



Nordiq Cup / US Super Tour (Continental Cup)

TEAM CAPTAINS MEETING

Dec 2nd – For Dec 3rd, 2022

Free Technique 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
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 has been switched so that older/faster athletes start first**
- Tomorrow's race should stay on schedule (no weather delay anticipated)
- Very tight schedule with a long day



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: Open, U20, U18, U16 and CCUNC. U20 is drawn from the Open results based on YOB (2003 and younger).**
- Coaches can only ski in the direction of the course and must have a bib on
- Course closes 5 minutes before race start and re-opens between qualifiers and heats/finals
- 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 Dec 1st 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 3)



TIME (PST)	EVENT	LOCATION
7:00 am – 8:30 am	Bib Pickup – Sprint – Free Technique	Race Office – Brown log cabin behind green technical building
8:30 am – 9:15 am	Sprint Qualification – Free Technique Group 1 – Open Men (U20 & Senior) Group 2 – Open Women (U20 & Senior)	Stadium
9:30 am – 10:30 am	Sprint Qualification – Free Technique Group 3 – U16, U18 Boys Group 4 – U16, U18 Girls	Stadium
11:00 am – 12:15 pm	Heats & Finals – Free Technique Group 1A – U20 Men only – Top 30 not qualifying for Group 1B Group 1B – Top 30 U20 and Senior Men	Stadium
12:15 pm – 1:30 pm	Heats & Finals – Free Technique Group 2A – U20 Women only – Top 30 not qualifying for Group 2B Group 2B – Top 30 U20 and Senior Women	Stadium
1:30 pm – 2:45 pm	Heats & Finals – Free Technique Group 3A – U16 Boys Group 3B – U18 Boys	Stadium
2:45 pm – 4:00 pm	Heats & Finals – Free Technique Group 4A – U16 Girls Group 4B – U18 Girls	Stadium
6:00 pm	Team Captains Meeting (For Dec 4 th)	ONLINE

