



CHAMPIONNATS CANADIENS DE SKI 2019 CANADIAN SKI CHAMPIONSHIPS
GATINEAU, QUÉBEC

2019 CANADIAN SKI CHAMPIONSHIPS

Including
the Canadian College and University National Championships,

Hosted by Évènements Nordiques Gatineau Nordic Events

13-20 MARCH, 2019

Nakkertok Nordic Centre
Gatineau/Cantley, Quebec



TABLE OF CONTENTS

	<u>page</u>
Welcome	3
A. GENERAL INFORMATION	4
Location and Access	4
Program	4
Sanctions	4
Technical Background	4
Major Officials	5
Schedule of Events	6
Information & Contacts	8
B. COMPETITION INFORMATION	9
Categories	9
Race Format, Categories and Distances	10
Eligibility and Licencing	10
Seeding	12
Notice of Doping Control	12
Registration	13
Team Captains' Meetings	15
Bibs	15
Transponders	16
Training	16
Warming Up	16
Feeding	17
Athletes' Lounges & Change Rooms	17
Protests	17
Competition Points	17
Scoring System	17
C. FACILITY INFORMATION	18
Admission to Ski Trails	18
Waxing Facilities	18
Ski Testing	18
Weather Forecasts	18
Trail Conditions	19
Competition Office	19
Notice Boards	19
Maps	19
Contingency Plan	19
D. TEAM SERVICES	19
Travel and Transportation	19
Accommodation	20
Food	21
First Aid	21
Lost and Found	21
Protocol Activities	22
Volunteering	23
Tourism Information	23

Dear Skiers and Coaches,

Welcome to the 93rd edition of the Canadian Ski Championships (CSC)!

The event will take place from Wednesday, 13 March, to Wednesday, 20 March, 2019 at the Nakkertok Nordic Centre, in Gatineau/Cantley, Quebec. The CSC is a component of both the AltaGas Sprint Series and the FIS Continental Cup Series. The CSC also include the Canadian College and University National Championships (CCUNC) and will serve as part of the Canadian National Group trials for the World Cup in Quebec City, 22 to 24 March, 2019. Invitational races for Para-Nordic, Midget and Open skiers will also be held.

The CSC 2019 is hosted by Évènements Nordiques Gatineau Nordic Events (ENGNE), which is a collaboration of the major Outaouais-Ottawa cross-country ski community organizations, namely:

- Chelsea Nordiq
- Club Skinouk
- Gatineau Loppet
- Nakkertok Nordic

We look forward to welcoming athletes, coaches, and their families.

Claude Laramée
CSC Organizing Committee 2019 Chair

Jim McCarthy
CSC Organizing Committee 2019 Vice-chair

Pierre Millette
Director of Competition

Jennifer Tomlinson
Frédéric Forge
Assistant Directors of Competition

Please note that an updated version of this race notice will be posted on 15 February, 2019.

A. GENERAL INFORMATION

LOCATION & ACCESS

900 Gatineau Avenue, Gatineau, Quebec (if using Google Maps, you should enter 575, chemin St-Columban)

The Nakkertok Nordic Centre is about 20 minutes from downtown Gatineau and 30 minutes from downtown Ottawa.

From Gatineau, take Hwy 50 east towards Montreal. Then take the third exit at La Vérendrye, go up the ramp and turn left at the lights passing back over the highway. Turn right at the first set of lights onto Avenue Gatineau and proceed north 5 km to the end of the road. Continue on through the gate to the Main Stadium / Parking area.

From Ottawa, cross the Ottawa River to Gatineau on the MacDonald-Cartier Bridge (Quebec Hwy 5) and take the second exit (onto Quebec Hwy 50, heading East). From there, follow the directions above from Gatineau.

[Access](#) (link to the Google Map)

PROGRAM

The competitions will run over eight days and the program will be:

- Wednesday, 13 March: Short Classic Technique Races, Interval Start
- Thursday, 14 March: Medium Free Technique Races, Pursuit Start
- Saturday, 16 March: Long Sprint for Junior and Senior Men and Women and CCUNC categories, Free Technique; Para-Nordic Invitational, Interval Start
- Sunday, 17 March: Short Sprint for Juvenile and Junior Boys and Girls categories, Free Technique; Para-Nordic and Midget Invitationals, Interval Start
- Monday, 18 March: Team Sprint, Classic Technique
- Tuesday, 19 March: Long Classic Technique Races, Senior and Junior Men and Women categories, Mass Start
- Wednesday, 20 March: Long Classic Technique Races, Juvenile and Junior Boys and Girls categories and Open Invitational races, Mass Start

Note: Distance Para-Nordic and Midget invitational races are Organizing Committee sponsored competitions held in conjunction with the Canadian Ski Championships. They are not counted towards Championship medals or aggregates awards but are intended to allow skiers to participate in the excitement of the Canadian Championships.

