

# Tier 2 Technical Package

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Technical Package  
**2019**



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## Contents

This Technical Package is provided to ensure uniformity and a high standard in the hosting of Nordiq Canada Tier II Points Races from site to site across the country. Nordiq Canada provides direction and quality control through an appointed Technical Delegate (TD) the latest version of the Nordiq Canada Rules and Regulations, Nordiq Canada Rule Precisions and this document.

### 1.0 Preliminary Information

#### 1.1 Background

The general aims of Nordiq Canada Tier II Points Races are to assist in athlete development at the regional level across the country and to promote cross-country ski racing to the public at large. Nordiq Canada Tier II Points Races also encourages high level domestic competition among regional skiers who aspire to National level events and results may be used for calculation of Canada Point Lists used for seeding purposes.

The planning and execution of the Nordiq Canada Tier II Points Races requires cooperation between Nordiq Canada, and Provincial and Territorial Divisions and hosting Clubs. Nordiq Canada Points Races are considered Nordiq Canada-Tier II competitions that comply with the standards within this Technical Package. A technical delegate will be appointed by the Host Division in cooperation with Nordiq Canada.

Important references governing these events include the following documents found in the document centre at [www.nordiqcanada.ca](http://www.nordiqcanada.ca)

- FIS ICR - Canadian Competition Rules Precisions & future Precisions
- Nordiq Canada Officials Handbook V4\* or latest version if superseded
- Nordiq Canada Competition Model

*Note: Reference documents are updated regularly. The most recent version must be used as reference.*

#### 1.2 Definitions

- a) *Series* – several related events which take place in the course of a season, and for which aggregate points may be maintained.
- b) *Event* – a number of races that occur at a particular site, hosted by a particular Organizing Committee (OC).
- c) *Competition* – an individual race within an event, incorporating one or more age categories and both genders.

- d) *Organizing Committee (OC)* – the organization within the hosting Nordiq Canada Club that is responsible for planning and executing an event.
- e) *Competition Model (CM)* – The CM reflects a combination of technical parameters and general recommendations that, by being aligned with LTAD concepts and guidelines, determine the ideal approach to and characteristics of competitive events for each LTAD stages.
- f) *CPL Event* – A series of competitions, sanctioned by Nordiq Canada, where results of Nordiq Canada Licensed competitors are included in Canada Points List calculations.
- g) *U23 Senior* – The Open category is a combined category of Senior and top Junior Men/Women athletes. In order to maximize the points available in a given competition, the OC is encouraged to review race distances and offer combined categories when distances adhere to recommendations in the Competition Model. Skiers entered in the combined category will be seeded together. The results may include sub-categories composed of U20, U18 men/women and U23 seniors for recognition purposes.
- h) *U20 men/women* – In some instances separate U20 men/women categories may be introduced. In these cases, U20 men/women categories should reflect the 2019-2020 competition season for athletes born in 2001 or 2000 (U20 M/W 1, U20 M/W 2)
- i) *U18 Boys/Girls* – OC's should also offer development level races in compliance with distances recommended in the Competition Model. The U18 boy/girl category should reflect the 2019-2020 competition season for athletes born in 2003 or 2002 (U18B/G 1, U18B/G 2)
- j) *U16* – The U18 category should reflect the 2019-2020 competition season for U16 boys born in 2004 (U16B) and U16 girls born in 2005 or 2004 (U16G 1, U16G 2).
- k) *U14* – Although not an official race category, OC's may elect to offer development level races below the U16 category. Competitions should be modified to reflect the recommendation in the Competition Model for U14 and below categories. The U14 category should reflect the 2019-2020 competition season for U14 girls born in 2007 and after (U14G 1) and 2006 (U14G 2) and U14 boys born U14B 1 (born in 2007 and after) or U14B 2 born in 2006.

*Note: Athletes of YOB sub-categories that decide to race at a more advanced stage of development are considered as “racing up” and thus should be considered as athletes of the first YOB in their actual competition race category for awards.*

*For Year of Birth Category's beyond the 2019-20 season please reference the most recent ICR-CCR article 341.1.6.*

## **2.0 Hosting**

### **2.1 Host Club Responsibilities (Summary)**

Organize and conduct all events in accordance with, Nordiq Canada Rules and Regulations and this Technical Package.