Awards

Men ~12:30pm

Women ~1:45pm

Boys ~3:00pm

Girls ~4:15pm



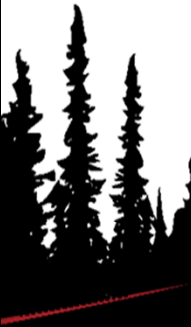


SCHEDULE – Heats & Finals



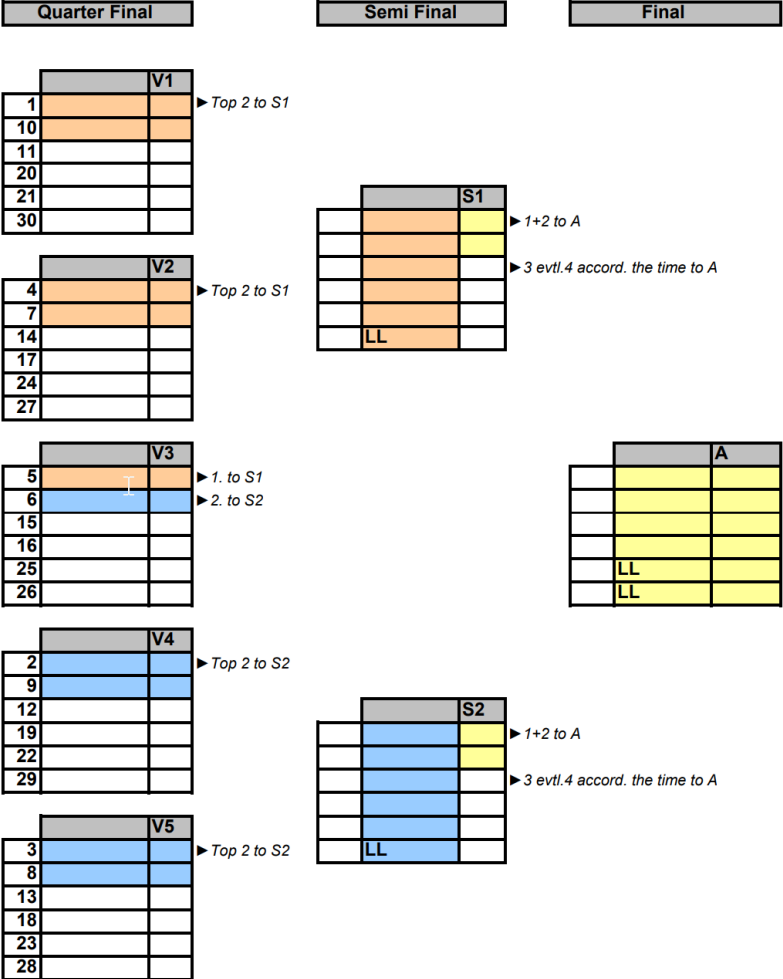
Heat		Start	Finish	Gap	Add Gap	Least Rest
Open Men	Q1	11:00:00	11:03:30	11:04:00		
	Q2	11:04:00	11:07:30	11:08:00		
	Q3	11:08:00	11:11:30	11:12:00		
	Q4	11:12:00	11:15:30	11:16:00		
	Q5	11:16:00	11:19:30	11:20:00		
U20 Men	Q1	11:20:00	11:23:30	11:24:00		
	Q2	11:24:00	11:27:30	11:28:00		
	Q3	11:28:00	11:31:30	11:32:00		
	Q4	11:32:00	11:35:30	11:36:00		
	Q5	11:36:00	11:39:30	11:40:00	00:03:00	
Open Men	S1	11:43:00	11:46:30	11:47:00		00:23:30
	S2	11:47:00	11:50:30	11:51:00		
U20 Men	S1	11:51:00	11:54:30	11:55:00		00:11:30
	S2	11:55:00	11:58:30	11:59:00	00:07:00	
Open Men	F	12:06:00	12:09:30	12:10:00		00:15:30
U20 Men	F	12:10:00	12:13:30	12:14:00		00:11:30
Open Women	Q1	12:15:00	12:18:30	12:19:00		00:01:00
	Q2	12:19:00	12:22:30	12:23:00		
	Q3	12:23:00	12:26:30	12:27:00		
	Q4	12:27:00	12:30:30	12:31:00		
	Q5	12:31:00	12:34:30	12:35:00		
U20 Women	Q1	12:35:00	12:38:30	12:39:00		
	Q2	12:39:00	12:42:30	12:43:00		
	Q3	12:43:00	12:46:30	12:47:00		
	Q4	12:47:00	12:50:30	12:51:00		
	Q5	12:51:00	12:54:30	12:55:00	00:03:00	
Open Women	S1	12:58:00	13:01:30	13:02:00		00:23:30
	S2	13:02:00	13:05:30	13:06:00		
U20 Women	S1	13:06:00	13:09:30	13:10:00		00:11:30
	S2	13:10:00	13:13:30	13:14:00	00:07:00	
Open Women	F	13:21:00	13:24:30	13:25:00		00:15:30
U20 Women	F	13:25:00	13:28:30	13:29:00		00:11:30