SANCTIONS

The event is sanctioned by:

- Fédération Internationale de Ski (FIS)
- Cross Country Canada (CCC)

TECHNICAL BACKGROUND

The event is guided by the following:

- [2018 International Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2018 Precisions highlighted V2 - October 2018](#)
- [2019 Canadian Ski Championships Technical Package](#)
- [Revised Canadian Competition Model for Able Body](#)
- [Cross Country Ski de fond Canada \(CCC\) 2018-19 Selection Criteria for National Ski Team \(NST\) – Section 2: 2018-19 FIS World Cups](#)

MAJOR OFFICIALS

Position	Name
Organizing Committee Chair	Claude Laramée
Organizing Committee Vice-chair	Jim McCarthy
Chief of Competition	Pierre Millette
Assistant Chiefs of Competition	Frédéric Forge
	Jennifer Tomlinson
Chief of Control & Security	Susan Halvorsen
Chief of Course	Jeff Pouw
Competition Secretary	Tamara McCaw
Chief of Stadium	Philippe Daoust
Chief of Timing & Results	Emil Jacobson
Chief of Venue Services	Ken Lindfors
Chief of Team Services	Dan Mallett

Competition Jury

Position	Name
Technical Delegate	Claude Chabot
Assistant Technical Delegate	Sharon Clarke
CCC Events Director	Dave Dyer
Director of Competition	Pierre Millette

At the discretion of the Jury, other experts may be invited to attend Jury meetings as observers. Observers do not have a vote in Jury decisions.

SCHEDULE OF EVENTS

Date	Time	Event	Location
27 February		Deadline to Submit Request for Waxing Space	
	23:59	Regular Registration Closes Registration for Coaches Closes	
6 March		CCUNC Eligibility Authorization Form Due to CCC	
8 March		CPL used for seeding posted	
	23:59	Late Registration Closes Buy Online for La Soirée Tickets Closes	
9 March	12:00	Corrections to Confirmation List Due	
	23:59	Link to form for Team Sprint pairings sent to Lead Club Coach	
10 March	03:00	Time Changes from Standard Time to Daylight Saving Time	
		Distance and Sprint Seeding List available	
11 March		Unofficial Training	Nakkertok Nordic Centre Trail fees in effect
12 March	11:00-15:00	Official Training	Nakkertok Nordic Centre
	15:00	Corrections to Distance and Sprint Seeding Lists Due	
	17:00	Team Captains' Meeting 1 (Interval Start)	Centre sportif de Gatineau 850 De La Gappe Boulevard Gatineau, Quebec Room 254
	23:59	Deadline for submitting pairings for the Team Sprint	
13 March	8:45	Opening Ceremony	Nakkertok Nordic Centre
	9:00	Interval Start, Classic Awards Ceremony Interval Start	
	18:00	Team Captains' Meeting 2 (Pursuit Start)	
14 March	9:00	Pursuit Start, Free	Centre sportif de Gatineau
		Awards Ceremony Pursuit and Overall	
15 March	11:00-15:00	Official Training	Nakkertok Nordic Centre
	17:00	Team Captains' Meeting 3 (Sprint Open & Challenge; Paranoctic & Midget Invitationals)	Centre sportif de Gatineau
		Team Sprint Seeding List available	

16 March	9:00	Long Sprint Free (Junior and Senior Men and Women) Para-Nordic Invitational	Nakkertok Nordic Centre
	15:00	Corrections to Team Sprint Seeding Due	
17 March	9:00	Short Sprint Free (Juvenile and Junior Boys and Girls) Para-Nordic and Midget Invitationals	Nakkertok Nordic Centre
	15:30	Deadline for substitutions to teams for the Team Sprint	
	17:30	Team Captains' Meeting 4 (Team Sprint)	Maison du Citoyen 25 Laurier Street Gatineau, Quebec Salle des Fêtes
	18 :30	La Soirée Awards Ceremony (Long & Short Sprints and Para-Nordic & Midget Invitationals Announcement of the National Group for the World Cup	Canadian Museum of History 100 Laurier Street Gatineau, Quebec
18 March	9:00	Team Sprint Classic Awards Ceremony Team Sprints	Nakkertok Nordic Centre
	18:00	Team Captains' Meeting 5 (Mass Start Races; Open Invitationals)	
19 March	9:00	Mass Start Classic (Junior and Senior Men and Women) Awards Ceremony Mass Start (Junior and Senior Men and Women)	Nakkertok Nordic Centre
20 March	9:00	Mass Start Classic (Juvenile and Junior Boys and Girls) Open Invitational Awards Ceremony (Mass Start (Juvenile and Junior Boys and Girls); Open Invitational	Nakkertok Nordic Centre