Provide timely distribution of the Event Notice (six weeks in advance) and official results in the specified formats on Zone4 or excel template as provided by Nordiq Canada.

Include event information on the Club/event website a minimum of two months before the event. The OC should appoint a webmaster who is responsible exclusively for the maintenance of the competition website.

Assign a Press/Media Liaison Official. It is important to work diligently to obtain good event coverage in the local media (press, TV, radio) and to encourage provincial coverage wherever possible. The Press/Media Liaison official must work closely with the event webmaster.

Provide post-race refreshments (drinks, cookies, fruit and yogurt are expected by skiers).

Provide a high quality sound system with distribution to spectators and team wax areas.

Provide a race announcer or announcers, with appropriate capabilities (preferably in both official languages).

### **2.2 Host Site and Dates**

It is the intent of Nordiq Canada to develop - in cooperation with parent Divisions - a set of designated sites and organizing committees to host these events. Designated sites will meet the following criteria: courses that are suited to this level of competition, trained, experienced officials; suitable infrastructure; and appropriate financial support.

All hosts must be able to demonstrate compliance with the current Technical Package.

### **2.3 Liability Insurance**

As a minimum, the host Club must subscribe to the Nordiq Canada insurance policy through its membership in a Division (in good standing) of Nordiq Canada. Divisions will have more information on this issue.

### **2.4 Event Sanctioning**

A competition is “sanctioned” when the OC agrees to meet the criteria established by the sanctioning body. Sanctioning by Nordiq Canada indicates the following:



- a) All competitors in the competition are individual members in good standing of Nordiq Canada and possess a current Nordiq Canada racing license or are members of Nordiq Canada and compete in the U12 or younger age category; alternatively, competitors must purchase a Nordiq Canada supporting member day license or, for foreign skiers, must hold a valid FIS race license issued through their national association.
- b) The competition will be conducted in accordance with current Nordiq Canada rules and regulations, with on-site supervision by a Nordiq Canada-trained TD.
- c) Nordiq Canada attributes Canada Points List (CPL) points to all competitors possessing a valid Nordiq Canada race license.

## **2.5 Competition Registering**

A competition is “registered” when the particulars of the competition have been submitted to Nordiq Canada through the online sanctioning process at [zone4.ca](http://zone4.ca). All competitions hosted by Nordiq Canada clubs are expected to be registered 30 days in advance and specified safety precautions taken as per the Nordiq Canada insurance policy in order for Nordiq Canada’s liability insurance to be in force.

## **2.6 Back-up Site and Race cancellation**

Each OC should identify a potential backup site for use in the event of poor snow conditions.

A decision on event cancellation or change of site will be made by the OC and host Division one week prior to the event, in consultation with the OC Chair and the TD.

In the event of a new site being chosen, the two OCs will develop a joint budget and share the event revenues as they relate to entry fees, sponsorships and hosting grants, in order to minimize any event deficits that may be incurred.

The OC of Nordiq Canada CPL Competitions must include competition cancellation details, amounts to be refunded, methods of communications and, in the case of selection competitions, notice of an alternative competition day for weather related cancellations in their Event Notice package.

## **2.7 Refund Policy**

Should an event be cancelled as outlined in 2.5, the OC in cooperation with host Division, will provide a refund of registration fees less:

- The costs associated with expensed items not re-usable at future events; and
- Event administration costs to include OC meetings, site preparation, perishable refreshments, advertising and promotional costs.

The OC should also consider a skiers opportunity to compete in substitute events of a similar quality hosted by the OC.

### **3.0 Sponsorship, Marketing and Communication**

The OC owns all marketing opportunities and the property rights of the event.

#### **3.1 Race Bibs**

The OC is responsible for supplying bibs for the competitions.

### **4.0 Race Formats and Courses**

#### **4.1 Race Distances and Techniques**

In principle, there will be an equal split of races between free technique and classic technique over the season. The National calendar will include individual start, pursuit and mass start formats, with at least one longer distance race (30 km men, 15 km women) for higher level Tier I events.

An individual sprint format will be used for sprint races. Specific rules are found in section 325 of the Competition Regulations. Organizers are encouraged to maximize the number of skiers participating in the heats and may modify the format of the heats to encourage skier development and promote maximum participation.

