

## TECHNICAL PACKAGE

### CCC ROLLERSKI Tier 2 Sanctioned Events (Published under the authority of the CCC Events Committee)

#### 1. Definitions:

**Event:** A number of competitions (eg. RS Eastern Championships) which occur at a particular site in a specific time period and hosted by an Organizing Committee.

**Competition:** An individual race within an event, incorporating one of more age categories.

**Organizing Committee (OC):** The organization within a CCC club that is responsible for planning and executing a competition or an event.

**Competition Sanctioning:** A competition is “sanctioned” when the OC agrees to meet the criteria established by the sanctioning body. Sanctioning by CCC indicates the following:

- I. All competitors in the competition are individual members in good standing of CCC and possess a current CCC racing license; alternatively, competitors must purchase a CCC supporting member day license or, for foreign skiers, must hold a valid race license issued by their national association.
- II. The competition will be conducted in accordance with current FIS–CCR Rules and Regulations, with on-site supervision by a CCC-trained official.
- III. CCC attributes Canada Points List (CPL) points to all competitors possessing a valid CCC race license.

**Competition Registering:** A competition is “registered” when the particulars of the competition including the competition sanction fee have been submitted to CCC through the parent Division of the hosting club. All competitions hosted by CCC clubs are expected to be registered 45 days in advance and specified safety precautions taken as per the CCC insurance policy in order for CCC’s liability insurance to be in force.

**CCC Tier 2 Sanction:** This category of CCC sanctioning applies to high-level competitions mandated at the Division level (i.e. provincial championship, provincial cup competitions, point races). Reference CCC Competition and Registration Policy 2.2.1 for Sanctioning procedures.

<http://www.cccski.com/About/Policies---Procedures.aspx>. For sanctioning at a Tier 2 level the OC must use the CCC fleet of rollerskis. Rollerski Rental information can be found here.

**Technical Delegate (TD):** A trained individual, appointed by the appropriate sport governing body, who has the knowledge and experience required to provide guidance to OCs on the organization and conduct of cross-country skiing and/or rollerskiing competitions in accordance with current and approved rules and standards.

#### 2. General Information

##### 2.1 Important References

- a) CCC Rollerskiing policy 2.1.5 (<http://www.cccski.com/About/Policies---Procedures.aspx>)
- b) FIS Rollerski Rules (ICR 396 - <http://www.cccski.com/Events/Rules-and-Regulations.aspx> )
- c) CCC Insurance Manual (<http://cccski.com/main.asp?cmd=cat&ID=39&lan=0>)

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- d) Officials' Manual 2009 Version 3.4 (<http://cccski.com/main.asp?cmd=cat&ID=192&lan=0>)
- e) FIS Roller Ski Course Considerations (<http://www.cccski.com/Events/Officiating.aspx> )

### **3. Athlete eligibility**

In order to participate in a CCC sanctioned Tier 2 Rollerski competition, a competitor must have a valid CCC racing license issued by FIS, CCC or National Ski Federation of another country or a Supporting Member Day License (SMDL) issued by CCC.

### **4. Equipment**

Rollerski sport equipment must be a commercially produced product that is available to the general public.

To ensure fairness and consistent performance the CCC fleet of rollerskis must be used for Tier 2, CPL eligible, sanctioned races.

The OC in cooperation with the TD/Jury must carry out equipment control before the start and after finish of each competition to ensure rollerskis have not been damaged or worn during transportation or use. Rollerski wheel dimensions, wheel material hardness and frame length must be controlled.

In general the following must be adhered to:

- 4.1 The diameter of the wheels must not be more than 100 mm.
- 4.2 The distance between the axles of the rollerskis must not be less than 530 mm.
- 4.3 Cross-Country ski poles must be used.
- 4.4 Safety helmets (e.g. **DIN EN 1078 or equivalent**) and eye protection must be worn during official training and competition.
- 4.5 Shoes or ski boots have to be fixed on the rollerskis with a cross-country ski binding.
- 4.6 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools. Rollerski changes must be done according to **ICR-CCR 343.12 – Equipment Exchange**.
- 4.7 The OC must provide rollerski equipment from an official rollerski equipment supplier for all athletes entered in competition. This must be clearly announced in the official race invitation. The rollerskis must be distributed to the athletes by a draw supervised by a jury member.
- 4.8 Rollerski changes during the competition may only be done at an official service depot (boxes) according to ICR articles 343.12.2 – 343.12.3.
- 4.9 Rollerski repair during official training or before competition may only be done at an official service point provided by the organizer.

### **5. Competition Formats and Programs**

#### **5.1 Course**

A rollerski competition course does not have any homologation requirements, but should include some demanding uphill sections.

