



Race Notice

HAYWOOD NORAM & BUFF SPRINTS USSA SUPER TOUR POINTS RACES DECEMBER 10 & 11, 2016

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| NAME OF EVENT | HAYWOOD NORAM & BUFF SPRINTS AND USSA SUPER TOUR POINTS RACES | |
| RACE SCHEDULE | <p>Saturday December 10, 2016 – Open Sprints Classic Technique – 9:00 am start Mass Start Distance event for Jr/Juv/Midgets Classic technique – 2:00 p.m. start</p> <p>Sunday December 11, 2016 – Interval Start Free Technique – 9:00 am start</p> | |
| RACE LOCATION | SOVEREIGN LAKE NORDIC CENTRE (22 km east of Vernon, B.C. in Silver Star Provincial Park) | |
| HOST CLUB | SOVEREIGN LAKE NORDIC CLUB (SLNC) 250-558-3036 race@sovereignlake.com | |
| SANCTIONED BY | FEDERATION INTERNATIONALE DE SKI (FIS), CROSS COUNTRY CANADA (CCC), CROSS COUNTRY BC (CCBC) | |
| RULES | FIS & CCC RULES AND REGULATIONS http://www.cccski.com/getmedia/6af80483-777e-48ab-82d7-947da5b69814/2016-ICR-CCR-including-2016-precisions-Oct-21.pdf.aspx | |
| RACE ORGANIZING COMMITTEE | Chief of Race Chief of Event Chief of Course Chief of Timing Chief of Stadium Competition Secretary | Sharon Clarke sharon@sovereignlake.com Pat Pearce Bobbi Catt Penny Latta Don Wylie Verena von Bremen 250-540-0869 race@sovereignlake.com |



RACE JURY

Technical Delegate
Chief of Race
CCC Race Director
Assistant Technical Delegate

Jacques Dumont
Sharon Clarke
Mark Duperreault
Al Pokorny

DAY 1 COMPETITION Saturday, Dec. 10th***Open Sprints - Classic Technique***

Qualification round start time 9:00 AM. The top 30 racers in each of the Senior and Junior categories advance to the Sprint Heats.

| Category | Sub Categories/ Year of Birth | Distance |
|------------|--|----------|
| Open Men | Senior – born 1996 or before Junior – born 1997 or 1998 | 1,200 m |
| Open Women | Senior – born 1996 or before Junior – born 1997 or 1998 | 1,200 m |

NOTE¹: Skiers will be seeded together according to CPL sprint points for the qualifying round but will ski in separate senior and junior heats.

Distance Event for Jr/Juv/Midget skiers – Mass Start Classic Technique

Start time: 2:00 p.m.

| Category | Year of Birth | Distance | Course Format | Course Signage |
|----------------|----------------|----------|---------------|----------------|
| Junior Boys | 1999 or 2000 | 5 km | 2.5 x 2 | Blue |
| Junior Girls | 1999 or 2000 | 5 km | 2.5 x 2 | Blue |
| Juvenile Boys | 2001 or 2002 | 5 km | 2.5 x 2 | Blue |
| Juvenile Girls | 2001 or 2002 | 5 km | 2.5 x 2 | Blue |
| Midget Boys | 2003 and after | 2.5 km | 2.5 x 1 | Blue |
| Midget Girls | 2003 and after | 2.5 km | 2.5 x 1 | Blue |

NOTE²: Para-Nordic will be coordinated as required on both race days. Please contact the Competition Secretary at race@sovereignlake.com regarding all para-nordic entries.



DAY 2 COMPETITION **Sunday, Dec. 11th** **Interval Start - Free Technique**
Start time: 9:00 a.m.

| Category | Sub Categories/ Year of Birth | Distance | Course Format | Course Signage |
|----------------|--|----------|---------------|---------------------------|
| Open Men | Senior – born 1996 or before Junior – born 1997 or 1998 | 15 km | 5.0 x 3 | Red with one black stripe |
| Junior Boys | born 1999 or 2000 | 10 km | 5.0 x 2 | Red with one black stripe |
| Open Women | Senior – born 1996 or before Junior – born 1997 or 1998 | 10 km | 5.0 x 2 | Red with one black stripe |
| Junior Girls | born 1999 or 2000 | 5 km | 5.0 x 1 | Red with one black stripe |
| Juvenile Boys | born 2001 or 2002 | 5 km | 2.5 x 2 | Blue |
| Juvenile Girls | born 2001 or 2002 | 5 km | 2.5 x 2 | Blue |
| Midget Boys | born 2003 and after | 2.5 km | 2.5 x 1 | Blue |
| Midget Girls | born 2003 and after | 2.5 km | 2.5 x 1 | Blue |

**RACE
REGISTRATION**

Registration and fee payment is ON-LINE ONLY at zone4.ca.
 Coaches should register on Zone 4 (no fee). **Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.**

If you experience any difficulties registering on-line please contact the Competition Secretary.

Racers and coaches **must** check the confirmation list on Zone4 (zone4.ca) as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the competition secretary (race@sovereignlake.com) before 12 noon on Tuesday, December 6th if corrections are required.

RACE FEES

Open (Senior and Junior Women/Men)
Early Registration: up to November 20th \$40 per race
Registration: Nov 21st to Dec 5th \$45 per race

Junior/Juvenile/Midget Boys and Girls
Early Registration: up to November 20th \$25 per race
Registration: Nov 21st to Dec 5th \$30 per race

Payment must be made on-line in zone4.ca Credit cards only. Entry fee includes trail pass for the training day on December 9, 2016.

**RACE ENTRY
DEADLINE**

The entry deadline for all races is:
Monday, December 5, 2016 at 11.59 pm PST

Late entries will only be accepted at the discretion of the jury and will incur an additional \$50 late fee per race. Late entrants will not be seeded.



