



Nordiq Cup / US Super Tour (Continental Cup)

TEAM CAPTAINS MEETING

Nov 29th – For Nov 30th, 2022

Classic Sprint





HOUSEKEEPING



- Please keep mic muted except if needing to speak
- If you have a question, please put it in the chat
- Questions will be discussed at the end
- Only one representative per team to speak on behalf of the team





AGENDA



1. Welcome, Review Agenda
2. COVID Protocols
3. Updates and Reminders
4. Seed list/Start List
5. Schedule
6. Weather Report
7. Stadium Information
8. Course Information
9. General Information
10. Comments by Technical Delegate
11. Comments by NC Delegate
12. Comments by Chief of Competition





JURY INTRODUCTION



TECHNICAL DELEGATE	Dan Brisbin
ASSISTANT TD	Claude Laramee
CHIEF OF COMPETITION	Troy Hudson
NORDIQ CANADA RACE DIRECTOR	Ilona Gyapay
US SKI AND SNOW BOARD RACE DIRECTOR	Bryan Fish





RACE COMMITTEE INTRODUCTION



CHIEF OF RACE	Troy Hudson
CHIEF OF STADIUM	Dave Pearce
CHIEF OF COURSE	Rick Latta
CHIEF OF CONTROLLERS	Cathrine Beck/Jessica Roach
CHIEF OF TIMING	Dan Roycroft
COMPETITION SECRETARY	Marcus Boyle





COVID PROTOCOL



- *Sovereign Lake Nordic Club follows the mandates and recommendation of the Provincial Health Authority and Interior Health. As we are seeing an increase in flu and cold-related illness this fall we recommend that athletes and support staff reduce time spent in indoor spaces, wear a mask if you are experiencing any flu-like symptoms, are immunocompromised, or are feeling more comfortable. There are no enforced mandates surrounding mask-wearing or vaccinations at this time.*
- *Please stay home if feeling sick*





UPDATES

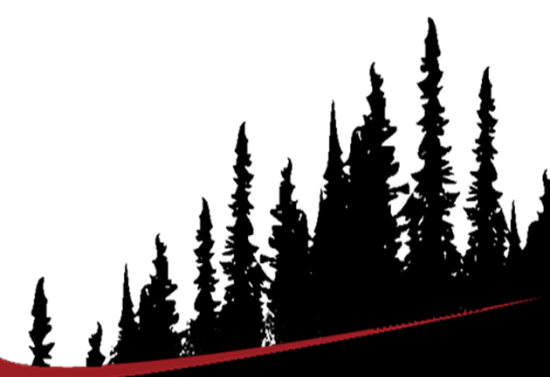
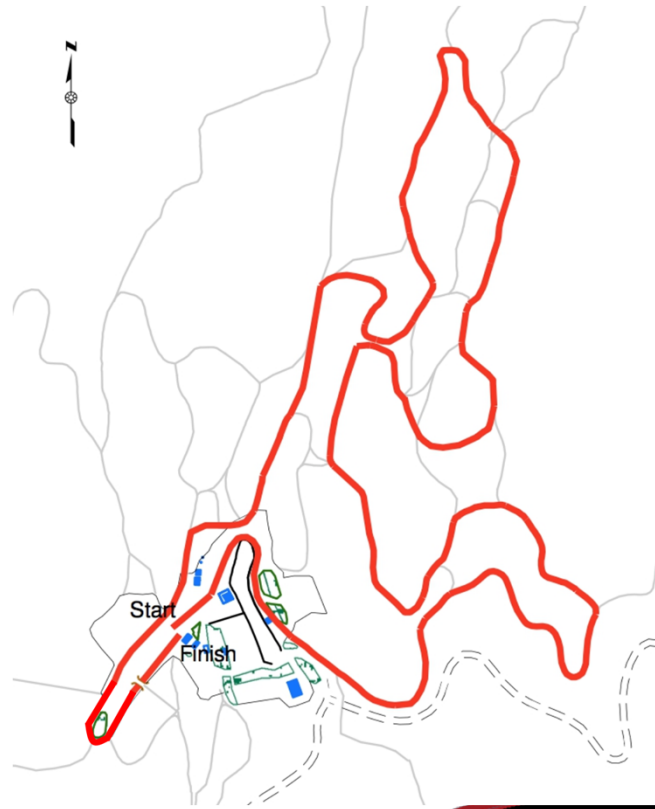