INFORMATION & CONTACT

Social Networks

Website	https://championnatscanadiensdeski2019.engne.ca/index.php/en/
Zone4	https://zone4.ca/event/9216c3d0-0e24-11e9-96ea-0a45a88024d8/
FIS	https://www.fis-ski.com/DB/general/event-details.html?sectorcode=CC&eventid=43860
Facebook	https://www.facebook.com/canadianskichampionships2019 Championnats canadiens de ski 2019
Twitter	@ChampSFC_CCC19
Instagram	@canadianskichampionships2019
Official Hashtag	# CCS2019CSC
Smugmug	https://championnatscanadiensdeski2019.smugmug.com/

Contacts

Function	Name	Email
Canadian Ski Championships 2019		ccs2019csc@engne.ca
Competition Secretary	Tamara McCaw	epreuve.secretariat.race@engne.ca
Registrar	Caroline Forest	registraire.registrar@engne.ca
Event Chair	Claude Laramée	claramee@engne.ca
Chief of Venue Services	Ken Lindfors	venue.services.site@engne.ca
Chief of Team Services	Dan Mallett	team.services.equipe@engne.ca
Waxing Facilities	Charles Lacasse	fartage.waxing@engne.ca

B. COMPETITION INFORMATION

CATEGORIES

Category	Gender	Sub-category	Year of Birth (YOB)	Age (on 31 December 2018)
Championship Races				
Juvenile	Girl	JVG1	2004 or after	14 and younger
		JVG2	2003	15
	Boy	JVB1	2004 or after	14 and younger
		JVB2	2003	15
Junior (G/B)	Girl	JG1	2002	16
		JG2	2001	17
	Boy	JB1	2002	16
		JB2	2001	17
Junior (W/M)	Women	JW1	2000	18
		JW2	1999	19
	Men	JM1	2000	18
		JM2	1999	19
Senior	Women	U23W	1996-1998	20-22
		SW	1998 and before	20 and older
	Men	U23M	1996-1998	20-22
		SM	1998 and before	20 and older
Invitational Races				
Midget	Girl	MG1	2006 or after	12 and younger
		MG2	2005	13
	Boy	MB1	2006 or after	12 and younger
		MB2	2005	13
Open	Women	N/A	2000 and before	18 and older
	Men	N/A	2000 and before	18 and older
PN Standing LW2-9/B1-3	Women	N/A	Open	Open
	Men	N/A	Open	Open
PN Sitting LW10-12	Women	N/A	Open	Open
	Men	N/A	Open	Open

RACE FORMAT, CATEGORIES AND DISTANCES

Category	Day 1	Day 2	Day 4	Day 5	Day 6	Day 7	Day 8
	13 March	14 March	16 March	17 March	18 March	19 March	20 March
	Interval Start Classic	Pursuit Start Free	Long Individual Sprint Free	Short Individual Sprint Free	Team Sprint Classic (*Mixed)	Mass Start Classic	Mass Start Classic
Women/Girls							
Midget Invitational	---	---	---	3	---	---	---
Juvenile	5	7.5		1.0	2 X 1.0 Challenge (Club/Division*)	---	10
Junior (G)	5	7.5		1.0			10
Junior (W)	10	15		1.3	---	2 X 1.3 Open (Club/Division*)	20
Senior (U23)	10	15	1.3	30		---	
CCUNC	10	15	1.3	2 X 1.3		---	---
Open Invitational	---	---	---	---	---	---	50
PN Sit Invitational	---	---	5	3.75	---	---	---
PN Stand Invitational	---	---	5	6	---	---	---
Men/Boys							
Midget Invitational	---	---	---	3	---	---	---
Juvenile	10	7.5		1.0	2 X 1.0 Challenge (Club/Division*)	---	7.5
Junior (B)	10	7.5		1.0			15
Junior (M)	10	15		1.4	---	2 X 1.3 Open (Club/Division*)	30
Senior (U23)	10	15	1.4	50		---	
CCUNC	10	15	1.4	2 X 1.3		---	---
Open Invitational	---	---	---	---	---	---	30
PN Sit Invitational	---	---	5	5	---	---	---
PN Stand Invitational	---	---	5	9	---	---	---

ELIGIBILITY & LICENCING

Eligibility to compete in the Canadian Championships is outlined below (as per [2019 Canadian Ski Championships Technical Package \(TP\) 6.2.1](#)).