RACE OFFICE HOURS

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| Friday, December 9 th | 10:00 a.m. – 4:00 p.m. |
| Saturday, December 10 th | 7:30 a.m. – 4:00 p.m. |
| Sunday, December 11 th | 7:30 a.m. – 3:00 p.m. |

LICENSES

All skiers must have a current ski license to register. If a skier is not licensed by CCC or other National Ski Federation, then a CCC Supporting Member Day License (SMDL) must be purchased when registering. **Midget skiers must have a CCC Development license or SMDL.**

ELIGIBILITY

Racers must have one of the following licenses to be eligible to ski in this event:

- Current FIS License
- 2016/2017 CCC Racing License
- CCC Supporting Member Day License purchased at time of registration for the race
- Other National Ski Federation License

Racers holding both CCC and FIS licenses must provide both numbers when registering on Zone 4.

WAIVER FORMS

Waivers must be accepted on Zone 4 registration.

SEEDING

Seeding will be in accordance with the technical package: Haywood NorAm Series Technical Package found at: <http://www.cccski.com/Events/Technical-Packages.aspx>.

6.9.1 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 be randomly assigned within each group. 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.

6.9.2 Mass Start Races: 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. **NOTE: The start will be a straight line rather than a chevron grid for this event.**

6.9.3 Sprint Competitions: Sprint competitions will consist of a qualification round of all skiers in each category. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of Sprint CPL with the best starting first. The purpose of this is to allow junior skiers to score FIS points. A separate group will be formed of those License holders without CPL and SMDL skiers. Start order will be per Jury decision. For the quarter-final heats, juniors have the option of racing in the senior category or the junior category. Unless the Competition Secretary receives notice of an athlete's intent to race up, before or at the TCM prior to the competition, all qualifying junior men and women will be entered into the junior quarterfinal heats.



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| TEAM CAPTAINS | <p>Team Captains Meetings will be held at the National Training Centre at Silver Star as follows</p> <ul style="list-style-type: none"> • Friday December 9th at 5:00 pm for Saturday's Sprint/Distance race • Saturday December 10th at 5:30 pm for Sunday's Distance race <p>It is highly recommended that all coaches attend so they can ensure their athletes' race entries are correct and complete prior to creating any Start Lists.</p> |
| START LISTS | Start Lists will be available on zone4.ca after the Team Captains Meetings. |
| BIB PICKUP | <p>Saturday between 7:30 and 9:30 am for Open Sprints in the Race Office between 12:00 and 1:30 p.m. for Distance event in the Race Office Sunday between 7:30 and 9:30 am in the Race Office The Race Office is the brown log cabin located behind the green Technical Building.</p> |
| AWARDS | There will be two awards presentations (in the stadium) on each race day to the top three finishers in each age category. The presentation of cash awards to the winners of the open categories (top five overall plus the top U23 skier) will take place as soon as results are available upon completion of this class. Please note only skiers with FIS licenses are eligible for cash prizes. |
| NORAM PROTEST PROCEDURE | <p>The Protest Procedure is outlined in the FIS ICR – CCC 361 (see link under Rules and Regulations). Protest forms will be available in the Race Office. Note: a \$100 fee must accompany the protest form.</p> |
| FACILITIES | SLNC offers a heated day lodge with indoor washrooms. In addition, outhouses will be located close to the parking and stadium areas. First aid attendants will be available on site. |
| FOOD & DRINKS | Drinks and snacks will be available to racers at the finish line. Members of the SLNC Junior Development team will be selling chili as a fundraiser to support travel to the 2017 Nationals. A limited selection of other food and drinks is available for purchase at the Sovereign Lake day lodge. Full service restaurants, cafes, pubs and a small grocery store are available at Silver Star Mountain Resort (3km away). |
| WAXING | Teams are welcome to set up tents for waxing in the area under the flags between the lower parking lot and the day lodge. The grooming garage will also be available for this event. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge. The wax cabin is for the use of recreational day skiers only. |
| SNOW CONDITIONS | See the SLNC website at www.sovereignlake.com for trail conditions and web cam information. |



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| WARM UP/WAX TESTING | Warm up/cool down and glide testing areas are located on Wylies Loop and Montezuma trails. THE COURSE WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION. |
| COURSE MAPS | Course maps will be available on the SLNC website www.sovereignlake.com |
| TRAIL PASSES | Trail passes for Friday (training day) and for Saturday and Sunday race days are included with race fees. Dual Area Trail passes (covering both Sovereign Lake and Silver Star trails) for the preceding Monday to Thursday will be available for racers and coaches at 50% off the regular day pass cost. |
| CANCELLATION | Any change in the event location or timing will be posted as early as it is known on the Sovereign Lake web site www.sovereignlake.com and www.cccski.com . Where possible a decision on event cancellation or change of site will be made by the organizing committee one week prior to the event in consultation with the Technical Delegate. Where possible a suitable alternative site within driving distance will be identified at the time of cancellation. |
| REFUNDS | In the event of cancellation, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification WITH medical documentation prior to the registration deadline on December 5 th . |
| AIRPORT | The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see www.kelownaairport.com). Airlines include Air Canada Jazz, Westjet, Horizon Air and Central Mountain Air. |
| ACCOMMODATION | Silver Star Mountain (3km from Sovereign Lake) <ul style="list-style-type: none"> • Silver Star Accommodation Phone 1-800-489-0599 Web www.staraccom.com • See http://samesun.com/Silverstar/index.htm for hostel accommodation Vernon (21 km from Sovereign Lake) <ul style="list-style-type: none"> • See http://www.vernontourism.com |

