



Nordiq Cup / US Super Tour (Continental Cup)

TEAM CAPTAINS MEETING

Nov 30th – For Dec 1st, 2022

Mass Start Free Technique





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



- **Saturday Free Technique Sprint races – The order of Heats and Finals will be switched so that older/faster athletes start first**
- Tomorrow's race should stay on schedule (no weather delay anticipated)





REMINDERS



- 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.
- Please attend awards (particularly U20)
- Coaches can only ski in the direction of the course and must have a bib on
- Go buy food at the food trucks!





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 29th 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 2)



TIME (PST)	EVENT	LOCATION
10:30 am – 12:00 pm	Bib Pickup – Mass Start	Race Office – Brown log cabin behind green technical building
12:00 pm – 12:30 pm	Mass Start Free – Open Women (U20 & Senior)	Stadium
12:30 pm – 1:30 pm	Mass Start Free – Open Men (U20 & Senior)	Stadium
None	Team Captains Meeting	

Awards

All ~1:30pm

Must be present to receive cash awards

Course closes at 11:55am





EVENTS (DAY 2 – Mass Start)



Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Women	Senior – born 2002 or before	10 km	2 x 5.0 km	Red
	U23 – born 2000, 2001 or 2002		5km Course	
	CCUNC			
	U20 – born 2003 or 2004			
Open Men	Senior – born 2002 or before	10 km	2 x 5.0 km	Red
	U23 – born 2000, 2001 or 2002		5km Course	
	CCUNC			
	U20 – born 2003 or 2004			





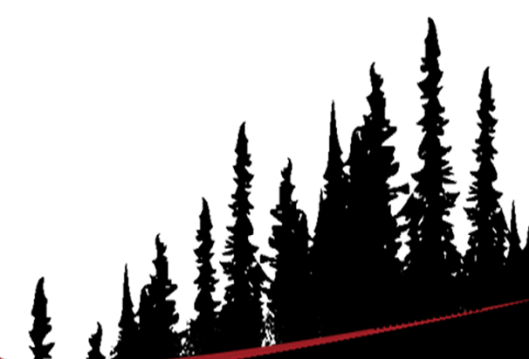
WEATHER

December 1st

36 Hours

Snow Outlook: Close to 1 cm 6:00pm Wed to 5:00am Fri

Wed Evening	Wed Overnight	Thu Morning	Thu Afternoon	Thu Evening	Thu Overnight
Scattered flurries	Scattered flurries	A mix of sun and clouds	A mix of sun and clouds	Partly cloudy	Partly cloudy
-13°	-17°	-17°	-16°	-22°	-26°
-18	-23	-23	-20	-25	-27
40 %	60 %	30 %	20 %	10 %	20 %
<1 cm	~1 cm	-	-	-	-
7 NW	7 NW	7 NW	5 NW	3 NE	2 E
11	12	12	9	5	3
91 %	71 %	65 %	84 %	84 %	83 %

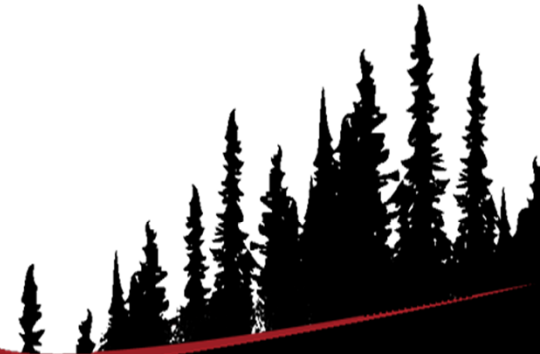
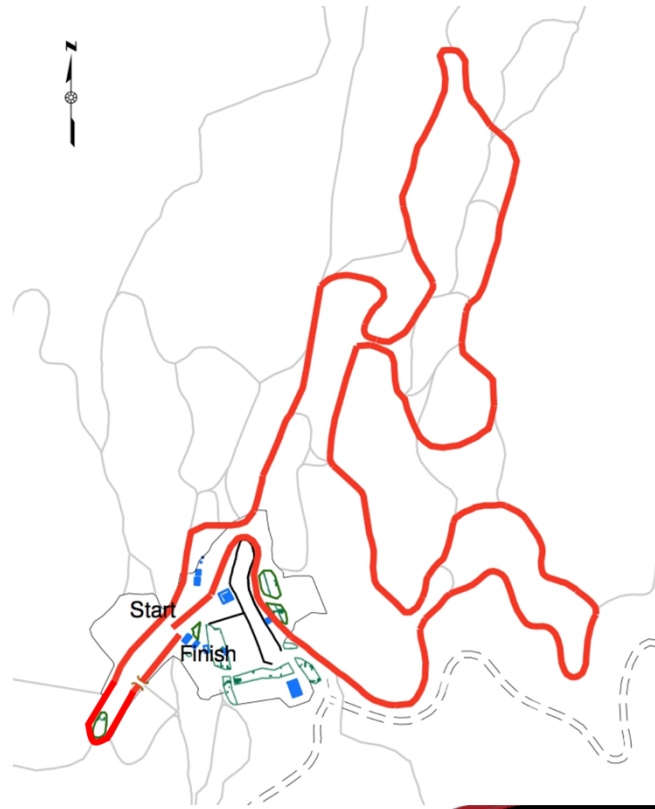