#### **4.2 Homologation Standards**

Homologation standards for the courses for the different age categories and distances are tabled in the Competition Regulations section 311.2.5 or subsequent Rule Precisions.

At this level of competition the OC should respect homologation guidelines for specific age categories as outlined in the CCR and precisions.

#### **4.3 Grooming**

The OC must provide coaches and athletes with the assurance that it has taken the necessary steps to produce the best possible track for racing under the most adverse weather conditions, including ice and heavy snow.

Trail-grooming capabilities should include:

- a) A full width tracked vehicle equipped with a renovator that is hydraulically operated;  
and
- b) An Alpine twin track or equivalent single track setter (Bachler type molded).



- c) Capacity to set multiple classic tracks at a minimum 1.20 meters difference (1.25 - 1.5 m) measured from the middle of each pair of tracks

Grooming resources must be sufficient and flexible enough to allow grooming at any time which will ensure optimum trail preparation.

#### **4.4 Course Marking and Inspection**

The competition trails should be marked the day before competitions begin.

### **5.0 Technical Delegate and Jury**

#### **5.1 Technical Delegate (TD)**

The TD will be appointed by the host division in cooperation with Nordiq Canada and is responsible to the appointing body.

The TD should not be a member of the host club.

#### **5.2 Jury Composition and Function**

The Jury members are:

Technical Delegate – who is chair of the Jury

Chief of Competition

Chief of Course

At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

### **6.0 Sanctioning, Eligibility and Entries**

#### **6.1 Sanctioning**

All Nordiq Canada Tier II CPL competitions will be sanctioned nationally by Nordiq Canada. The Nordiq Canada sanctioning fee is \$50.00 per competition day, payable online through the Nordiq Canada Event Sanctioning form at [zone4.ca](http://zone4.ca) per the Nordiq Canada Registration and Sanctioning Policy.

## **6.2 Athlete Eligibility and Licenses**

Athletes have the discretion to elect to race in a race category consistent with the CM. This decision should be made in consultation with an athlete's coach and taken in consideration of the race format, distance and course homologation data.

For the purposes of entry all racers must reference their club. They may reference a team if on a National, Training Centre or Nordiq Canada approved factory or regional team.

In order to participate in Nordiq Canada Point events, a skier must have a valid racing license issued by FIS, Nordiq Canada or NSF of another country or a Supporting Member Day License (SMDL) issued by Nordiq Canada. Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada license or SMDL to compete.

Para-Nordic guide license are the responsibility of the visually impaired athlete. Guides are not expected to pay registration fees. However all guides must sign the Nordiq Canada Informed Consent and Assumption of Risk form available from event hosting clubs.

## **6.3 Entry Fees**

Entry Fees are the responsibility of the host club. The intent is for entry fees to be not so large as to discourage participation, while at the same time sufficient to ensure the financial viability of the event. OC's are encouraged to consider a lower entry fee for categories below the open category.

Due to the number of last minute entries, OC's are encouraged to develop a progressive entry fee schedule that includes an early entry bonus and penalizes last minute entries within the context of the above paragraph.

Entries and fees should be in the hands of the OC within a reasonable time prior to the first competition day (3-4 days) to permit a Confirmation List to be published no later than 2 days prior to the event. The Confirmation List must include the skiers' name, current Nordiq Canada and/or FIS license #, Year of Birth, entered competitions, applicable club and team names. There will not be any refunds if athletes do not start.

## **6.4 Complimentary Entries and Accommodation**

The OC is at liberty to extend invitations to National Team, international athletes or training groups and to make complimentary arrangements for them.

## **6.5 Event Notice**

The Event Notice must be produced in draft and forwarded to the TD for review no later than two months before the event. The final Event Notice should be available six weeks before the event. A copy of the Event Notice should be posted on the OC's website and the link provided to Nordiq Canada for listing on the national calendar on the Nordiq Canada website.

A race registration form should be posted on Zone4.

The Nordiq Canada Officials manual provides an example of an entry form (page A4-3).

For Nordiq Canada Tier II events, the registration form must request the Nordiq Canada license number. The registration form should also request contact information for an athletes' coach or team leader.

Event Notices must include a suitable cancellation and/or postponement clause.

## **6.6 Registration System**

A Nordiq Canada approved race management software package must be used.