- 1) Eligibility. All competitors at the Canadian Ski Championships must:
 - have a valid CCC or FIS race license from the current season; and
 - have points on the most current CPL or FIS Points List.

2) Medal Eligibility. This category of eligibility allows the competitor to compete for Canadian Championships medals and awards put forward by CCC and prizes provided by the OC or sponsors. As well, skiers in this category of eligibility may earn points towards overall Canadian Aggregate Awards (Club, Division or Individual). To achieve medal eligibility the skier must fulfil the following:

- be a Canadian citizen or holds a Permanent Resident Card (PR Card); and
- is eligible to be issued a current FIS License by Canada at the time of race registration.

3) Partial Eligibility. This category of eligibility allows a competitor to compete for OC or sponsor generated prizes, including cash prizes in the open class. This category of eligibility does not allow the skier to win Championship medals or to earn points towards any of the overall Canadian Aggregate Championship Awards. Skiers in this eligibility category would include the following:

- Those who have a CCC race license but are not Canadian citizens or do not have a permanent resident card; or
- Skiers who have a FIS license

4) CCUNC Eligibility. The eligible athlete meets the varsity requirements of their institution, (CIS member, CEGEP or College), is enrolled in a minimum of 3 courses /semester for 2 semesters in the most recent 12-month period and signed authorization from the school registrar and/or Director of Athletics is received by CCC's DEM. Graduate students and cooperative education students are eligible if they provide signed documentation as outlined above. Completed eligibility forms, available in Appendix B of the TP, must be in the hands of CCC's DEM by the entry deadline noted on the eligibility forms. CCUNC skiers must also hold a CCC racing license and must have points on the most current CPL.

- A skier who attends a foreign school, regardless of citizenship or CCC License status, is ineligible to compete for CCUNC individual medals or Aggregate Awards at the Canadian Championships. However a skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points for their school if they are officially registered by the Canadian institution on the CCUNC Eligibility Form in the Appendix B of the TP.

See also TP 6.2.2 for other eligibility considerations. Racing licenses required are outlined in TP 6.3. For team sprint specifics, see 4.2.1.

Please note that all Quebec skiers competing in Juvenile to Senior categories must also hold a SFQ annual license.

Invitational Race Eligibility and Licensing

All skiers taking part in the invitational races must hold a valid racing license issued by CCC or hold a recognized national cross-country license from another country. If not, a Supporting Member Day License (SMDL) needs to be purchased for each race day during the online registration process.

Quebec skiers competing in the invitational races must also have a SFQ license or buy a SFQ Day License online for each race day.

Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they should register on Zone4 and must sign the CCC Waiver form at the Competition Office unless they hold a valid CCC license.

Para-Nordic visually impaired competitors may purchase a transferable Guide license that can be used by multiple guides during the season. Multiple guides can be used by visually impaired competitors during a competition.

The Guide for a Para-Nordic Visually Impaired competitor need not be a member of the same club.

SEEDING

Seeding for Canadian Championships is outlined in TP 6.7

CPL from 8 March, 2019 will be used to seed athletes.

Invitational Races Seeding

For the Midget race, skiers will be seeded accordingly to their CPL distance points from fastest to slowest. Those without CPL points will be assigned to a separate group and randomized within that group.

Para-Nordic skiers will be seeded based on a double random draw.

For the mass start Invitational races, skiers will be placed on the chevron based on their CPL from fastest to slowest. Those without CPL points will be assigned to a separate group and randomized at the back of the chevron

NOTICE OF DOPING CONTROL

Participants in the Canadian Ski Championships must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review medical exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients.
- Read more: <https://www.cces.ca/supplements>
- Review the steps of the doping control sample collection procedures: <https://www.cces.ca/sample-collection-procedures>

For additional resources and general information about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: www.cces.ca/athletezone

REGISTRATION

Please note that you must have a valid CCC or FIS race license from the current season and earn points on the CPL published on 8 March, 2019 or FIS Points List published before the end of registration to participate in Championships races.

For all races, online Registration at www.zone4.ca is the only method of registration available. All registration fees are payable at the time of online registration. All registration fees are subject to GST and QST and Zone4 processing fees.

Regular registration closes 27 February 2019, 23:59 EST. Late registration closes 8 March, 2019 and is subject to a late fee of \$100. Registration after 8 March, 2019 is at the discretion of the Jury and also subject to a late fee of \$100. Individuals and teams registering after 8 March, 2019 forfeit their right to seeding. Such individuals or teams will be assigned zero points and be seeded accordingly.