VENUE MAP/WAX TESTING



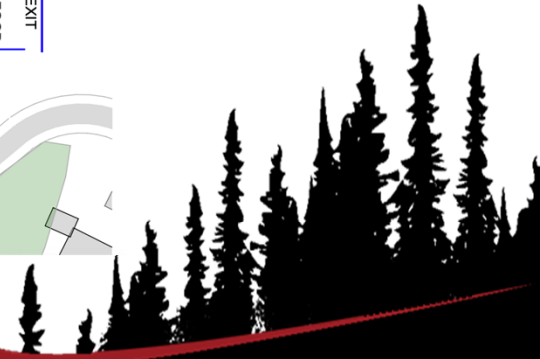
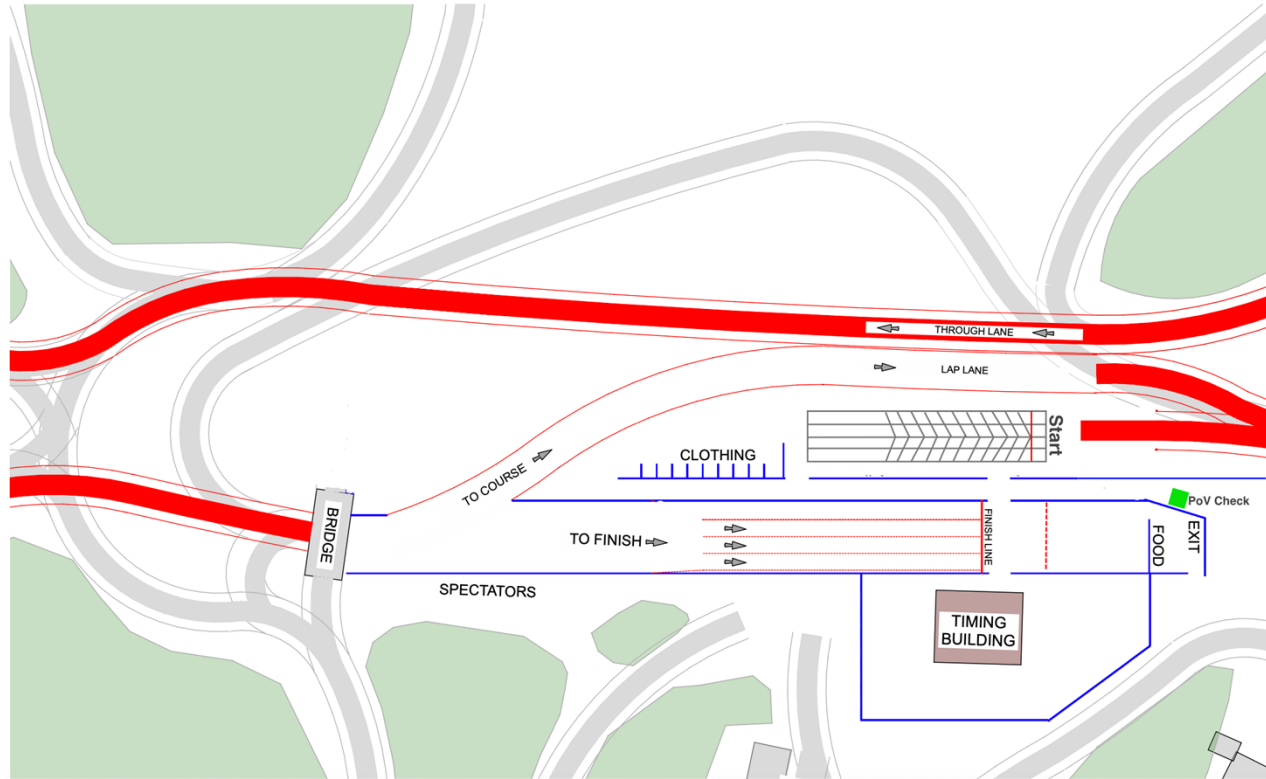


COURSE – MASS START (5k)





STADIUM – DAY 2 – MASS START



ASSISTANT TD

Claude Laramee

- Bravo and thank you to our Chief and Competition and his team for a super job considering all the challenges of the last 24 hours
- Today was a good day of racing. Thank you coaches and athletes for your excellent collaboration
- There were several sanctions for classical technique violations, one DSQ, three written reprimand, one verbal reprimand
- Tomorrow 10k mass start, Free Technique on the 5k red loop
- Start is on 5 track classical chevron
- Numbers on the chevron correspond to bib numbers. For example: 501 = 01, 502 = 02, 503 = 03, etc.
- THANK YOU!!



Nordiq Canada – Race Director US Ski and Snowboard



Ilona Gyapay
Bryan Fish

- Great day of racing
- Thanks for the patience on the race delay
- Great work from the groomers!
- Remember to thank the volunteers



Chief of Competition

Troy Hudson

- Be aware of potential equipment theft and do not leave equipment in SLNC unlocked facilities.
- There are items in the lost and found
- All bibs have been returned!
- Athlete must be at awards ceremony to receive cash prizes
- Medals that were not received can be picked up at the the day lodge.

Good luck to all the participants!





Questions?





Thank You!