Club & Team names and spellings will be used as reported in the Club data base on the Nordiq Canada website. Skiers' names and spellings will be used as per the CPL submitted by Nordiq Canada to the OC.

OC's are cautioned to respect privacy and must not permit entrants' e-mail addresses to be used for solicitation. Final confirmation lists must be published on the event web site a minimum of 48 hours before the first competition. This list should be published under the Club name and include the athletes name, Nordiq Canada licence number, races entered and year of birth.

The Race Notice should specify a Registration Deadline which should be no earlier than 6 days and no later than 3 days before the first competition.

## **6.7 Seeding for Tier II CPL Races**

It is recommended that for the Senior and U20 M/W category of Tier II CPL races, the current CPL for both distance competitions and sprint competitions will be used. (For information refer to the Canada Points List Publications & Event policy document on the Nordiq Canada website under Results/Points - CPL).

The most current CPL is available on the Nordiq Canada web site at [nordiqcanada.ca](http://nordiqcanada.ca)

The most current Sprint or Distance CPL must be used by the OC for all seeded competitions during an event weekend as defined in 1.2(b). The OC must use the Validation Function available on Zone 4 to verify Nordiq Canada License numbers and club/team affiliation. Please note that validation data is based on the last published points list, hence skiers reporting invalid licenses should be double checked directly on the Nordiq Canada License Confirmation List found at <https://store.cccski.com/apps.asp> for the latest active skier lists.

For seeding of younger categories OC's are referred to the Nordiq Canada rules or host division guidelines.

## **6.8 Competition Formats**

### *6.8.1 Interval Start Distance Races*

The Distance CPL will be used when seeding all categories. Within each category skiers will be grouped based on the number of total skiers in the combined category. Start positions will then be randomly assigned within each group based on the CPL. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking will be assigned to a separate group and randomized.

As an alternative, skiers may be seeded in reverse order of Distance CPL and started as a group. Non-licensed skiers should start as a group in a less favourable position.

### *6.8.2 Mass Start Races*

For the open men and open women categories, seeding and bib assignment will be by Distance CPL. The best skier on the CPL gets position one in the start grid. Those not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier. The start will be by chevron grid with positions assigned as shown in Appendix 4-9 of the Nordiq Canada Officials Manual.

### *6.8.3 Sprint Competitions*

Sprint competitions will consist of a qualification round of all skiers in each category. Race categories and seeding may be combined on common distance courses.

The OC may modify the format of the heats to encourage athlete development and maximize participation in the heats. The format should be identified to coaches and athletes prior to the competition.

A separate group should be formed of those License holders without CPL and SMDL skiers. Start order will be per Jury decision.

For the purposes of breaking a tie in the case of 16th or 30th place in the sprint qualification, the Jury may elect to increase the accuracy of the timing interval to 1,000th of a second. Alternately 16th / or 30th place will go to the skier with the higher Sprint CPL points. If this fails to break the tie, the two skiers will be placed in the same heat – preferably Heat 2.

OC's are encouraged to run B finals prior to A finals at this level of competition to encourage skier development.

## **6.9 Team Captains Meeting (TCM)**

A team captains meeting is not necessary, however email contact containing updated information is encouraged with participating coaches.

If a TCM is scheduled it should take place the evening prior to the event as per ICR section 305. At this time, the TD and Jury will be introduced. The TD will address the TCM, and make any points related to rules or rule changes that need to be emphasized for the event or for the first competition. OC competitor lists should include all skier withdrawals and confirm spelling, age sub categories, Canada points, Nordiq Canada licenses, Club and Team. It is important to ensure at this time that juniors who are racing in the open category are annotated as juniors.

Start lists must clearly state the time of day that the competition starts and the time intervals after this start time at which individuals will have their starts.

## **7.0 Warming and Waxing**

### **7.1 Warming and Waxing Facilities**

Suitable waxing facilities must be provided. If indoor waxing facilities are available they must have restricted access.

In order to protect the health of wax technicians, coaches, athletes and our environment all Tier 2 competitions are governed by Nordiq Canada's 10 Fluoro wax guidelines which restricts the use of medium and high fluoro waxes for all categories.

If outdoor facilities are used, the OC must provide for power outlets for teams within close proximity to the start area.