Skiers competing in the invitational races (Paranordic, Midget, Open Invitationals) who do not hold a racing license (FIS, CCC, or other country) must purchase a supporting day license for each day of competition on Zone4 during online registration and, if they are a Quebec skier, must have a SFQ license for the season or purchase a SFQ day license. **No refunds will be made for day licenses purchased in error.**

Club names and spellings will be used as reported in the Club database on the CCC website. Athletes are responsible to ensure that spelling and club names are written as per that list. FIS and CCC licenses (and SFQ licenses for Quebec skiers) must be entered at the time of registration.

Refunds may be made at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made considering incurred expenses and CCC TP directives.

Single day registration for the pursuit start race will not be accepted. Skiers must have a finish time from the interval start race to be permitted to compete in the pursuit start race. Skiers with DNS, DSQ or DNF for the interval start race cannot compete in the pursuit start race.

College or university skiers must confirm their registration indicates they are a college or university skier and have necessary documentation available. CCUNC awards will be presented based on information provided by the corrections deadline. College/university skiers must submit the CCUNC Eligibility Authorization form to CCC at ddyer@cccski.com by 6 March, 2019, to confirm their eligibility.

Racers and coaches should consult the Championships 2019 confirmation list on Zone 4 as soon as possible after they complete their registration. Please contact registraire.registrar@engne.ca before noon EST, 9 March, 2019 should any corrections be required.

Seeding distance and sprint lists will be distributed on 10 March, 2019 for review by the coaches. Please contact epreuve.secretariat.race@engne.ca before 15:00 EDT, 12 March, 2019 should any corrections be required.

Please note a minimum of 15 registrants in each Open Invitational race is required.-If the races are cancelled due to insufficient registration, registration fees will be reimbursed.

Coaches, Team Captains or Team Support should register through Zone4 up to 27 February 2019, 23:59 EST so the OC can establish email and SMS lists which will be used to communicate any changes or any decisions taken over the course of the event. **Clubs will be asked to identify a Lead Club Coach who will set the pairings for the Team Sprint. The Competition Office must have an email for the Lead Club Coach and this email must be able to access Google Documents.**

La Soirée tickets and pre-paid lunch tickets may be purchased in advance through Zone4 by racers, coaches, team support and spectators.

Team Sprint

Athletes wishing to compete in the team sprint must individually register for the team sprint on Zone4 as part of the regular registration form. There will be no separate team sprint registration form on Zone4. Coaches will receive, via email, a link to the electronic form to be used to set the pairings and identify first and second skier. Team assignments are due 23:59 EDT 12 March, 2019. Teams will be assigned into heats and seeded according to the information received in the online registration by the seeding corrections deadline of 15:00 EST 12 March, 2019.

Teams where one or both skiers register after 8 March, 2019 will forfeit their right to seeding. Such teams will be assigned zero points and will be seeded accordingly. Any teams with substitutions made after 15:30 EDT 17 March, 2019 will also forfeit their right to seeding and will be placed at the back of the chevron.

The TCM for the team sprints will NOT be used to assign athletes to teams. Rather it will be used to confirm that teams have been properly placed in heats and seeded properly. Seeding will be based upon the combined current “**distance**” points only. A Team Sprint seeding list will be available on 15 March, 2019. Please contact epreuve.secretariat.race@engne.ca before 23:59 EDT, 16 March, 2019 should any corrections be required.

The Club Team Sprint includes Open Men, Open Women, Challenge Boys, Challenge Girls, CCUNC Men and CCUNC Women. Skiers on a team in the Club Team Sprint must be formally registered with the same club or University/College.

A “mixed gender Division Team Sprint” category is available for skiers NOT competing in the Club Team Sprint. Skiers in the Division Team Sprint must be from the same Divisions per their CCC license registration. Skiers are not permitted to participate in both Club and Division Team Sprints.

Fees & Deadlines

The following table outlines the various fees related to the registration:

Event	Deadline	Fee
Individual Races Team Sprint Invitational Races	Regular Registration closes 27 February, 2019 at 23:59 EST	\$40 per race \$20 per team member \$25 per invitational race
Coaches	8 March, 2019 at 23:59 EST	
Individual Races Team Sprint Invitational Races	Late Registration closes 8 March, 2019 at 23:59 EST	\$40 per race \$20 per team member \$25 per invitational race + \$100 late fee
La Soirée	8 March, 2019, at 23:59 EST online only	\$17.39 for athletes, as part of race registration \$26.09 for all others (600 tickets available)

Sales taxes (GST and QST) will be added to the race and La Soirée tickets fees.

TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held at the following locations, and the agenda will be as per ICR 305.2.2

Date	Format	Time	Location
12 March	Interval Start	17:00	Centre sportif de Gatineau
13 March	Pursuit Start	18:00	Centre sportif de Gatineau
15 March	Individual Sprint, Invitational Races	17:00	TBC
17 March	Team Sprint	18:00	Maison du Citoyen
18 March	Mass Start, Invitational Races	18:00	TBC

Other communications with coaches will be done by email and through the event website at [Messages from the Race Secretariat](#) (under Event Info).

BIBS

Bib pick-up will take place in the Competition Office. Bibs will be available for pick up 1.5 hours prior to the start of the first race of the day. Bibs will be sorted by Team or Club, as identified during registration. Bibs for Invitational races (Para-Nordic, Midget, and Open) on 16, 17 and 20 March, 2019 will be available for pick up 1.5 hours prior to the start of those races. For sprint heats, bibs and leg bibs will be picked up in the area behind the start area as soon as the results of the qualifier have been posted.

Clubs, teams and training centres will be charged a bib replacement fee of \$50 for each missing bib, which must be paid prior to another race start being granted.

Coaches' bibs

Coaches' bibs, provided by CCC for the race season, are available on Zone4 at

<https://zone4.ca/register.asp?id=19537> . Any coach bibs ordered solely for the Canadian Ski Championships will be available at the Competition Office.

Cross Country Canada would like to remind all coaches to return all bibs at the end of the Championships as these are the last races of the season. Returns can be made at the Competition Office. CCC will only reimburse coaches who have returned their bib.

TRANSPONDERS

Transponders will be used for all the distance races, the Sprint Qualifier and the Team Sprint. They will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time.

Clubs, teams and training centres will be charged a transponder replacement fee of \$50 for each missing transponder at the end of each race.

TRAINING

The official training schedule will be:

Date	Time	Format	Courses
12 March	11:00-15:00	Interval Start	5 km
15 March	11:00-15:00	Sprint /	1 km / 1.3 km / 1.4 km

Unofficial training will be also available on 11 March, 2019 but the course and the stadium will not be marked and groomed specifically for the 13 March, 2019 race. Unofficial training will also be available on 16 and 19 March, 2019 for Challenge categories, but only on non-race courses. Open categories will have access to unofficial training on 17 March, 2019 outside the race courses. Athletes not competing on race days are requested to ski on trails that are not used for the day's races and to refrain from accessing these trails via the stadium.

Skiers are also encouraged to go to Gatineau Park on days they are not racing.

WARMING UP

The courses will be closed as follows before the races:

Date	Format	Time
13 March	Interval Start	8:45 (in time for the Opening Ceremony at 8:45)
14 March	Pursuit Start	8:50
16 March	Sprint Open Qualifier	8:50
	Sprint Open Heats	10:50
17 March	Sprint Challenge Qualifier	8:50
	Sprint Challenge Heats	10:50
18 March	Team Sprint Semifinals	8:50
	Team Sprint Finals	11:50
19 March	Mass Start Open	8:50
20 March	Mass Start Challenge	9:50

Warm up can be done on the race course but athletes must leave the course 10 minutes before the start as it will be closed until the end of the race. During the races, athletes can warm up on

the warm-up trails located East of the waxing area. At any time, athletes can warm up on other Nakkertok courses and trails not in use for an ongoing race.

All athletes on course should wear their race bibs such that they are visible to officials. Skiers must ski in the direction of the race course when warming up. Skiers who do not respect the warm up guidelines will be sanctioned. On sprint days, the course will be opened after the sprint qualifier and after the sprint heats.

The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

The warm up trails will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

FEEDING

There will be energy drink and water available at the finish of every race.

Feeding will be offered on the lap lane going through the stadium during the mass start races over 15 km as follows:

Date	Race
19 March	Junior Women 20 km
	Junior Men 30 km
	Senior Women 30 km
	Senior Men 50 km
20 March	Open Invitational Men 30 km
	Open Invitational Women 50 km

Teams will be permitted to feed athletes on course (locations to be confirmed at the TCM)

ATHLETES' LOUNGES & CHANGE ROOMS

The Athletes' Lounges are in the athletes' tent and the Chalet. Please don't leave any bags in the lounges when you leave for the day and keep the rooms clean. There are three changing rooms in the back section of the Chalet.

PROTESTS

A payment of \$ 50 CAD will be required for each protest filed. The amount will be retained by the Organizing Committee if the protest is rejected by the Jury. Coaches may file a protest until 15 minutes after the posting of unofficial results for each category. The Jury must render a decision as soon as possible after the end of the competitions of the day.

COMPETITION POINTS

Per TP 9.4.

