



Nordiq Cup / US Super Tour (Continental Cup)

TEAM CAPTAINS MEETING

Dec 3rd – For Dec 4th, 2022

Classic Interval Start





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



- Note changes to the start times for tomorrow (see details under schedule)
- U20 / Open on the Red 5km Course
- U16-18 Blue 2.5km Course
- Insist that coaches return their coach bibs at the end of the day tomorrow.
- Technique Zone located on the Passmore hill
- 4 sets of awards tomorrow. PLEASE show up for awards.



REMINDERS

- Parking is at a minimum so please minimize the number of cars coming to the race
- Please attend awards: Open, U20, U18, U16 and CCUNC. U20 is drawn from the Open results based on YOB (2003 and younger).
- Coaches can ski on the course during events BUT they need to be wearing a coach bib, 2 max minimum coaches and need to always be moving in the direction of the race course.
- Course closes 5 minutes before race start
- 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 3rd 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 4)



TIME (PST)	EVENT	LOCATION
7:30 am – 9:00 am	Interval Start Bib Pickup	Race Office – Brown log cabin behind green technical building
09:00 am	Interval Start Classic – Open Men (U20 & Senior)	Stadium
~10:15 am	Interval Start Classic – Open Women (U20 & Senior)	Stadium
~11:25 am	Interval Start Classic – U16 & U18 Boys	Stadium
~12:30 pm	Interval Start Classic – U16 & U18 Girls	Stadium

Awards

10:45am Open Men
11:45am Open Womens
1:00pm U18/U16 Boys
1:50pm U18/U16 Girl





EVENTS (DAY 3 –Free Technique Sprint)



Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
U16 Boys	U16 – born 2007 or 2008	5 km	2 x 2.5 km	Blue
			2.5km Course	
U18 Boys	U18 – born 2005 or 2006	5 km	2 x 2.5 km	Blue
			2.5km Course	
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			
U16 Girls	U16 – born 2007 or 2008	5 km	2 x 2.5 km	Blue
			2.5km Course	
U18 Girls	U18 – born 2005 or 2006	5 km	2 x 2.5 km	Blue
			2.5km Course	
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			

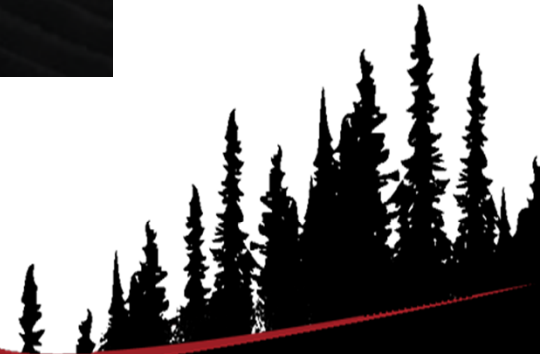




WEATHER



SATURDAY NIGHT	-18	-10	Partly Cloudy
SUNDAY DAYTIME	-18	-9	Partly cloudy throughout the day.
SUNDAY NIGHT	-18	-9	



