



Race Notice

HAYWOOD NORAM/USSA SUPER TOUR DECEMBER 9 & 10, 2017

NAME OF EVENT	HAYWOOD NORAM/USSA SUPER TOUR	
RACE SCHEDULE	<p>Saturday December 9, 2017 – 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 10, 2017 – 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 Troy Hudson Jen Hyde Mark Duperreault Verena von Bremen 250-540-0869 race@sovereignlake.com



RACE JURY

Technical Delegate
 Chief of Race
 CCC Race Director
 Assistant Technical Delegate

Claude Chabot
 Sharon Clarke
 Dave Dyer
 Frances Norlen

DAY 1 COMPETITION Saturday, Dec. 9th***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 1997 or before Junior – born 1998 or 1999	1,300 m
Open Women	Senior – born 1997 or before Junior – born 1998 or 1999	1,300 m

NOTE: 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	2000 or 2001	5 km	2.5 x 2	Blue
Junior Girls	2000 or 2001	5 km	2.5 x 2	Blue
Juvenile Boys	2002 or 2003	5 km	2.5 x 2	Blue
Juvenile Girls	2002 or 2003	5 km	2.5 x 2	Blue
Midget Boys	2004 and after	2.5 km	2.5 x 1	Blue
Midget Girls	2004 and after	2.5 km	2.5 x 1	Blue

NOTE: “Technique zones” will be implemented during the classic race.



DAY 2 COMPETITION **Sunday, Dec.10th** **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 1997 or before Junior – born 1998 or 1999	15 km	5.0 x 3	Red with one black stripe
Junior Boys	born 2000 or 2001	10 km	5.0 x 2	Red with one black stripe
Open Women	Senior – born 1997 or before Junior – born 1998 or 1999	10 km	5.0 x 2	Red with one black stripe
Junior Girls	born 2000 or 2001	5 km	5.0 x 1	Red with one black stripe
Juvenile Boys	born 2002 or 2003	5 km	2.5 x 2	Blue
Juvenile Girls	born 2002 or 2003	5 km	2.5 x 2	Blue
Midget Boys	born 2004 and after	2.5 km	2.5 x 1	Blue
Midget Girls	born 2004 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 9 a.m. on Wednesday, December 6th if corrections are required.

RACE FEES

Open (Senior and Junior Women/Men)
Early Registration: up to November 12th \$40 per race
Registration: Nov 13st to Dec 4th \$45 per race

Junior/Juvenile/Midget Boys and Girls
Early Registration: up to November 12th \$30 per race
Registration: Nov 13st to Dec 4th \$35 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 8, 2017.

COACH BIBS

One Coach bib per team will be available to allow access on skis to the distance courses during the races. These can be picked up at the counter in the daylodge. Fee is \$20 per bib. The cost for non-return of bib is \$50. Credit card imprint is required.



**RACE ENTRY
DEADLINE**

The entry deadline for all races is:

Monday, December 4, 2017 at 23:59 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**

Friday, December 8 th	10:00 a.m. – noon
Saturday, December 9 th	7:30 a.m. – 4:00 p.m.
Sunday, December 10 th	7:30 a.m. – 3:00 p.m.

LICENSES

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

- Current FIS License
- 2017/2018 CCC Racing License
- Other National Ski Federation License
- CCC Supporting Member Day License purchased at time of registration for the race

Racers holding both CCC and FIS licenses must provide both numbers when registering on Zone 4. **Midget skiers must have a CCC Development license or SMDL.**

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>. Please refer to sections:

6.9.1 Interval Start Distance Races

6.9.2 Mass Start Races

6.9.3 Sprint Competitions

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.

TEAM CAPTAINS

Team Captains Meetings will be held at the National Training Centre at Silver Star as follows

- Friday, December 8th at 6:00 pm for Saturday's Sprint/Distance race
In the Auditorium
- Saturday, December 9th at 6:00 pm for Sunday's Distance race
In the Team Room

It is highly recommended that all coaches attend so they can ensure their athletes' race entries are correct and complete prior to finalizing Start Lists.

START LISTS

Start Lists will be available on zone4.ca after the Team Captains Meetings.

BIB PICKUP

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 events

Sunday between 7:30 and 9:30 am

The Race Office is the brown log cabin located behind the green Technical Building.



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	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.
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 2018 Nationals. A limited selection of other food and drinks are 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	<p>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.</p> <p>CCBC Low-fluoro Glide Waxing Protocol for MIDGET-AGE SKIERS In order to keep costs down while still keeping the competition level fair, Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for Midget level skiers at this NorAm. This also applies to coaches, athletes, wax technicians and parents from out-of-province or out-of-country.</p> <p>Low-fluoro glide waxing protocol: Structure tools ARE permitted. Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted. Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted. Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted. Cold weather powder additives and hardeners are NOT permitted.</p>
SNOW CONDITIONS	See the SLNC website at www.sovereignlake.com for trail conditions and web cam information.
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	https://www.sovereignlake.com/event/2017-haywood-noram-sprints/



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 4th.

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, Air North and Central Mountain Air.

ACCOMMODATION Silver Star Mountain (3km from Sovereign Lake)

- 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)

- See <http://www.vernontourism.com>



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EVENT TIMETABLE

DATE	TIME (PST)	EVENT	LOCATION
Sunday, Nov. 12	23:59	Deadline for early registration	http://www.zone4.ca
Monday, Dec. 4	23:59	Final deadline for registration <i>Coaches please check Confirmation List</i>	If you have any problems with registration please email race@sovereignlake.com
Friday, Dec. 8	10:00-12:00	Race Office open	<i>brown log cabin behind green technical building</i>
	9:00-15:00	Official Training	Sovereign Lake Nordic Centre
	18:00	Team Captains Meeting	National Training Centre Silver Star Mtn Resort
Saturday, Dec. 9	7:30-9:30	Sprint Bib pickup	Race Office
	9:00	Sprint Qualification CL Open Women	Stadium
	10:00	Open Men	
	11:00	Heats Jr Women, Sr Women	<i>Awards in finish area following</i>
	12:20	Jr Men, Sr Men	
	13:45	Open Men/Women Awards	
	12:00-13:30	Bib pickup Jr/Juv/Midget B/G	Race Office
	14:00	Mass Start CL Jr/Juv/Midget B/G	<i>Awards in finish area following</i>
	16:00	Jr/Juv/Midget Awards	
	18:00	TCM	National Training Centre SSMR
Sunday, Dec. 10	7:30-9:30	Bib pickup	Race Office
	9:00	Interval Start FT Open Men	Stadium
	~10:00	Interval Start FT Open Women	<i>Awards in finish area following</i>
	~12:00	Open Men/Women Awards	
	~11.00 ~13:00	Interval Start FT Jr/Juv/Midget B/G Jr/Juv/Midget Awards	<i>Awards in finish area following</i>

PLEASE NOTE THAT SCHEDULED TIMES AND START ORDER ARE SUBJECT TO CHANGE DUE TO WEATHER OR OTHER JURY DECISIONS. UPDATES WILL BE POSTED ON SLNC NORAM EVENT WEBSITE AFTER REGISTRATION CLOSURES.

<https://www.sovereignlake.com/event/2017-haywood-noram-sprints/>

