:30 am	Bib pick-up at the race secretary (Auberge du Fondateur)
	9:00 am	First Start
	9:45 am to 3:30 pm	Awards ceremonies
	4:30 pm	Announcement (Tentative schedule – to be confirmed)– Athlete team selection for /WJC/WCU23 – <i>Château Mont Sainte-Anne</i>

Date	Time (EST)	Events
Monday, February 3		Important note: Monday is part of the official schedule for the NorAm races. In case of cancellation of a NorAm race due to weather conditions, a race may be rescheduled on Monday February 3, 2020.

TEAM CAPTAIN MEETING

Date	Time	Location
Wednesday, January 29, 2020	5:00 pm	Chalet des athletes
Friday, January 31 st , 2020	5:00 pm	Chalet des athletes
Saturday, February 1 st , 2020 *If conditions only require it*	5:00 pm	Chalet des athletes

RACE FORMAT AND DISTANCES

TIER 1

Categories	January 30, 2020	February 1 st , 2020	February 2, 2020
	Sprint Free technique	Distance Interval start Classic technique	Distance Mass start Free technique
U20/U18 Women		5 km (1 X 5 km)	
U20/U18 Men		10 km (2 X 5 km)	
Senior/U23 Women		10 km (2 X 5 km)	
Senior/U23 Men		15 km (3 X 5 km)	
Open Women	1 350 m		15 km (3 X 5 km)
Open Men	1 350 m		30 km (6 X 5 km)

TIER 2 (Coupe Québec races) et Niveau 3 (regional races)

Categories	January 30, 2020	February 1 st , 2020	February 2, 2020
		Distance Interval start Classic technique	Distance Mass start Free technique
U16 girls		5 km (2 X 2.5 km)	
U16 boys		5 km (2 X 2.5 km)	
U18/U16 girls			7.5 km (2 X 3.75 km)
U18/U16 boys			7.5 km (2 X 3.75 km)
PN Sitting		3.75 km (3 X 1,25 km)	4km (2 X 2 km)
PN Standing		3.75 km (3 X 1,25 km)	4km (2 X 2 km)
Regional program			
U14 girls		3.75 km (3 X 1.25 km)	4.5 km (3 X 1.5 km)
U14 boys		3.75 km (3 X 1.25 km)	4.5 km (3 X 1.5 km)
Note: For all Tier 2 and Tier 3 races, Nordiq Canada's Nordiq Canada and Ski fond Québec Lo-Fluoro guidelines cross Country Quebec apply. The list of products allowed can be found here.			

ELIGIBILITY

Races are open to everyone. The following conditions apply:

All skiers, including biathletes, must hold at least one of the following licenses to compete in Nordiq Canada sanctioned events:

- FIS license;
- Nordiq Canada Racing License (*);
- Nordiq Canada Development License for U14 and younger skiers
- Nordiq Canada Day Support Member License (LJMS);
- Associate's License for Non-Canadian Skiers. (**)

In addition, **Québec skiers in the U16, U18 categories** must also hold the following license to participate at the Tier 2 races whom are parts of Quebec Cup. The same apply for the **Québec skiers in the U20 and Senior categories** whom take part in Tier 1 races, but who want to be eligible for rankings and awards of the Quebec Cup.

- Annual SFQ license.

Québec skiers in the U14 category must also hold one of the following licenses to compete in the regional races:

- Annual SFQ license;
- SFQ day license.

(*) **For Québec skiers**, Nordic Canada's annual license is mandatory to participate in the Québec Cup.

(**) **Associate's License for Non-Canadian Skiers:** For non-Canadian skiers who do not hold a valid FIS license, an Associate's license may be obtained from Nordiq Canada to be eligible for all sanctioned competitions in Canada. For more information, visit the Nordiq Canada website: www.ccski.com/Events/License-Applications.

Racing up is allowed at registration online only on condition that the distance covered by the next category does not exceed the limit allowed for the category by the Nordiq Canada Competition Model. Athletes racing up must select the minimum year of birth of the new category when registering online.