VENUE MAP/WAX TESTING

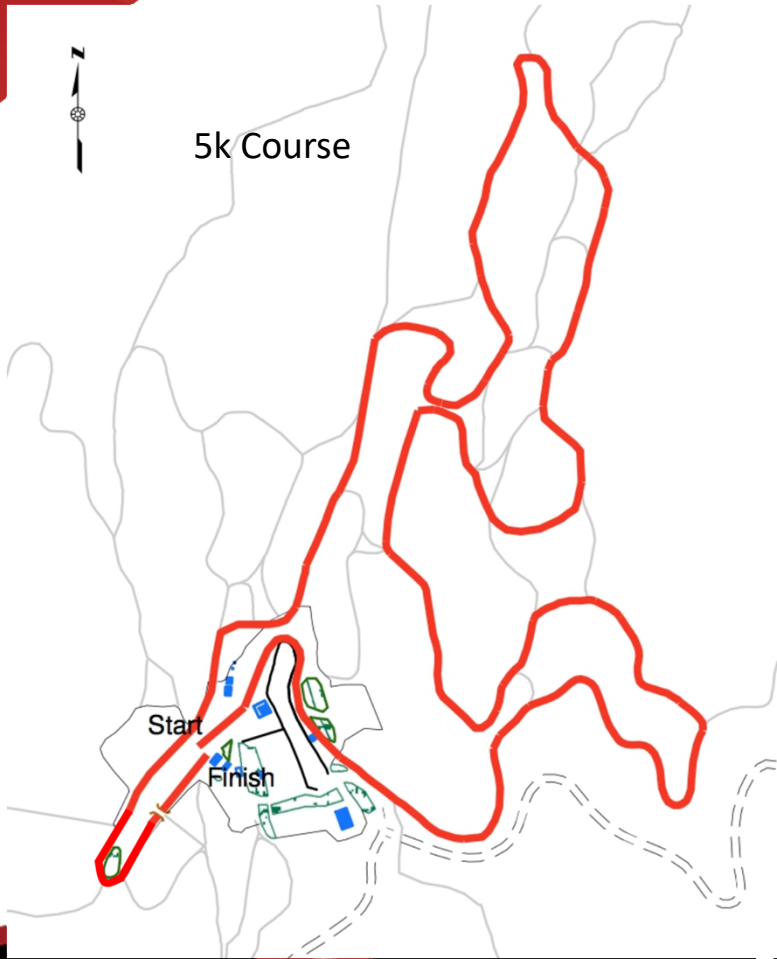




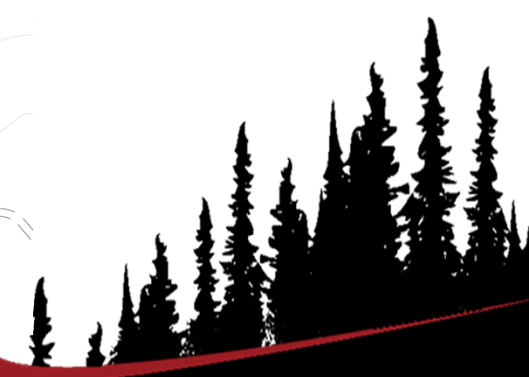
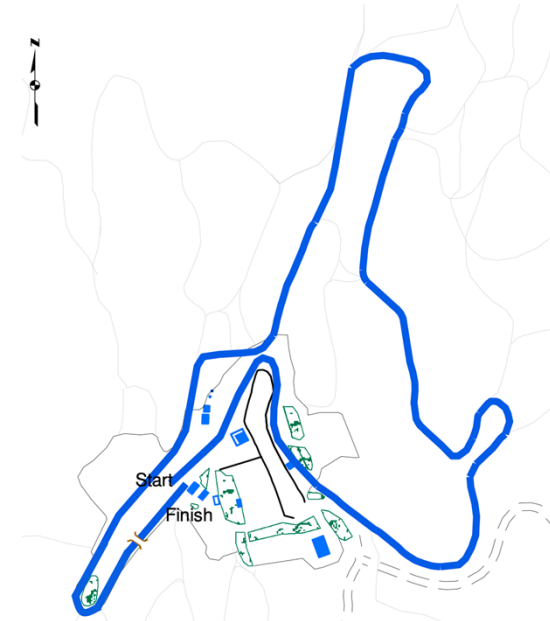
COURSE – Sunday Races



5k Course

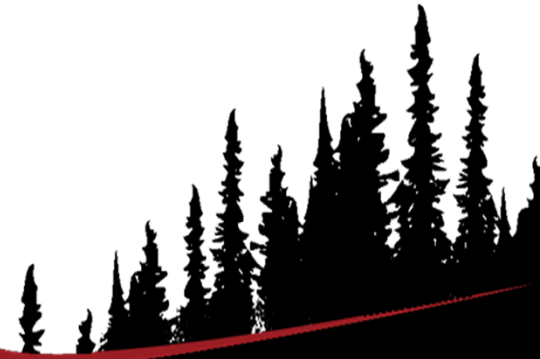
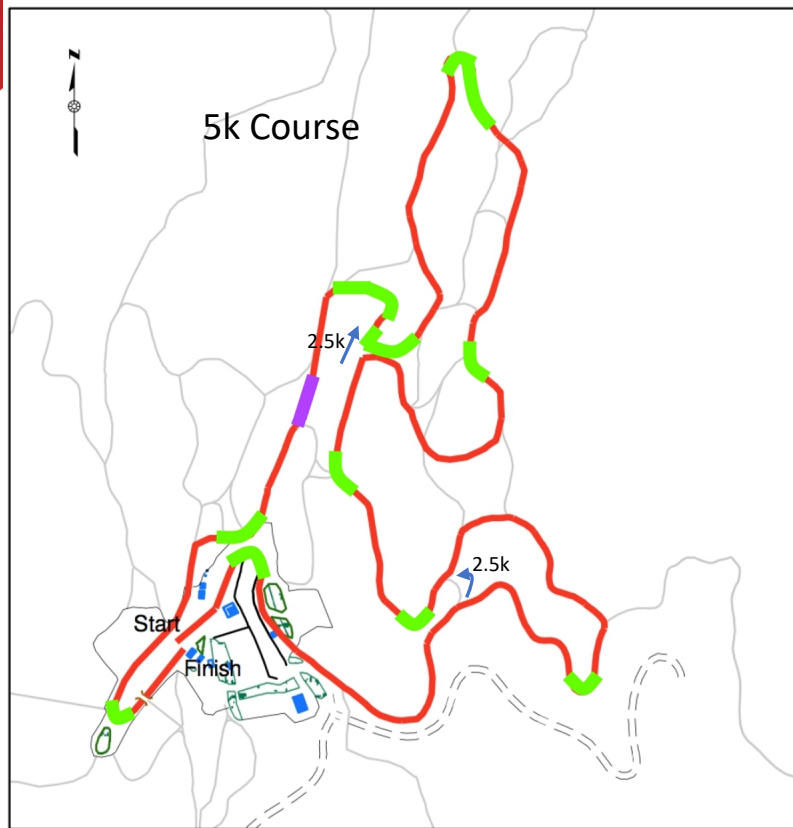