The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique: Courses may vary according to existing road networks.

Race Format	Competition Distance (km)	Course Length (km)
Interval start competition	2.5, 3.3, 3.75, 5, 7.5, 10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 15, 16.7
Mass Start competition	10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 15, 16.7
Popular competitions	No limitations	No limitations
Skiathlon	5+5, 7.5+7.5, 10+10, 15+15	2.5, 3.3, 3.75, 5, 7.5, 10
Pursuit competition (2 <sup>nd</sup> part)	5, 7.5, 10, 15	2.5, 3.3, 3.75, 5, 7.5, 10
Relay competition (teams with 3 or 4 competitors, can include mixed gender)	2.5, 3.3, 5, 7.5, 10	2.5, 3.3, 3.75, 5
Individual sprint	0.2 – 1.8	0.2 – 1.8
Team Sprint	2x(3-6) x 0.8 – 1.8	0.4 – 1.8

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.

Actual competition distances can vary by ±5%. Interval start, Mass start and Skiathlon competitions can be organized on undulating or uphill courses. Individual sprints up to 200m may be organized on flat or uphill course (with a maximum allowed average inclination of 10%).

## 5.2 Recommended course norms

Items	Classical technique	Free technique
<b>INTERVAL START, PURSUIT</b>		
<b>COURSE</b>		
Width of course (minimum)	3m	4m
<b>START</b>		
Number of corridors	1	1
<b>FINISH</b>		
Total width (minimum)	3m	6m
Number of corridors	3	3
<b>MASS START, , SKIATHLON</b>		
<b>COURSE</b>		
Width of course (minimum)	4m	6m
<b>START</b>		
Organization/preparation	Arrow start grid	Arrow start grid
Width of start area (minimum)	6	8
<b>FINISH</b>		

Total width (minimum)	4m-5m	6m-8m
Number of corridors	3 – 4*	3-4*

\*The number, width and length of corridors will be determined by the Jury according to the competition formats and finish area layout (uphill or flat).

### **5.3 Classic rollerski technique**

- 5.3.1 Classical rollerski technique includes the diagonal techniques, the double poling techniques, downhill techniques and turning technique.
- 5.3.2 Turning technique comprises of steps (with one ski) and pushes (with other ski) in order to change direction. Turning technique with pushes is only allowed in marked zones, or when overtaking other competitors.
- 5.3.3 Single or double skating is not allowed.

## **6. Course preparation**

### **6.1 Course safety**

- 6.2.1 Rollerski competitions are held on asphalt or similar artificial or natural surfaces that are hard packed.
- 6.2.2 The course must be designed with the highest priority being given to the safety of competitors.
- 6.2.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.
- 6.2.4 The downhill sections must not have any sharp curves. If a curve is deemed dangerous, the OC and jury must implement speed-reducing measures (carpet, artificial turf etc)
- 6.2.5 Safe and secured warm up and cool down areas must be available near the competition course.
- 6.2.6 The competition courses should be ready for inspection and for official training by the competitors at least 2 hours before the competition.
- 6.2.7 The competition courses must be closed to normal vehicle traffic. Only the competitors, OC, safety guards, jury, and security vehicles are allowed to be on the course during the competition or during official training.

### **6.3 Start and Finish Requirements**

- 6.3.1 The start line, exchange zone and finish line must be clearly marked on the surface.
- 6.3.2 At mass start free technique competitions; a no skating zone must be clearly marked after the start.
- 6.3.3 Pursuit starts must have a minimum of two corridors that are each a minimum of 10 m

long and 2 m wide.

6.3.4 For Mass Starts and Pursuit Starts, it is required to have at least two officials responsible for controlling observance of no-skating areas at the start and the finish (if applicable).

6.3.5 There must be radio or phone contact between the start and the finish area.

#### **6.4 Finish Area Requirements**

6.4.1 Three finish corridors which are 2m wide must be marked for the final 50 m before the finish line. The final 150 m of the course should be relatively straight.

6.4.2 The finish line must be clearly marked on the surface of the course.

6.4.3 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 70 m long for sprint competitions (depending on inclination and speed). For distance competitions the Jury will decide on the length. The finish control line must be after the roll out zone. Competitors are not allowed to take off their rollerskis until they cross the control line.

6.4.4 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized personnel.

6.4.5 The exchange zone for Team Relay or Team Sprint must be a minimum of 10 m wide and 15 m in length.

6.4.6 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.

#### **6.5 Refreshment Stations**

6.5.1 During competitions which are 8 km or less, refreshment services are only permitted in the finish zone after the finish line

6.5.2 For competitions longer than 8 km but less than 30 km, refreshment services are allowed along the course without the use of motorized vehicles. For competitions longer than 30 km, motorbikes may be allowed at the discretion of the Jury.