College & University Skiers: There will be university categories and Awards ceremony. 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. To be considered, please check the university / college / CEGEP box when registering. Note that proof of registration at the university (course schedule, registration letter) may be required in the event of a protest. It is therefore strongly advised to have it with you, if necessary.

REGISTRATION

Online registration only at www.zone4.ca – “2020 Haywood NorAm World Jr/U23 Trials/Sélections”. Registration opens Thursday, December 12, 2019. Deadline for registration at regular price: January 10, 2020, 23h59 EST

Fee	Amount	GST	PST	Total
NorAm/Coupe Quebec	\$ 45.00	\$ 2.25	\$ 4.49	\$ 51.74
Regional program-U14 category	\$ 25.00	\$ 1.25	\$ 2.49	\$ 28.74

- January 11 to January 26: \$5 supplement per race + tax (GST, PST)
- After January 26, the jury reserves the right to refuse any new registrations. An additional fee of up to 50% of the regular registration fee may be charged by the organizing committee.

Day Licenses and others race fees	Amount	GST	PST	Total
Supporting Member Day License (SMDL) – Nordiq Canada				\$ 5.00
Day License – SFQ				\$ 5.00
Race fees – SFQ (Québec Skiers U16 and over)				\$ 5.00

All U16 and above skiers who are affiliated with a Quebec club must pay an SFQ race fee. For skiers not affiliated with a club, those who reside in Quebec must pay the SFQ fee.

NC license numbers and provincial license of the club for the applicability of the SFQ race fees will be validated following the registration. Skiers who are incorrectly registered will have to correct their registration with the secretariat before bibs are distributed.

REGISTRATION CORRECTIONS

Please contact the race secretary at msa.noram2020@gmail.com no later than **Tuesday, January 28, 2020 at 21:00 pm EST** if you need to make any corrections to your entry.

REFUNDS

Any refunds will be made at the sole discretion of the Organizing Committee. No registration or supporting member day license fees will be refunded in the event the athlete does not show up for one or more races.

If it is forced to cancel the event, the Organizing Committee, in cooperation with Nordiq Canada, will remit the registration fee less the costs associated with any items that cannot be reused at future events.

SEEDING

Senior and junior men and senior and junior women will be combined for the qualification round on the Thursday race and started in order of Sprint CPL with the best starting first.

On Saturday, U20 men and U18 boys and the U20 women and U18 girls will be combined for the interval distance race.

U20 skiers competing in the World Junior Trials must compete in the U20 categories on Saturday.

Please see section 6.9 of the [Technical Package](#) for seeding rules that apply for sprint, interval and mass start races.

SPRINT

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 at the start of the Team Captains' Meeting on Wednesday, January 29, 2020**, all qualifying Junior M/W will be entered into the Junior quarter final heats. No changes will be allowed on race day.

MEDALS, CASH PURSES, AND AWARDS CEREMONY

Medals and prizes will be awarded no later than 15 minutes after the end of each race for each category, based on unofficial results. Medals: first three in each category plus a ranking for university racers in the Open category. Note: For sprint races, university rankings will be based on qualifying times. Prizes: Top 5 in each category, including Top U23 in the Open category. Cash purses: Haywood NorAm - Open category only - Per race

Open Category - Men & Women	Cash Purses
1st	\$500
2nd	\$300
3rd	\$200
4th	\$150
5th	\$100
Top U23	\$75
Total per gender	\$1,325

DOPING CONTROL

Participants 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 Nordiq Canada's anti-doping policy: <http://www.cccski.com/Events/Anti-Doping.aspx>

OTHER INFORMATION

ACCESS FEES

For skiers, registration fees include free access to the trail system during official training days and competitions (starting January 29). A trail pass is required outside of these periods.

For coaches, access is also free. Coaches must register on Zone 4 so we can create a list of email addresses and SMS numbers that will be used to communicate any changes or decisions made during the event.

All skiers and coaches must bring their Zone4 registration receipt as proof to be allowed access to the cross-country ski center. Mont-Sainte-Anne reserves the right to charge an access fee for those who do not have their Zone4 receipt.

Note: Mont-Sainte-Anne will allow free access to spectators who do not use the trail system.