- No technique zone on the classic sprint course
- 5k course for Thursday's race will be open all day long, but they need to not ski on the sprint course. Access must be done by walking to the course through the parking lot.
- Official training will start at 3:00pm





5K COURSE



REMINDERS

- **ATHLETES MUST HAVE AN FIS LICENSE TO RACE U20 OR SENIOR**
- Each of the TCMs will be virtual and be at 1800hrs
 - Nov 29th for Nov 30th
 - Nov 30th for Dec 1st
 - Dec 2nd for Dec 3rd
 - Dec 3rd for Dec 4th
- Parking is at a minimum so please minimize the number of cars coming to the race
- For any prize money athletes will be required to provide direct deposit banking information to be able to receive the prize money. Forms will be provided to the athletes at awards.
- Classic pole length measurements may be done at the discretion of the Jury – coaches should confirm their athletes are compliant (83%) before racing



FLUORO POLICY



- All age categories: – Nordiq Canada, CCBC and Sovereign Lake Nordic Club continue to believe in a fluoro free wax future and strongly recommend participants use fluoro free waxes, but with current challenges around enforcement and monitoring usage there will be no fluoro wax ban for **Nordiq Cup (COC FIS Tier 1) and *combined* Nordiq Cup and Canada Cup (FIS Tier 1) events.**
- Please refer to Fluoro Wax Rule for all 2022-2023 Nordiq Canada Sanctioned [Wax Tech Resources - Nordiq Canada.](#)





Seed List/Start Lists



- Seed lists were sent out Nov 28th for review
- All comments received by 3pm prior to TCM.
- Start lists are published on Zone4
- Please give any scratches to Competition Secretary. They will show as DNS on the start lists.





SCHEDULE (DAY 1)



TIME (PST)	EVENT	LOCATION
8:30 am – 10:00 am	Bib Pickup – Sprint – Classic Technique	Race Office – Brown log cabin behind green technical building
10:00 am – 11:00 am	Sprint Qualification – Classic Technique Group 1 – Open Women (U20 & Senior) Group 2 – Open Men (U20 & Senior)	Stadium
12:30 pm – 1:45 pm	Heats & Finals – Classic Technique Group 1A – U20 Women only – Top 30 not qualifying for Group 1B Group 1B – Top 30 U20 and Senior Women	Stadium
1:45 pm – 3:00 pm	Heats & Finals – Classic Technique Group 2A – U20 Men only – Top 30 not qualifying for Group 2B Group 2B – Top 30 U20 and Senior Men	Stadium
6:00 pm	Team Captains Meeting (For Dec 1 st)	ONLINE

Awards

Women's

~1:45pm

Men's

~3:00pm

Must be present to receive cash awards

Course closes at 9:55am

Course will open after qualifiers from ~11:00am until 12:25pm





EVENTS (DAY 1 – Sprints)



Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Women	Senior – born 2002 or before	1.3 km	1 x 1.3 km	Green
	U23 – born 2000, 2001 or 2002		1.3km Classic Sprint	
	CCUNC			
	U20 – 2003 or 2004			
Open Men	Senior – born 2002 or before	1.3 km	1 x 1.3 km	Green
	U23 – born 2000, 2001 or 2002		1.3km Classic Sprint	
	CCUNC			
	U20 – 2003 or 2004			