SCORING SYSTEM

Per TP 11.3.1 to 11.6.4

C. FACILITY INFORMATION

ADMISSION TO SKI TRAILS

Access fees to the trails for registered athletes and coaches are included in the registration fees for the official training days and race days, from Tuesday, 12 March to Wednesday, 20 March, 2019 inclusive.

Non-Nakkertok members using the trails on other days must pay a day fee of \$15 for Adults, \$12 for Seniors, \$10 for Students and Youth (13-17 years). The fee(s) can be deposited in any of the day use fee boxes at the main chalet. The fees must be paid on training and race days by individuals other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted.

WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents. Please indicate your needs for waxing facilities or space to fartage.waxing@engne.ca before 27 February, 2019. Teams bringing waxing tents or other shelters are encouraged to provide their own power supply.

Guideline on the Use of Fluoro Glide Waxes for Midget Skiers

Only non-fluoro (NF) or low fluoro (LF) glide waxes may be used for Midget Skiers.

High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.

SKI TESTING

Coaches are encouraged to use the ski testing area located North of the waxing area and East of the warming up trails, just under the Power Line. They also can test skis on the race courses, preferably while wearing a coach's bib. The Jury reserves the right to limit or restrict use of the race course if conditions warrant. Coaches can use the rest of the Nakkertok trails at any the time.

Coach bibs allow access on skis to the race courses on race days and during official training, with the exception of all sprint qualifiers and heats. Coaches on skis will not be allowed in the Stadium. Coaches are encouraged to wear their bib anytime they ski on course. The ski testing area will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

WEATHER FORECAST

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is <https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140?lang=en-us>. Weather reports will also be posted on site and on the event website.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Please check the Tweets at nakkertok.ca to know the trail conditions at the host site.

COMPETITION OFFICE

The competition office is located on the second floor of the Barn. The opening hours will be as follow:

Date	Time
12 March	10:00-15:00
13 March	7:00-16:00
14 March	7:00-16:00
15 March	10:00-15:00
16 March	7:00-16:00
17 March	7:00-16:00
18 March	7:00-16:00
19 March	7:00-16:00
20 March	7:00-15:00

NOTICE BOARDS

The main notice board will be on the side of the Equipment Shed, near the back entrance to the chalet. The location of additional notice boards will be described at the first TCM.

MAPS

Course maps are available in the event website under Event Info

CONTINGENCY PLAN

Any change in the event location or timing will be posted as early as it is known on the event website. If necessary, a decision on event cancellation or change of site will be made by CCC one week prior to the event, as recommended by the Jury. Any decision to refund will be in accordance with Section 2.5 of the Canadian Ski Championships Technical Package.

D. TEAM SERVICES

TRAVEL & TRANSPORTATION

The nearest airport is the Ottawa International Airport (YOW) <https://yow.ca/en>.



WestJet offers 5% off Econo and 10% off EconoFlex and Premium fares for travel within Canada* and 2% off Econo, 5% off EconoFlex and 10% off Premium base fares for guests travelling transborder into and out of Ottawa. To take advantage of this offer, you will need apply one of the discount codes noted below. Please visit www.westjet.com/conventions to make a booking online. Travels must be booked for travelling dates between 6 March and 27 March, 2019.

If you book your flight online or with WestJet over the phone, you must use the Coupon Code **2K6N5YF**. If you book your flight using a flight agency, a travel agent, or traveling transborder (booking from other location for flight into Canada) you must use the Promo Code **WCC22**.

Car Rental



CSC has a promotional agreement with Hertz (see the CSC website at https://championnatscanadiensdeski2019.engne.ca/images/Ski_Tournament_2019_flyer.pdf)

To reserve at CSC 2019 rates, please include the CV# 022Q9257 when making reservations.

- 1-800-654-2240
- 1-405-749-4434
- www.hertz.com

At the time of reservation, CSC 2019 rates will be automatically compared to other Hertz rates and the best rate will apply.

Car Rentals Agencies at YOW: <https://yow.ca/en/parking-transportation/car-rentals>.

Parking

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled and space reserved in the upper lot nearest the stadium for Para-Nordic participants and ambulance access. Please be vigilant and respect the signage and the parking volunteers, who will attempt to maximize the use of the available space. We will also have the use of a nearby parking area ([Club de golf de Touraine](#)) for overflow, from which a shuttle will run regularly on race days.