6.5.3 For uphill competitions the Jury decides the location of the refreshment stations.

### **7. Seeding for the Races**

The most current Sprint or Distance CPL must be used by the OC for all seeded competitions during an event weekend. The OC must use the Validation Function available on Zone 4 to verify CCC License numbers and club/team affiliation. Short form club/team names should be used in all circumstances. Please note that validation data is based on the last published points list, hence skiers reporting invalid licenses should be double checked directly on the CCC License Confirmation List found at: <https://store.cccski.com/apps.asp> or on the FIS competitor license list for the latest active skier lists at <http://data.fis-ski.com/global-links/search-athlete.html?listid=&lastname=&gender=ALL&sector=CC&firstname=&nation=&status=O&fiscode=&birthyear=&Search=Search&limit=50>

When foreign skiers are entered in Tier 2 RSC, they will be seeded as determined by the Jury with reference to the competitors CPL points. In the rare instance a foreign skier has no CPL ranking; the Jury will use its discretion in seeding the skier.

For all common distance open competitions, the junior men and senior men categories and the junior women and senior women categories will be combined for seeding purposes and run as single open category. Results will be separated into four (4) distinct categories for awards. Sub-ranks should be shown for results publication purposes. All athletes must be identified with their Year of Birth and junior athletes should include the official sub-category designation (J M1, J W2, etc) on both the start and results listings.

In competitions that feature large open fields and/or where course conditions may severely impact performance the Jury may at its discretion modify the start order of the top 30 ranked athletes by providing preferred start positions for this group. In this situation, the seeding protocol identified for the competition format should be followed for this group. e.g. In sprints, skiers with the best points within the group start first.

### **7.1 Interval Start Distance Races**

The Distance CPL will be used when seeding all categories. Within each category skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking will be assigned to a separate group and start positions randomized.

### **7.2 Mass Start Races**

For the open men and open women categories, seeding and bib assignment will be by Distance CPL. The best skier on the CPL gets position one in the start grid. Those not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier. The start will be loppet start with rows assigned based on the size of the field and start area.

### **7.3 Sprint Competitions**

Sprint competitions will consist of a qualification round of all skiers in each category. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of Sprint CPL with the best starting first.

For the quarter-final heats, juniors have the option of racing in the senior category or the junior category. Unless the Competition Secretary receives notice of an athlete's intent to race up, at the TCM prior to the competition, all qualifying juniors will be entered into the junior quarterfinal heats. Notice should be provided in the Race Notice and at the Team Captains meetings if the OC elects to run Open Heats or modified heat sizes based on competition numbers

A separate group should be formed of those License holders without CPL and SMDL skiers. Start order will be per Jury decision.

For the purposes of breaking a tie in the case of 16th or 30th place in the sprint qualification, the Jury may elect to increase the accuracy of the timing interval to 1,000<sup>th</sup> of a second. Alternately 16th or 30th place will go to the skier with the higher Sprint CPL points. If this fails to break the tie, the two skiers will be placed in the same heat – preferably Heat 2.

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When scheduling heats, the Open Category competitions will take precedent over other categories in the competition with the objective of providing open category skiers with 1.5 – 2 hours rest between their qualification and the start of the heat rounds.

Sprint heats (Open Category) must be run in accordance with FIS Sprint Diagram for 30 athletes with B Final (located at: <http://www.fis-ski.com/inside-fis/document-library/cross-country/index.html>), with a consistent time between each round of heats.

Promotion to the next round will be as per the advancement protocol outlined in **ICR-CCR 325.4.2.5** (non timed heats) will be used. Note that in all CCC sanctioned races, a B final will precede the A final.

## **8 Team Captains Meeting (TCM)**

If possible an initial TCM should take place the evening prior to the event as per Competition Regulations section 305. At this time, the TD/TA and Jury will be introduced. The TD/TA will address the TCM, and make any points related to rules or rule changes that need to be emphasized for the event or for the first competition. OC competitor lists should include all skier withdrawals and confirm spelling, age sub categories, Canada points, CCC licenses, Club, Team and national affiliation of each competitor at these meetings. It is important to ensure at this time that juniors who are racing in the open category are annotated as juniors.

Additional meetings if required will occur the evening before each subsequent competition or at times decided by the Jury.

Start lists must clearly state the time of day that the competition starts and the time intervals after this start time at which individuals will have their starts.