2.5k Course

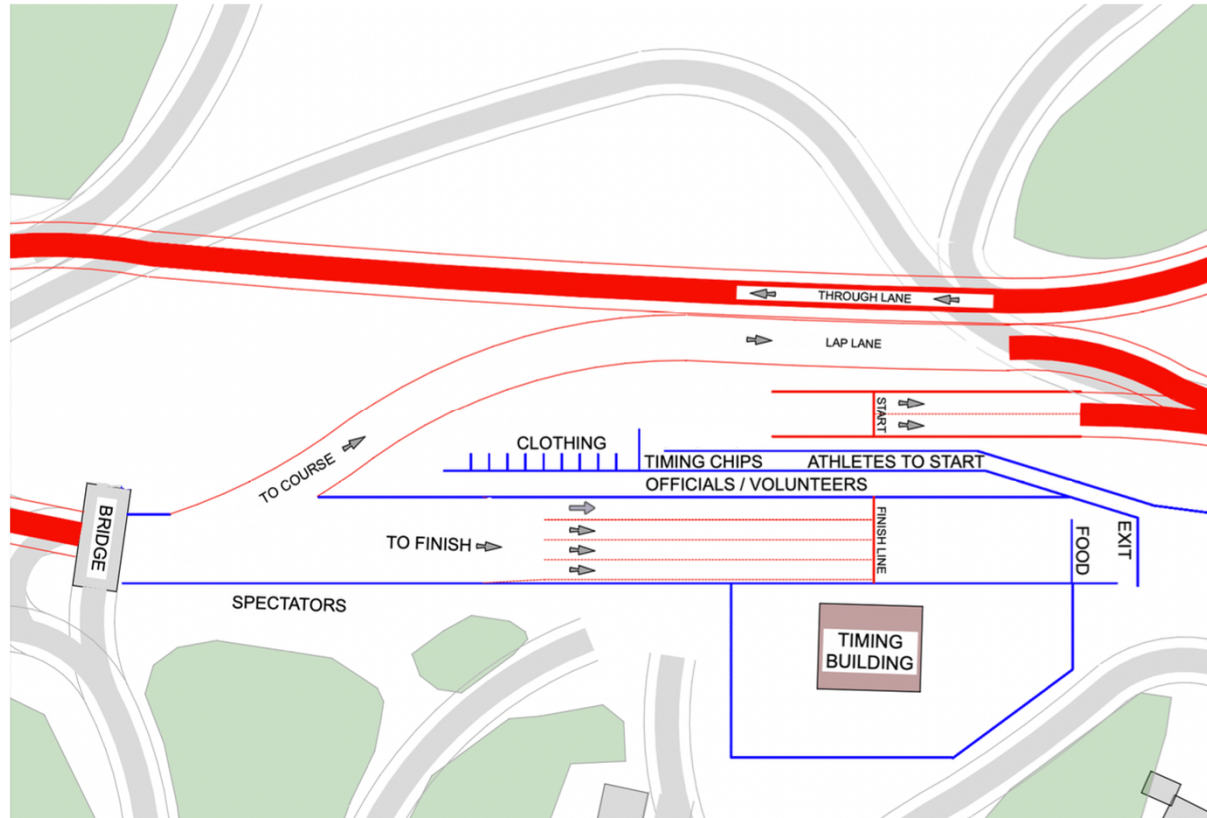




COURSE – Sunday – Technique Zones



STADIUM – DAY 4



TD/ASSISTANT TD

- Thank you to the Sovereign Lake Nordic Centre OC and their volunteers for all the work put in this event, you have done a super job
- Thank you coaches and athletes for a great long day of racing!
- Only 2 infractions today, 2 false starts.
- Tomorrow, classical technique distance race
- Open and U20, 10 km (2 X 5 km red course)
- U18 and U16, 5 km (2 X 2.5 km blue course)
- There is a technique zone at the 4.4 km mark of the 5 km loop and at the 1.9 km mark of the 2.5 km loop.
- Course controllers will be on the courses doing their job, let's make their day uneventful.
- Have fun tomorrow!



Nordiq Canada – Race Director US Ski and Snowboard



Ilona Gyapay
Bryan Fish

- 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.



Chief of Competition

Troy Hudson

- 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 officials collecting bibs at the finish line or if they are not there then to the Race Office.
- Athletes must be at the awards ceremony to receive cash prizing
- 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.
- 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.





Questions?





Thank You!