Other transportation services available while on site

Services	Provider	Contact
Local Bus	Société de transport de l'Outaouais	http://sto.ca/index.php?id=&L=en
Taxi	Bob Taxi	819-561-1512
Taxi	Crown Taxi	819-777-1645
Taxi	Loyal Taxi	819-663-5252 1-866-663-8422
Taxi	Regal Taxi	819-777-5231

ACCOMMODATION

The Organizing Committee of the 2019 Canadian Ski Championships would like to urge any teams planning to attend our event to [arrange their accommodations](#) in Gatineau as soon as possible, preferably by January 31, 2019. There are a number of other activities taking place at the same time in this area. We have block-booked rooms at the hotels listed below and these block bookings will expire on January 31:

Official Hotels

Quality Inn-Gatineau



Crowne Plaza-Gatineau



Best Western-Gatineau



Comfort Inn-Gatineau



Hotel V Gatineau



Marriot Residence Inn



FOOD

Race day lunch and refreshments (at a cost of \$5) will be available to those who will have pre-ordered them on zone4.ca as part of the registration process. Food tickets will be distributed to a club representative at the TCM on 12 March, 2019. Remaining pre-purchased tickets will be available for pick-up at the food tent. Each ticket can be exchanged for one lunch on the day of the athlete's event.

Please note, that while the organizers of the lunch have done their best to accommodate a variety of diets and will not be offering any foods containing nuts, they cannot guarantee that the products served are 100% nut or other allergens-free. Food will be available on race days in the athletes' food tent located at the stadium.

FIRST AID



First aid will be provided by the Canadian Ski Patrol. They will be set up behind the finish line for immediate care, and in a heated tent near the Chalet to provide more serious care. If necessary, they will contact the Outaouais paramedics for access to more advanced medical care and/or transportation to the hospital.

The Canadian Ski Patrol will deploy eight patrollers around the course, including the finish line. Their daily hours of operations will be from 30 minutes before the start of the races and the official training to the times when the races are closed and the end of designated training times for competitors.

LOST & FOUND

Items lost during the Championships are collected on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign in desk. There will be also a list of the items found

posted on the website at the end of each day. If you have lost an item and do not see it on the list please send an email to epreuve.secretariat.race@engne.ca.

PROTOCOL ACTIVITIES

Opening Ceremony

The Opening Ceremony will be held at Nakkertok Nordic Centre on 13 March, 2019 at 8:45 EST before the start of the first race.

Awards

The Championships medals and merchandise will be awarded as per 11.0 and Appendix of the TP. The Invitational races merchandise will be awarded as follow:

Races	Gender	Finish	Award
Midget PN Sit (2 races) PN Stand (2 races)	Female Male	Top 3	OC Merchandise
Open 50km	Female		
Open 30km	Male		

Medal and individual award presentations will be held according to the following schedule.

Race	Date	Location	Time
Interval Start	13 March	Nakkertok Nordic Centre	After each race of the day (time TBC at the TCM)
Pursuit Start	14 March		
Sprints Paranordic Invitationals Midget Invitational	17 March	Canadian Museum of History	18:30
Team Sprint	18 March	Nakkertok Nordic Centre	After each race of the day (time TBC at the TCM)
Mass Start Junior and Senior Men and Women	19 March		
Mass Start Juvenile and Junior Boys and Girls Open Invitation	20 March		

Prize winners must attend the ceremonies in order to receive their awards.

Eligibility requirements stated above apply to Canadian Ski Championship medals, cash, aggregate and CCUNC awards, and to merchandise.

In situations where foreign skiers place within the top three of a category, presentation of the category prizes is first made to the "International Podium" to reflect the top athletes in the

competition, regardless of national affiliation. This is followed by the Canadian Championships medal presentation reflecting the top three Canadians in the competition.

La Soirée

ENGNE is pleased to welcome everyone at 6:30 pm on 17 March, 2019, for “La Soirée” at the **Canadian Museum of History**, with dessert, entertainment, an award ceremony for individual sprints and Midget and Para-Nordic Invitational races, and the announcement of the National Group for the World Cup. Site to be confirmed.

Further information will be posted on the Canadian Ski Championships website as it becomes available. It is recommended that tickets be purchased at the time of registration on Zone4

Remaining tickets for La Soirée will be available for purchase online at Zone4 until 8 March, 2019 at 23:59 or until they run out.

Tickets will be delivered at the TCM on 12 March, 2019, at the Competition Office or at the door.

VOLUNTEERING

Reserve one of the best seats in the house to watch the races by volunteering at the Canadian Ski Championships! Fun, goodies, food, great experience and friendship are guaranteed at the Canadian Ski Championships. If you have some time to give during your stay with us, please register on IVolunteer at <https://engne.ivolunteer.com> or by contacting benevoles.volunteers@engne.ca.

TOURIST INFORMATION

[Tourisme Outaouais](#)

PARTNERS

Funding Partners



Day Sponsors



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