Variation from the FIS standard sprint format may consider the number qualifying through to heats, the number of skiers in each heat, the method of advancement and course selection as per **ICR 325.4.2.4** The OC should seek approval for any variation from the TD and RD. On site, the Jury may adjust the format to reflect local conditions and to ensure a fair and equitable race.

For all other age categories, seeding for the qualification round will be as for a normal Division-level competition as determined by the Jury.

## **9 Awards**

Awards for a minimum of top 3 in each category should be presented after each competition.

## **10 Timekeeping and Data Processing**

### **10.1 Timing Standards/ Results Production**

Zone 4 is the preferred race management software package to be used for registration and results postings for Tier 2 RS competitions.

10.1.1 If an alternate timing system is used see 10.4.1 below for Results tracking.

## 10.2 Timing Equipment

For Tier 2 Roller Ski competitions, athletes, coaches and media expect quick, accurate Official Results that conform to CCC protocol as outlined in 10.3. In addition, Start/finish times must be electronically generated with a completely independent back-up system.

A camera should be available to verify order of finish.

There should be an enclosed timing facility if possible in the start/finish area.

For interval start races and sprint qualification an electronic start gate should be used at the start in conjunction with a large format start clock.

At the finish, an electronic beam signal is recommended to capture the time of the athlete as he/she crosses the finish line. In some situations a manual push button signal may be used to electronically generate a start/finish signal.

Times generated by finish line camera's were approved by FIS in 2012.

The OC is responsible for all related costs.

A display clock as a visual aid to tell skiers when to start is also recommended by CCC.

## 10.3 Results

The publication of the results of competitions should be consistent with the format outlined in Appendix B. Official Results must show the members of the Jury and the following: Distance, Technique and Category, Rank, Bib, Name, Year of Birth, Subcategory (for combined results), sub rank (for combined results), CCC License number (or SMDL ID), Club, Team, Total time.

The number of laps skied should be included in the comments bar between the header and the results matrix.

The name of the race files should include the Event name, , race format/ open distances and designate whether the posting is a start list or final result (**e.g. Rollerski Eastern's –Int. 10/15 km CI Final Results**), **Note the site is already listed through the club key to Zone4 hence is not required in the file name.**

Start List and Results publications by the OC must include the following:

On site – hardcopy - published on a notice board in accordance with timing as specified in the CCC Rules. As well, final copies are to be supplied to teams and others as required.

Results should also be printer compliant (pdf or html) on a recognized results system capable of interfacing with the CPL database..

## 10.4 Competition Points

Canada Points will be calculated for all Tier 2 rollerski competitions and will be entered into the CPL ranking system as per the rules of the CPL. CCC License numbers must appear on all



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final results reports in addition to the race distance. The OC and competitor share in the responsibility of ensuring that this information is correct.

All races with the same distance and course, for each gender, starting at a similar time on that day, may be scored as if they were a single race. If race categories are not combined and common distance start times span 4 – 5 hours, the TD in consultation with the Jury is responsible for reporting in the TD Report if conditions changed significantly to the point of providing racers a significant advantage based on their start time.

In two stage pursuit races Canadian Points will be scored based on the racers lap time on the first and second stage as well as a skier's finish time on the pursuit start day unless otherwise noted in the race notice.

Only in pre-approved situations will race results not posted on Zone 4 be calculated for CPL consideration.

If competition results are not posted on Zone4 then the attached Zone4 Results Template illustrated in Appendix A must be completed by the OC and returned to the CCC Race Director at [ddyer@cccski.com](mailto:ddyer@cccski.com) within 15 days of the competition for validation as a CPL race.

## **11 Medical Services**

The Organiser / The Chief of Medical and Rescue Services must confirm with the race director or technical delegate that rescue and medical facilities are in place before starting the official training or competition as per ICR 221.6.

## **12 Race Sanctions**

12.1 Sanctioning is the mechanism through which CCC discharges several of these important competition-related responsibilities. CCC sanctions competitions for the following reasons:

- 12.1.1 to ensure that an approved standard of competition is provided as regards issues such as competition organization, rules and safety;
- 12.1.2 to ensure that competition organizers and competitors are suitably covered by liability insurance;
- 12.1.3 to ensure that the results of the competition receive official recognition within CCC's high performance and athlete development systems through the Canada Points List system;
- 12.1.4 to ensure that the competition is formally integrated into the CCC Calendar and that this information receives wide distribution within the national skiing community.
- 12.1.5 Registering of competitions is a procedure that ensures that competitions at all levels within CCC are appropriately covered by CCC's liability insurance policy.