Heat		Start	Finish	Gap	Add Gap	Rest
U18 Boys	Q1	13:30:00	13:33:30	13:34:00		00:01:00
	Q2	13:34:00	13:37:30	13:38:00		
	Q3	13:38:00	13:41:30	13:42:00		
	Q4	13:42:00	13:45:30	13:46:00		
	Q5	13:46:00	13:49:30	13:50:00		
U16 Boys	Q1	13:50:00	13:53:30	13:54:00		
	Q2	13:54:00	13:57:30	13:58:00		
	Q3	13:58:00	14:01:30	14:02:00		
	Q4	14:02:00	14:05:30	14:06:00		
	Q5	14:06:00	14:09:30	14:10:00	00:03:00	
U18 Boys	S1	14:13:00	14:16:30	14:17:00		00:23:30
	S2	14:17:00	14:20:30	14:21:00		
U16 Boys	S1	14:21:00	14:24:30	14:25:00		00:11:30
	S2	14:25:00	14:28:30	14:29:00	00:07:00	
U18 Boys	F	14:36:00	14:39:30	14:40:00		00:15:30
U16 Boys	F	14:40:00	14:43:30	14:44:00		00:11:30
U18 Girls	Q1	14:45:00	14:48:30	14:49:00		00:01:00
	Q2	14:49:00	14:52:30	14:53:00		
	Q3	14:53:00	14:56:30	14:57:00		
	Q4	14:57:00	15:00:30	15:01:00		
	Q5	15:01:00	15:04:30	15:05:00		
U16 Girls	Q1	15:05:00	15:08:30	15:09:00		
	Q2	15:09:00	15:12:30	15:13:00		
	Q3	15:13:00	15:16:30	15:17:00		
	Q4	15:17:00	15:20:30	15:21:00		
	Q5	15:21:00	15:24:30	15:25:00	00:03:00	
U18 Girls	S1	15:28:00	15:31:30	15:32:00		00:23:30
	S2	15:32:00	15:35:30	15:36:00		
U16 Girls	S1	15:36:00	15:39:30	15:40:00		00:11:30
	S2	15:40:00	15:43:30	15:44:00	00:07:00	
U18 Girls	F	15:51:00	15:54:30	15:55:00		00:15:30
U16 Girls	F	15:55:00	15:58:30	15:59:00		00:11:30

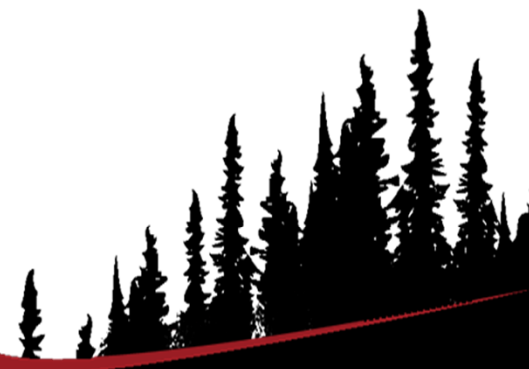




Sprints - Qualifications



► Nr. 1 and 2 are directly selected in addition the two quickest according the time. The faster of those two additional selected athletes will be placed in Semi finale 2 and the slower of those athletes will be placed in Semi Finale 1.





EVENTS (DAY 3 –Free Technique Sprint)



Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
U16 Boys & U18 Boys	U16 – born 2007 or 2008	1.2 km	1 x 1.2 km	Yellow
	U18 – born 2005 or 2006		1.2km Skate Sprint	
U16 Girls & U18 Girls	U16 – born 2007 or 2008	1.2 km	1 x 1.2 km	Yellow
	U18 – born 2005 or 2006		1.2km Skate Sprint	
Open Men	Senior – born 2002 or before	1.2 km	1 x 1.2 km	Yellow
	U23 – born 2000, 2001 or 2002		1.2km Skate Sprint	
	CCUNC			
	U20 – born 2003 or 2004			
Open Women	Senior – born 2002 or before	1.2 km	1 x 1.2 km	Yellow
	U23 – born 2000, 2001 or 2002		1.2km Skate Sprint	
	CCUNC			
	U20 – born 2003 or 2004			



WEATHER

FRIDAY, DECEMBER 2 - MONDAY, DECEMBER 5

	Sat 2 am	Sat 3 am	Sat 4 am	Sat 5 am	Sat 6 am	Sat 7 am	Sat 8 am	Sat 9 am	Sat 10 am	Sat 11 am	Sat 12 pm	Sat 1 pm
Temp	-19°C	-19°C	-19°C	-20°C	-20°C	-20°C	-19°C	-18°C	-17°C	-15°C	-14°C	-14°C
Feels like	-21	-21	-21	-22	-22	-22	-21	-21	-20	-18	-17	-17
POP	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%	20%
Wind	E3 km/h	SE3 km/h	SE3 km/h	E3 km/h	E3 km/h	NE3 km/h	NE3 km/h	NE4 km/h	N4 km/h	N4 km/h	N4 km/h	N4 km/h
Wind gust	5 km/h	5 km/h	5 km/h	5 km/h	5 km/h	5 km/h	5 km/h	6 km/h	6 km/h	6 km/h	6 km/h	6 km/h