If portable trailers and permanent wax cabins are used they should include fans in each facility to actively remove dangerous vapours. Fans should be rated to move 180 – 200 cfm for 300 sq/ft and be capable of completely recycling the air in the wax facility each night.

Team technicians should be encouraged to 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.

[https://www.uline.ca/BL\\_992/3M-6000-Reusable-Respirators](https://www.uline.ca/BL_992/3M-6000-Reusable-Respirators)

<https://www.3m-scott.com/world/>

### **7.2 Wax Testing**

A suitable hill for glide testing should be within one km of the stadium area. A glide area may be on the race course if suitable width is available.

A warm-up track near to the start with a small uphill is required. Both the glide testing area and the warm-up tracks should be groomed and prepared in the same manner and at the same time as the rest of the competition track in order to simulate race conditions.

## **8.0 Timekeeping and Data Processing**

### **8.1 Timing Standards/ Results Production**

A Nordiq Canada approved race management software package must be used. Zone 4 is recommended.

Competition officials who interface with the software package must have used the software in combination with other timing equipment at a previous event and be very familiar with it.

### **8.2 Timing Equipment**

Accurate Official Results that conform to Nordiq Canada protocol as outlined in 8.3 are expected. In addition, Nordiq Canada strongly recommends that start/finish times be electronically generated with a completely independent back-up system.

There should be an enclosed and heated timing building of some type

For interval start races and sprint qualification an electronic start gate should be used at the start in conjunction with a large format start clock.

At the finish, an electronic beam signal is recommended to capture the time of the athlete as he/she crosses the finish line. In some situations a manual push button signal may be used to electronically generate a start/finish signal.

A display clock as a visual aid to tell skiers when to start is also recommended by Nordiq Canada.

### **8.3 Results**

The publication of the results of competitions should be consistent with the format outlined in Appendix B. Official Results must show the members of the Jury and the following: Distance, Technique and Category, Rank, Bib, Name, Year of Birth, Subcategory (for combined results), sub rank (for combined results), Nordiq Canada License number (or SMDL ID), Club, Team, Total time.

The name of the race file posted on Zone4 should include the Event name, followed by the race format/ technique and designate whether the posting is a start list or final result (e.g. Frozen Thunder Interval. CI Final Results)



Nordiq Canada currently recognizes one race management software packages - Zone 4 - as being capable of the required formats.

Start List and Results publications by the OC must include the following:

On site – hardcopy - published on a notice board in accordance with timing as specified in the Nordiq Canada Rules. Final results should be posted on Zone4 and noted as “Final”

Live-streaming of results is expected at all FIS NorAm events. These results should be considered “interim” only and should not be confused with Unofficial or Officials results postings. OC’s of Tier II CPL event may also choose to live-stream results.

## **8.4 Competition Points**

### *8.4.1 Canada points list*

Canada Points (CPL) will be calculated for all competitions and will be entered into the CPL ranking system as per the rules of the CPL. Nordiq Canada Licence numbers must appear on all final results reports in addition to the race distance and courses used. Policy and management of the CPL system is the responsibility of the Nordiq Canada High Performance Committee.

If race categories are not combined for common distance starts Canada Points will be based off of the top skiers in each race category. Results should be published in the combined format with rank and sub-rank by category fields visible.

## **9.0 Awards**

### **9.1 Awards Presentations**

Awards should be presented after each competition category within 20 minutes after the last racer crosses the finish line based on the unofficial results. Racers should not be made to wait much longer than that without showering or changing into dry clothes.

If awards cannot be presented within the above timeframe, the OC must organize an awards and medal ceremony in a location and specified time convenient to the athletes. It is recommended the ceremony take place in a public location close to the athletes’ lodgings and in connection with other community activities where possible.

The normal order of awards presentation is as follows: 3rd place, 2nd place and 1st place. Categories and sub categories should be presented as groups in turn, allowing for the greatest amount of camaraderie between skiers who have competed against each other.

In situations where awards are given off site, a simple flower giving ceremony to the top three skiers may be conducted immediately following the conclusion of a category.