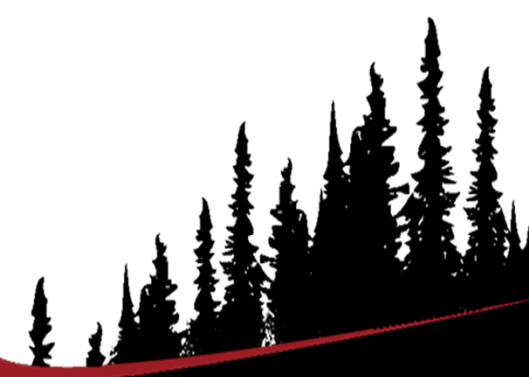




WEATHER

November 30th

Tue Afternoon	Tue Evening	Tue Overnight	Wed Morning	Wed Afternoon	Wed Evening
Mainly cloudy	Light snow	Light snow	Flurries	Scattered flurries	A few flurries
-14°	-14°	-12°	-11°	-10°	-13°
-17	-19	-18	-16	-14	-16
30 %	70 %	70 %	70 %	60 %	40 %
-	1-3 cm	~5 cm	1-3 cm	~1 cm	<1 cm
5 N	9 E	12 E	9 E	6 SE	5 NW
9	17	20	17	11	9
72 %	72 %	66 %	72 %	85 %	85 %



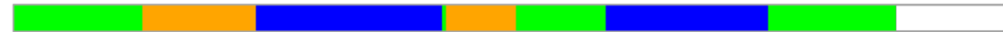
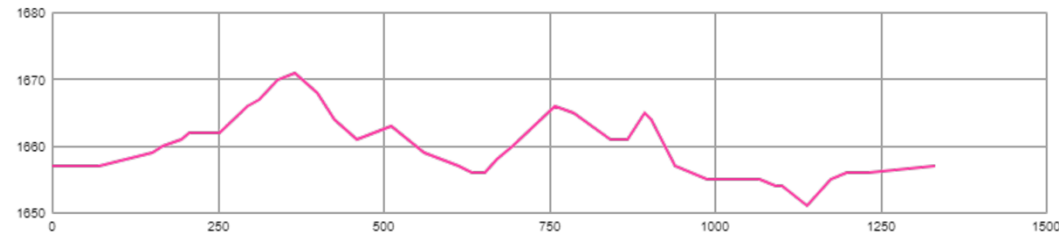
VENUE MAP/WAX TESTING