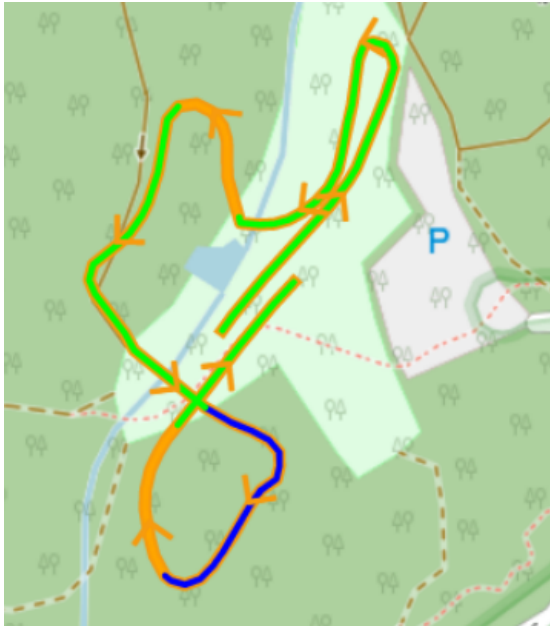
FRIDAY, DECEMBER 2 - MONDAY, DECEMBER 5

	Sat 2 pm	Sat 3 pm	Sat 4 pm	Sat 5 pm	Sat 6 pm	Sat 7 pm	Sat 8 pm	Sat 9 pm	Sat 10 pm	Sat 11 pm	Sun 12 am	Sun 1 am
Temp	-14°C	-15°C	-16°C	-17°C	-18°C	-19°C	-20°C	-21°C	-22°C	-21°C	-21°C	-20°C
Feels like	-17	-18	-19	-20	-20	-21	-22	-25	-26	-25	-23	-22
POP	20%	10%	10%	10%	10%	10%	10%	10%	20%	20%	20%	20%
Wind	N4 km/h	NE4 km/h	NE4 km/h	NE4 km/h	E3 km/h	E3 km/h	E3 km/h	E4 km/h	E4 km/h	E4 km/h	E3 km/h	E3 km/h
Wind gust	6 km/h	6 km/h	6 km/h	6 km/h	5 km/h	5 km/h	5 km/h	6 km/h	6 km/h	6 km/h	5 km/h	5 km/h