BIB PICK-UP

Bibs can be picked up at the Race Secretary office (Auberge du fondeur) between 7:30 and 8:30 a.m. on each race day. If both "Club" and "Team" fields are selected on the Zone4 registration form, skiers will be asked to choose whether their bib should be picked up by their club or team at the time of registration. Only coaches can pick up the bibs. Clubs and teams will be charged a bib replacement fee of \$50 for each missing bib or chip at the end of each race.

COACHES' BIBS

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.**

TRANSPONDERS

Transponders will be used for all races (including sprint heats). 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.

WARM-UP & SKI TESTING

A ski test track will be available near the waxing facilities. Skiers will be able to proceed to their warm-up in the tracks on the periphery of the competition site when the competition courses are

closed. At this point, they will have to share the trails with the customers of the Mont-Saint-Anne ski resort.

COURSE AND STADIUM MAPS

Courses maps and stadiums layouts will be available by January 19, 2020 on the Zone4 website and on the Facebook page event.

FEEDING

Food and beverages will be available at the finish.

WAXING RESTRICTIONS

This event is a combined Tier 1 and Tier 2 event. See section RACE FORMAT AND DISTANCES to know which categories/distance are Tier 1 and Tier2.

All non-selection categories, which is Tier 2 and Tier 3 races, will follow the Nordiq Canada Lo-Fluoro guidelines as outlined in the [Technical Package](#), see the [Fluoro Wax Policy 2019/20](#) for more detail and the allowable [Wax List](#).

WEATHER AND TRAIL CONDITIONS

Weather:

- <https://www.meteo.com/ca/meteo/quebec/saint-ferreol-les-neiges>
- <https://www.wunderground.com/hourly/ca/saint-ferr%C3%A9ol-les-neiges/47.12,-70.86/date/2019-01-12>

Trail conditions: <https://mont-sainte-anne.com/en/xc-conditions/>

INFRASTRUCTURE AND SERVICES

WAXING FACILITIES

There will be large (52 ft. x 12 ft.), heated and ventilated trailers for waxing. In addition, several parking spaces are provided for teams who have their own trucks or waxing trailers, with the possibility of a power supply for those who do not have generators. Teams wishing to use these facilities must **reserve** by emailing msa.noram2020@gmail.com by **Friday, December 20, 2019**, stating :

- Name of team, team leader, contact info, number of athletes
- Need: Wax trailer/parking space with or without power supply (if you have your own generator)

Priority will be given to teams who reserve in advance.

SAFETY MEASURES

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.

LODGING

Château Mont Sainte-Anne is the official hotel of the 2020 Haywood NorAm Trials. A discount of 15% is offered off the daily rate for the period from January 29 to February 3, 2020. Promotional Code: NorAm 2020.

Reservation service: Château Mont Sainte-Anne will also offer a central reservation service and will be able to identify the accommodation solutions that best suit the needs of the teams. Call **1-418-827-5211** or toll-free: **1-844-586-6324**.

- Internet : <https://www.chateaumontsainteanne.com/en/>

FOOD SERVICES AT RACE SITE

- Cafeteria at the cross-country ski center - 1 km from the race site.
- Microwaves available in the athletes' chalet at the race site.

PARKING

The Mont St-Anne venue has substantial but not infinite parking capacity.

- Parking 200 parking spaces available at the race site.
- Area set aside for waxing trucks and trailers.
- Volunteers and officials are encouraged to car pool.

MEDICAL SERVICES, ETC.

- Canadian Ski Patrol (onsite).
- Hospital at 8 km from the venue.
Hôpital de Ste-Anne-de-Beaupré
11 000 rue des montagnards
Beaupré, Québec
G0A-3R0
418-827-3726
- Medical clinic - 8 km.
- Gym: Alpine Ski area – 5km.
- Physiotherapists: Beaupré - 8 km.

GROCERY STORES

- Marché du village: Saint-Ferréol-les-Neiges, 2 km.
- Convenience store: Marché Mont Sainte-Anne, 5 km.
- Supermarkets: IGA – Super-C: 10 km (Sainte-Anne de Beaupré).