## Appendix A - Sample Official Results Format – Individual Field Settings Legacy System



Club Logo

### Championnats Haywood 2012 Int CI Final Sample Final Results

Zone4 - C:\Program Files (x86)\Zone4\CCC Interface\traces\2012 Ski Nats QC\4799 INT Classic.rac - Standard Race

File Tools Print Internet Window Help

Check List

- 1 Set Options
- 2 Category Info
- 3 General Info
- 4 Racer Info
- 5 Assign StartList
- 6 View StartList
- 7 Commit Setup
- 8 Time Entry
- 9 Calculate Results
- 10 View Results

Print Setup - Final Results

OK Close

Output To: Screen & Printer Save As:

Header/Footer

☐ Repeat Header for Categories.

☐ Each Category on new page.

☐ Include Picture Banner

Change Col Order

Formatting Options

Display

Font: Arial

Size: 10 Change Font

Ln Spacing: 7 (Default)

Field Formats

☐ Grid Lines

☒ Ink Saver

☐ Uppercase

Result Type

Landscape Page Orientation (Automatic) Full Page Justify

Field Name:	Place	Bib	Name	DateOfBirth	Category	CombPlace	Division
Display Nam	PL	Bib	Name	YOB	SubCat	Rnk	Div
Include:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Field Width(c)	0.6	0.6	3.8	1.1	2	1	1

CCC Interface\traces\2012 Ski Nats QC\4799 INT Classic.rac - Standard Race

Help

Final Results

Output To: Screen & Printer Save As:

Header/Footer

☐ Repeat Header for Categories.

☐ Each Category on new page.

☐ Include Picture Banner

Formatting Options

Display

Font: Arial

Size: 10 Change Font

Ln Spacing: 7 (Default)

Field Formats

☐ Grid Lines

☒ Ink Saver

☐ Uppercase

Result Type

Landscape Page Orientation (Automatic) Full Page Justify

Print Which Categories

Select All

Unselect All

Category

☒ Open Women

☐ Junior Girls

☐ Open Men

☐ Junior Boys

☐ ParaNordic STAND M

☐ ParaNordic STAND W

☐ ParaNordic SIT M

☐ ParaNordic SIT W

Nation	CCCLicence	FISLicence	Club	Team	TotalTime	TimeBehind
Nat	CCCLic	FISLic	Club	Team	Time	Diff
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1.2	1.5	1.5	3.6	3.6	1.6	1

## Points to remember:

Short forms should always be used when identifying categories in your race registration programme

i.e. Sr W / U20 W; Sr M/U20 M

Do not include U23 or YoB sub-categories in your file structure – Zone 4 will only accept one sub-category level, any additional sub-categories will become a liability when setting up your sprint files

OC's have used creative ways to identify U23 skiers including a separate field check box, beside the YoB field i.e. 1991 –u23 or written designation beside the skier's name i.e. Heidi Widmer (U23), the last option must be manually input by the OC

University names should be captured under the Team field; hence a university skier will always have their club and university recognized; a third level "team" can be included in the team field i.e. Lakehead/NDCTBay

Legacy Zone4 Windows Timing Software

Official Results – Individual Competition Format

Print Preview 5.9.0

100%

Championnats Haywood 2012 Int CI Final

Date: March 19, 2012

Host Club: Skibec / Club Nordique MSA / Rouge et Or UL

Official Results

Location: Mont Sainte-Anne

Jury

TD: Al Maddox  
Chief of Comp: Alain Vachon  
CCC Race Director: Dave Dyer  
TD Assistant: Richard Lemoine

Obs. Time: 11:00

Air Temp: 7  
Snow Temp: -1  
Wind Vel: 3 mph  
Weather: cloudy & sunny  
Wind Dir: N  
Snow Cond: soft & wet