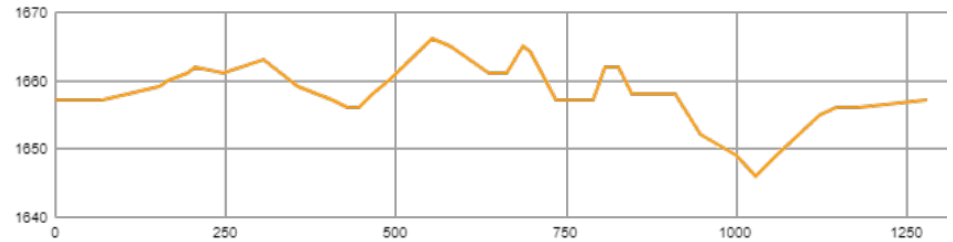
VENUE MAP/WAX TESTING



COURSE – Free Technique Sprint



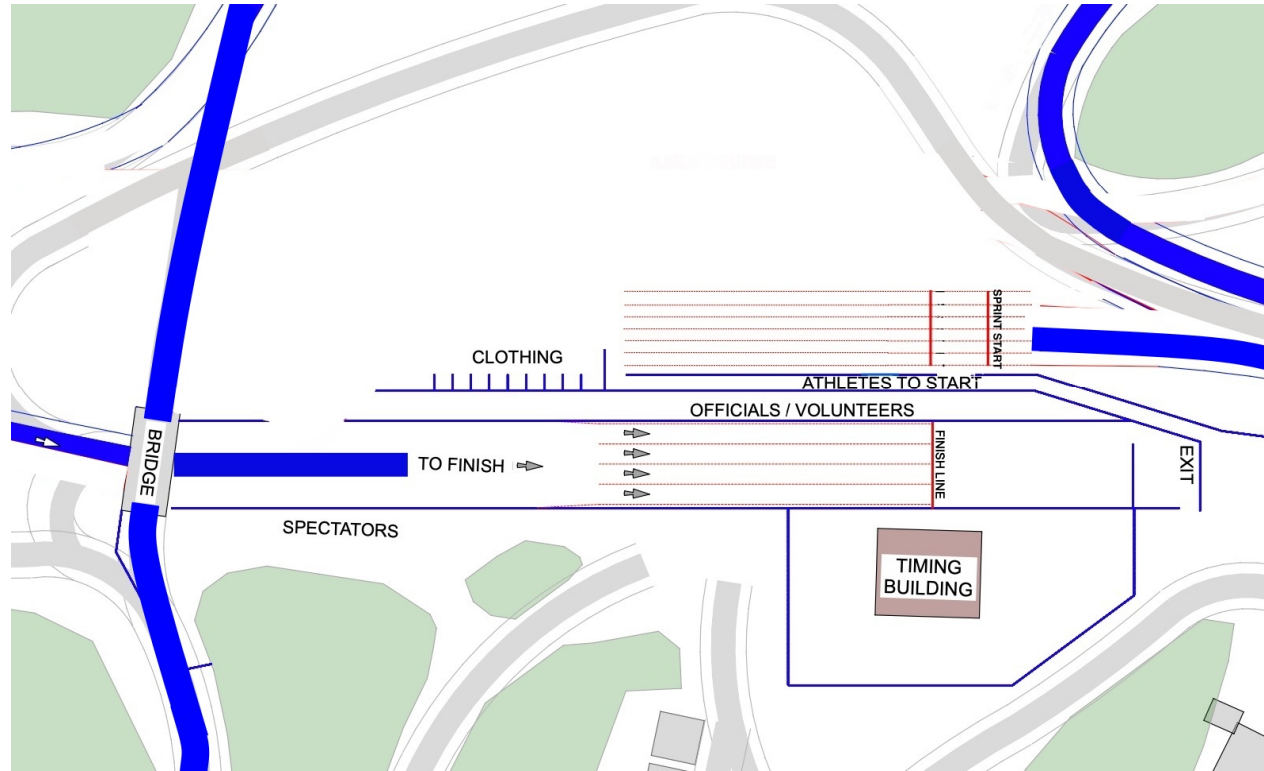
Course length:	1,281m	Height difference (HD):	20m	Lowest point:	1,646m
Course category:	D	Maximum climb (MC):	10m	Highest point:	1,666m
		Total climb (TC):	37m		



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



STADIUM MAP



TD/ASSISTANT TD

- Congratulations to OC for well run races on Thursday
- Congratulations to award and medal winners, and to all athletes for great races without infractions
- Flags are not allowed on the podium (ICR 207.1.2)
- Heats – athletes must stay in tracks and use classical technique for first 15 m after start line (ICR 315.5.5)
- False start in heats (ICR 325.4.2.10)
 - First false start results in a written reprimand to the athlete at fault
 - Second false start in the same heat results in a competition suspension to the athlete at fault (doesn't need to be the same athlete that made the first false start)
- Obstruction (ICR 343.9/343.10)
 - Overtaking athlete has duty not to obstruct athlete they are passing
 - Athletes beside each other have a mutual obligation not to obstruct

TD/ASSISTANT TD

- If cold temperature race delays – U16/U18 Heats and Finals may be altered to reduce the time taken (based on FIS rules)

Distribution 1- 12	S1	S2
	1	2
	4	3
	5	6
	7	8
	10	9
	12	11



Nordiq Canada – Race Director US Ski and Snowboard



Ilona Gyapay
Bryan Fish

- Temporary Licenses
- Bibs



Chief of Competition

Troy Hudson

- Competitors, please make sure that you do not take other people's skis and that your equipment is well-marked. Do not leave equipment on site overnight. There have been thefts here historically but usually, is people grabbing the wrong equipment from the ski racks.
- Congrats on two days of exceptional skiing, and welcome to our U16 and U18 coaches, support staff and athletes.
- PLEASE make sure that your athletes are racing with the appropriate amount of clothing based on air temperatures. There were a number of hypothermia and frostbite incidents on Thursday's races. Use hand and foot warmers to ensure your digits stay warm.
- Clothing racks will be moved closer to the start grid for easier storage and retrieval of clothing for Saturday races.