COURSE - CLASSIC SPRINT

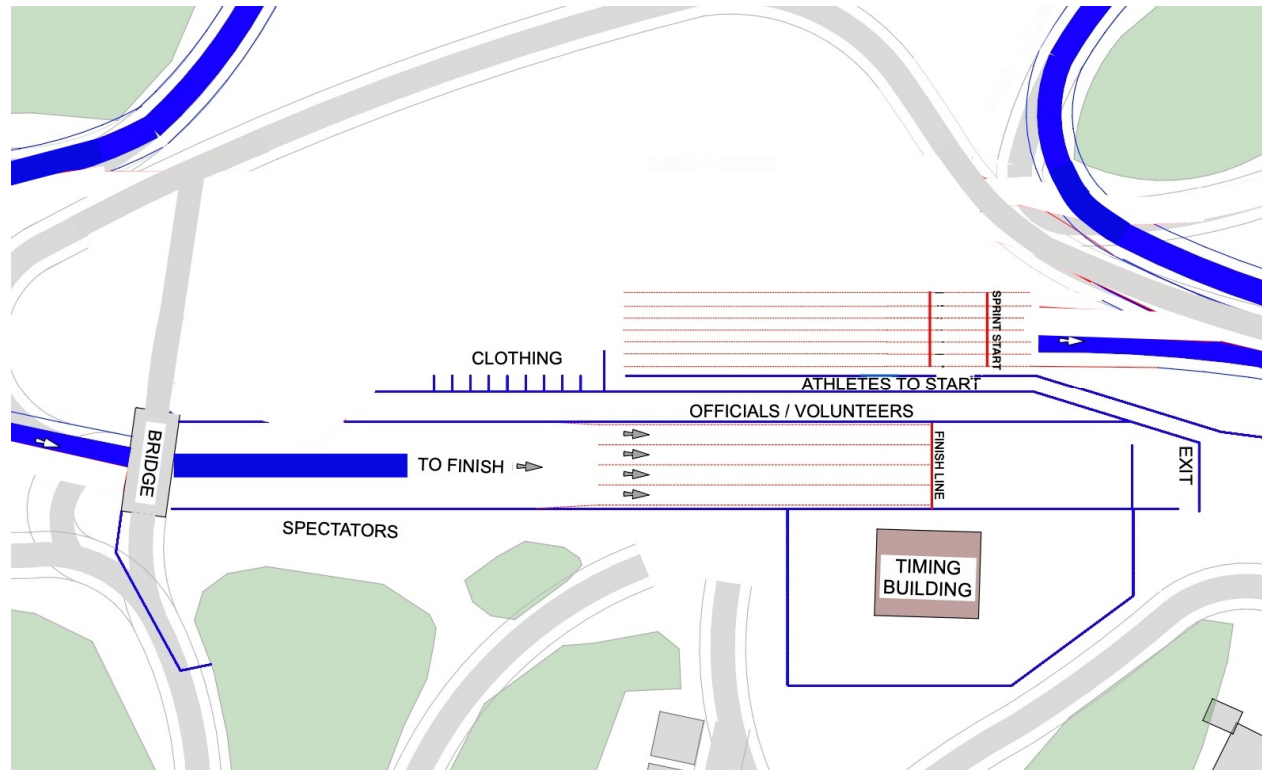


Course length:	1,331m	Height difference (HD):	20m	Lowest point:	1,651m
Course category:	D	Maximum climb (MC):	10m	Highest point:	1,671m
		Total climb (TC):	36m		



A-climb B-climb C-climb descent undulated terrain

STADIUM - CLASSIC SPRINT





General Information



- Sprints (Ilona will discuss more detail later)
 - Heats are timed
 - 1st Group for Heats and Finals – U20 Only – Next 30 after 2nd group chosen
 - 2nd Group for Heats and Finals – Top 30 U20 and Senior
- Format for heats:
 - Five Heats, Two Semi Finals, One Final (no “B” final)
 - First two automatically advance
 - 2 Lucky Losers – determined by heat times
- Notification of Lucky Losers, **athletes and coaches are responsible for checking at the results board outside the lower level of the lodge.**
- Bibs picked up in the start area
- Bibs must be returned to the finish zone



TECHNICAL DELEGATE

Comments

Dan Brisbin



Technical Delegate – Rules Update

- Sprints
 - Classic Technique
 - Overtaking
 - Obstruction
 - False Start in Sprint Heats (325.4.2.9)
 - First – written reprimand
 - Second – competition suspension

Nordiq Canada – Race Director US Ski and Snowboard

Ilona Gyapay
Bryan Fish

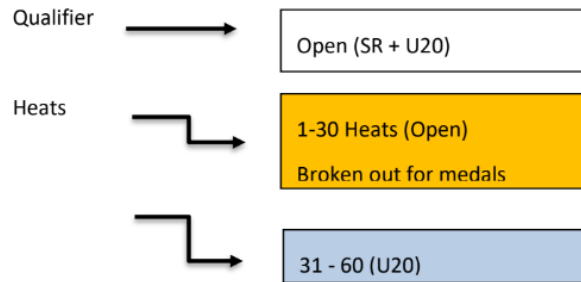


Discussion

- Coach Bibs
 - Canadian – Coaches from teams pick up 2 bibs from Race Office
 - US – have personalized bibs
 - Maximum 2 coaches per team on course during the race and between qualifications and heats/finals (course closes 5 minutes to race start)
- Sprints
 - 1st Group for Heats and Finals – U20 Only – Next 30 after 2nd group chosen
 - 2nd Group for Heats and Finals – Top 30 U20 and Senior

SPRINT TRIALS AND COC = One Category Open (U20 + Senior)

Athletes are to register in their date of birth age categories



HEAT EXAMPLE

Heats = 1-30 (U20 / SR)

29. U20

30. SR

31. U20 – 31 place for heats

32. SR

33. SR

34. U20 – 32 place for heats

35. SR

36. U20 – 33 place for heats

Chief of Competition

Comments

Troy Hudson



General Information

- Be aware of potential equipment theft
- Please make sure that all bibs are returned before end of day
 - Teams will not be allowed to pickup bibs if there are bibs not returned from a previous day
 - Coaches will be notified the previous evening if there are any bibs missing
- Athlete must be at awards ceremony to receive cash prizing
 - Women's ~1:45pm
 - Men's ~3:00pm
- Medals that were not received can be picked up at the front desk of the day lodge.

Good luck to all the participants!



Questions?





Thank You!