Open Women - 5 km. Classic -

PL	BibName	YOB	SubCat	Rnk	Div	Nat	CCCLic	FISLic	Club	Team	Time	Diff
1	3 Ida Sargent	1988	Women	1/61		USA	18314	3535124	Craftsbury		0:15:16.0	+0.0
2	9 Perianne Jones	1985	Women	2/61	ON	CAN	12918	3105019	Nakkertok-ON	NST	0:15:29.9	+13.9
3	6 Emily Nishikawa	1989	Women	3/61	YT	CAN	13646	3105095	Whitehorse	AWCA/NST	0:15:42.0	+26.0
4	19 Amy Glen	1991	Women	4/61		USA	20975	3535403	University of Vermont		0:15:55.8	+39.8
5	20 Hannah Dreissigacker	1986	Women	5/61		USA	17341	3535136	Craftsbury		0:16:00.3	+44.3
6	22 Sophie Caldwell	1990	Women	6/61		USA	15308	3535304	Dartmouth College		0:16:10.4	+54.4
7	11 Kate Brennan	1987	Women	7/61	ON	CAN	13269	3105066	Kanata	ABWC	0:16:13.9	+57.9
8	30 Erin Tribe	1989	Women	8/61	ON	CAN	13652	3105145	Team Hardwood	NDC Thunder Bay	0:16:27.0	+1:11.0
9	5 Maria Stuber	1983	Women	9/61		USA	13925	3535184	Craftsbury		0:16:30.3	+1:14.3
10	15 Amanda Ammar	1986	Women	10/61	AB	CAN	12889	3105023	Canmore	Track n' Trail	0:16:30.7	+1:14.7
11	25 Caitlin Patterson	1990	Women	11/61		USA	18869	3535385	University of Vermont		0:16:30.9	+1:14.9
12	18 Jennie Bender	1988	Women	12/61		USA	19198	3535381	CXC Elite Team		0:16:34.0	+1:18.0
13	24 Zoe Roy	1987	Women	13/61	AB	CAN	13631	3105090	Rocky Mountain		0:16:34.6	+1:18.6
14	17 Dabria Beatty	1994	Jr Women	1/33	YT	CAN	22610	3105146	Whitehorse	YTST	0:16:36.9	+1:20.9
15	13 Alana Thomas	1988	Women	14/61	ON	CAN	13353	3105089	Nakkertok-ON		0:16:37.3	+1:21.3
16	10 Anja Gruber	1991	Women	15/61		GER	18954	3205261	University of Vermont		0:16:40.5	+1:24.5
17	14 Alexa Turzian	1988	Women	16/61		USA	18325	3535321	Sun Valley Gold Team		0:16:44.9	+1:28.9
18	32 Myriam Paquette	1990	Women	17/61	QC	CAN	14477	3105152	Université Laval	Université Laval	0:16:47.7	+1:31.7
19	23 Andrea Lee	1990	Women	18/61	BC	CAN	13764	3105143	Strathcona Nordic	Lakehead/NTDC	0:16:50.0	+1:34.0
20	42 Isabel Caldwell	1992	Jr Women	2/33		USA	23567	3535436	Dartmouth Outing Club		0:16:52.0	+1:36.0

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## 2017 Web Based Zone 4 System Results Format Official Results – Individual Competition Format

01/09/2017

Print Results – Ski Nationals 2017 Day 4: Medium Interval Classic | Zone4.ca



### Ski Nationals 2017 Day 4: Medium Interval Classic – Results

2017-03-21 – Canmore Nordic Centre

#### Jury

Technical Delegate	Pierre Millette
Assistant Technical Deleg...	Dirk Rohde
Chief of Competition	Mike Norton
CCC Race Director	Dave Dyer

#### Weather

Conditions	Partly Cloudy
Air Temperature	1.6
Snow Conditions	Transformed
Snow Temperature	-2

### Open Men – Official

15km (4 x 3.75km)