Chief of Competition

Troy Hudson

- Saturday will be a very long day. Make sure you thank a volunteer as they are standing around for up to 9 hours that day, all so you can have a positive ski experience.
- There are items in the lost and found, located in the Daylodge.
- Please return ALL BIBS AND CHIPS before leaving the Finish corral. Return DNS and DNF bibs and chips to the Race Office or to officials collecting bibs at the finish line.
- Athletes must be at the awards ceremony to receive cash prizing
- Medals that were not received can be picked up at the front desk of the day lodge.
- Sunday's distance course will be open for training throughout the day (2 tracks). Please do not interfere with the sprint race course
- Best of luck to all racers this weekend.

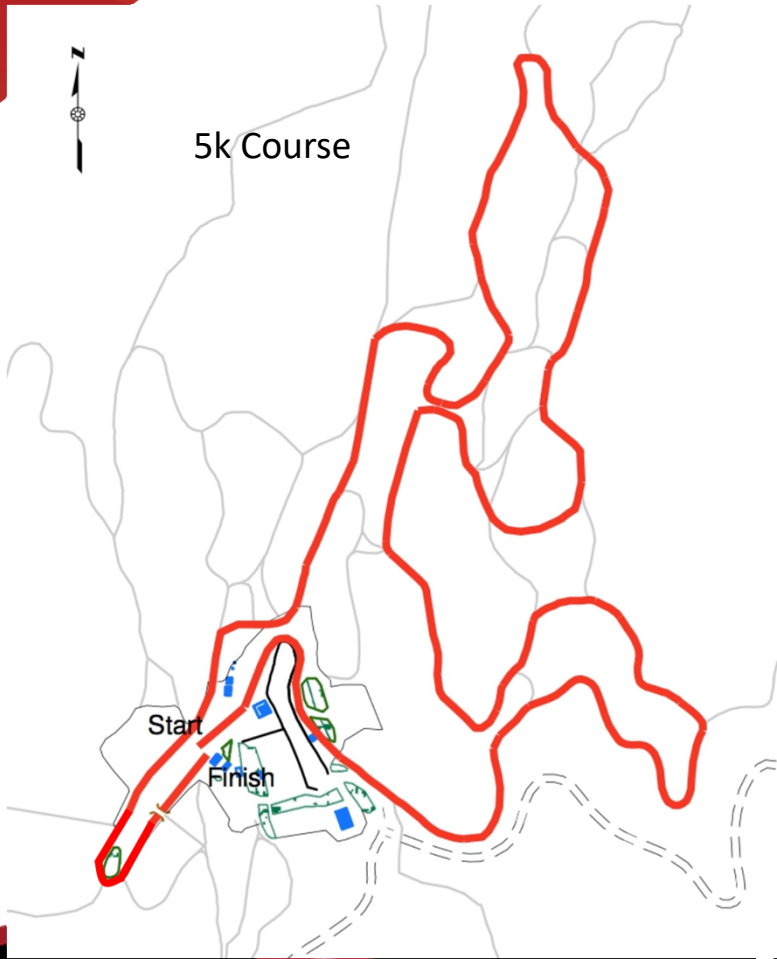




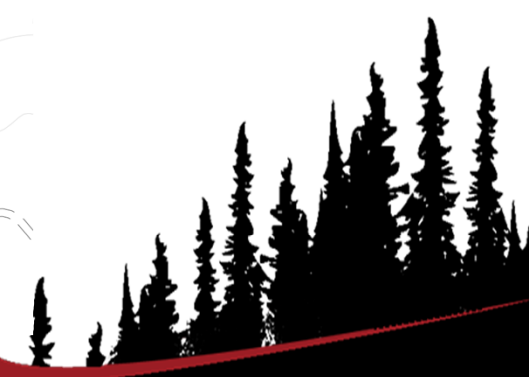
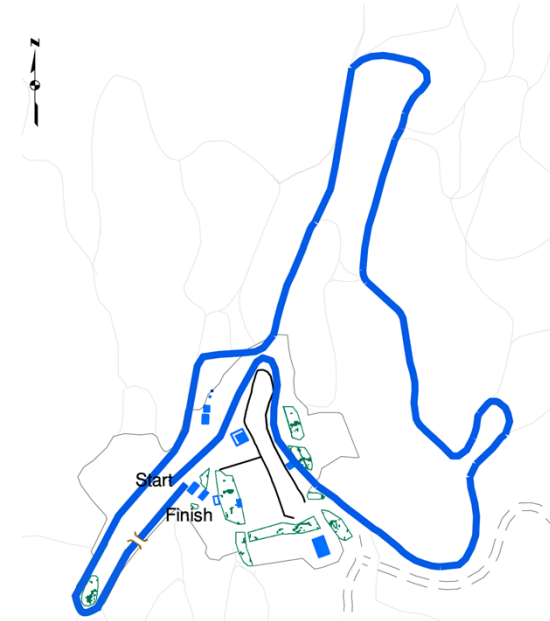
COURSE – Sunday Races



5k Course

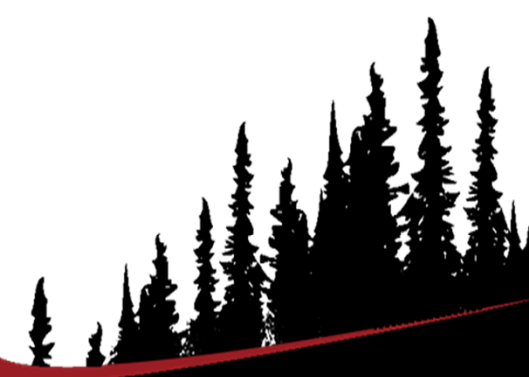
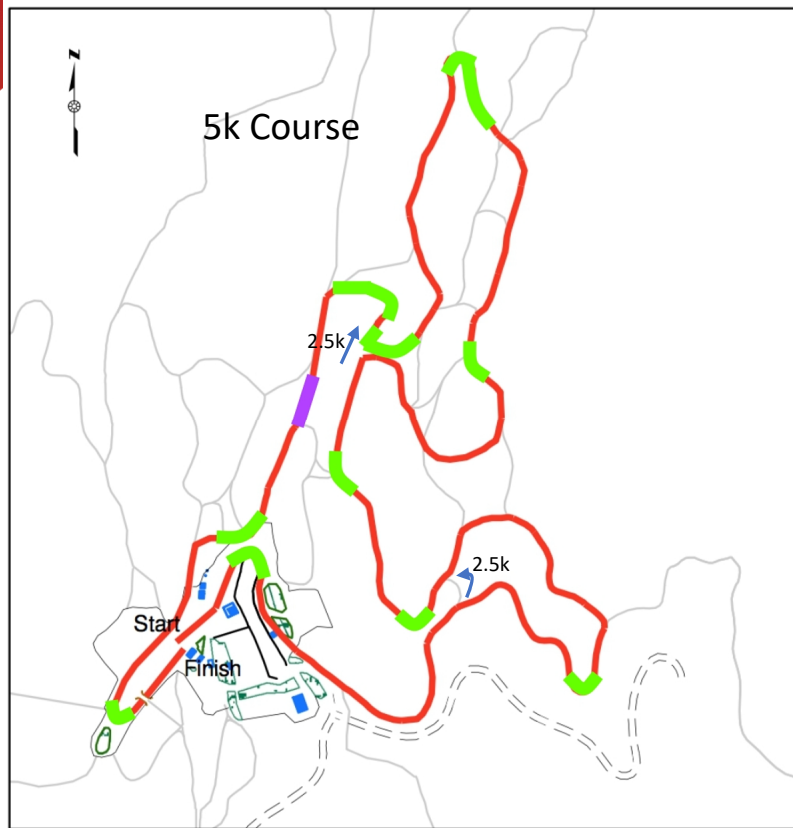


2.5k Course





COURSE – Sunday – Technique Zones





Questions?





Thank You!