Name	Nation	Province	Time	Diffs
1 <b>Devon Kershaw</b> Bib: 589 1982 6521 3100006 Ontario Onaping Falls Nordic CNST	CAN	ON	0:45:05.3	
2 <b>Dag Frode Trolleboe</b> Bib: 607 1993 25050 3421788 University of Denver	NOR		0:45:49.9	+44.6
3 <b>Moritz Madlener</b> Bib: 609 1993 23184 3200426 University of Denver	GER		0:45:52.1	+46.8
4 <b>Graeme Killick</b> Bib: 596 1989 14133 3100175 Alberta Ptarmigan Nordic AWCA	CAN	AB	0:46:14.5	+1:09.2
5 <b>David Palmer</b> Bib: 592 1993 18506 3100292 British Columbia Black Jack Ski Club	CAN	BC	0:46:27.8	+1:22.5
6 <b>Eivind Romberg Kvaale</b> Bib: 586 1994 27236 3422243 University of Denver	NOR		0:46:30.3	+1:25.0
7 <b>Graham Nishikawa</b> Bib: 591 1983 12673 3100034 Yukon Whitehorse Ski Club CPNST	CAN	YT	0:46:31.8	+1:26.5
8 <b>Michael Somppi</b> Bib: 612 1988 13526 3100160 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:46:44.8	+1:39.5
9 <b>Thomas Hardy</b> Bib: 554 1995 23611 3100244 British Columbia Telemark Nordic	CAN	BC	0:47:10.5	+2:05.2
10 <b>Evan Palmer-Charrette</b> Bib: 590 1994 22598 3100283 Ontario Lappe Nordic NTDC TBay	CAN	ON	0:47:10.8	+2:05.5
11 <b>Russell Kennedy</b> Bib: 611 1991 25625 3100268 Alberta Canmore Nordic Team R.A.D.	CAN	AB	0:47:13.0	+2:07.7
12 <b>Julien Lamoureux</b> Bib: 602 1994 21454 3100301 Quebec Montériski CNEPH	CAN	QC	0:47:39.8	+2:34.5
13 <b>Jack Carlyle</b> Bib: 593 1993 19782 3100266 Ontario Soo Finnish AWCA	CAN	ON	0:47:52.6	+2:47.3
14 <b>Rogan Brown</b> Bib: 606 1991 22919 3530550 Sun Valley SEF	USA		0:47:58.7	+2:53.4
15 <b>Gareth Williams</b> Bib: 613 1997 25705 3100351 British Columbia Telemark Nordic BCST Junior: 1/48	CAN	BC	0:48:01.6	+2:56.3
16 <b>Kevin Sandau</b> Bib: 600 1988 13504 3100128 Alberta Foothills Nordic	CAN	AB	0:48:08.5	+3:03.2
17 <b>Ryan Jackson</b> Bib: 575 1997 28149 3100380 Ontario Team Hardwood Junior: 2/48	CAN	ON	0:48:12.2	+3:06.9

[https://zone4.ca/race/1431e7dc-0a94-11e7-adaf-0a30a7b0db55/print\\_results/78a5f15c-0de3-11e7-aad6-003018c04ae6](https://zone4.ca/race/1431e7dc-0a94-11e7-adaf-0a30a7b0db55/print_results/78a5f15c-0de3-11e7-aad6-003018c04ae6)

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## Appendix B Sample Sprint Heat Start List for FIS NorAm/Canada Cup Series

3 Minute Heats with B Final					4 Minute Heats with No B Final				
Heat	Start	Finish	Gap	Rest	Heat	Start	Finish	Gap	Rest
U18 Girls Q1	12:00	12:03	0:03		Sr Women Q1	12:00	12:04	0:04	
U18 Girls Q2	12:03	12:06	0:03		Sr Women Q2	12:04	12:08	0:04	
U18 Girls Q3	12:06	12:09			Sr Women Q3	12:08	12:12		
U18 Girls Q4	12:09	12:12			Sr Women Q4	12:12	12:16		
U18 Girls Q5	12:12	12:15			Sr Women Q5	12:16	12:20		
U18 Boys Q1	12:15	12:18			Sr Men Q1	12:20	12:24		
U18 Boys Q2	12:18	12:21			Sr Men Q2	12:24	12:28		
U18 Boys Q3	12:21	12:21			Sr Men Q3	12:28	12:32		
U18 Boys Q4	12:24	12:24			Sr Men Q4	12:32	12:36		
U18 Boys Q5	12:27	12:30			Sr Men Q5	12:36	12:40		
U18 Girls S1	12:33	12:36	0:03	0:18	Sr Women S1	12:44	12:48	0:04	0:24
U18 Girls S2	12:36	12:39	0:03		Sr Women S2	12:48	12:52	0:04	

U18 Boys S1	12:42	12:45		0:12		Sr Men S1	12:54	12:58		0:14
U18 Boys S2	12:45	12:48				Sr Men S2	13:02	13:06		
U18 Girls BF	12:51	12:54	0:03	0:12						
U18 Girls AF	12:54	12:57	0:03			Sr Women A-F	13:06	13:10	0:04	0:14
U18 Boys BF	13:00	13:03		0:12						
U18 Boys AF	13:03	13:06				Sr Men A-F	13:18	13:22		0:012

This pattern can be adjusted if Open and Junior heats are run in conjunction with selection events. If significant change of course is required, the pairings could be changed.

The Gap between heat starts depends on the length of the course and comfort level of the start, finish and timing officials.