## **13 Tier 2 Roller Ski Sanctioning**

CCC Competition Sanctioning Application for Tier 2. Each club that plans to host a CCC-sanctioned Tier 2 Rollerski competition must complete the form at Annex A of the Club Application for CCC Sanctioning of Competition **in Policy 2.2.1** <http://www.cccski.com/getmedia/ac96b247-79fb-4ffe-b0c3-7c727db3ee50/2--2--1-Competition-Registration-and-Sanctioning-Policy---July-2016-Draft.pdf.aspx> ) and submit it, together with the applicable fees (both sanction fees and SMDL quota fees where applicable), to the Division Office, **45 days in advance of the competition.**

13.1 All Tier 2 Roller ski competitions will be sanctioned nationally by CCC. The CCC sanctioning fee is \$50.00 per competition day, payable through the Host division as per the CCC Registration and Sanctioning Policy (2.2.1).

## **14 TD Appointments**

For all CCC-sanctioned competitions, a CCC-trained TD will be appointed (by either CCC or the host Division, depending on the level of competition). The TD will provide guidance to the OC on technical matters and is responsible for ensuring that each competition is conducted in accordance with current CCC and/or FIS rules and regulations and any pertinent Technical Package authorized by the CCC Events Committee.

### **List of Attachments**

Appendix A Roller Skiing Points Template Sample

Appendix B Official Results Format Sample

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## Appendix A

### Rollerski Points Template

<b>Race Name</b>	Template - Canmore Rollerski Trials			
<b>Location</b>	Canmore, AB			
<b>Date</b>	month/day/year			
<b>Category</b>	Rollerski			
<b>Gender (M/F)</b>	W			
<b>Distance</b>	10			
<hr/>				
<b>Time</b>	<b>FirstName</b>	<b>LastName</b>	<b>CCCLicence</b>	<b>FISLicence</b>
30:30.2			22610	
31:02.6			17570	

# Appendix B

## Official Results – Individual Competition Format

**Haywood NorAm Int Dist FT, Sovereign Lake**  
**Official Results**

Date: December 13, 2015

Host Club: Sovereign Lake Nordic Club

Location: Sovereign Lake Nordic Centre

Jury		Obs. Time: 0900
<b>Technical Delegate:</b>	Mike Norton	-4 C
<b>Chief of Competition:</b>	Sharon Clarke	
<b>CCC Race Director</b>	Dave Dyer	11.3 kph
<b>Assistant TD</b>	Mark Duperreault	Light snow
<b>CODEX 3669</b>		S
		Snow Cond: Fresh

  

**Open Women - 10 km. Free - (2 x 5.0 km)**

PL	Bib	Name	SubCategory	Rnk	YOB	CCCLic	Club	Time	Diff
1	142	Dahria Beatty	Senior Women	1/34	1994	22610	Whitehorse	0:30:30.2	+0.0
2	133	Jaqueline Mourao	Senior Women	2/34	1975	17570	CBDN-Brésil	0:31:02.6	+32.4
3	134	Andrea Dupont	Senior Women	3/34	1980	5573	RMR	0:31:32.9	+1:02.7
4	140	Cendrine Browne	Senior Women	4/34	1993	24461	Fondeurs-Laurentides	0:31:33.3	+1:03.1
5	136	Olivia BOUFFARD-NESBITT	Senior Women	5/34	1992	19676	Fondeurs-Laurentides	0:31:33.4	+1:03.2
6	135	Erika Flowers	Senior Women	6/34	1989	18861	SMS T2	0:31:35.4	+1:05.2
7	124	Frederique VEZINA	Senior Women	7/34	1994	19234	M.S.A.	0:31:50.0	+1:19.8
8	122	Alannah Maclean	Senior Women	8/34	1993	19646	Walden Nordic	0:31:55.8	+1:25.6
9	138	Maya Macisaac-Jones	Senior Women	9/34	1995	20511	RMR	0:32:06.8	+1:36.6
10	103	Erin Yungblut	Senior Women	10/34	1993	21597	RMR	0:32:31.7	+2:01.5
10	125	Jennifer Jackson	Senior Women	10/34	1995	21582	Team Hardwood	0:32:31.7	+2:01.5
12	137	Katherine Stewart-Jones	Senior Women	12/34	1995	23772	Nakkertok Nordique	0:32:41.4	+2:11.2
13	127	Marie Corriveau	Junior Women	1/15	1997	25806	M.S.A.	0:32:43.7	+2:13.5
14	141	Annika Hicks	Senior Women	13/34	1991	18875	Canmore	0:33:04.9	+2:34.7
15	131	Sophie Carrier-Laforte	Senior Women	14/34	1995	24472	Skinouk	0:33:19.2	+2:49.0
16	111	Emily Hannah	Senior Women	15/34	1994	26309	Dartmouth Ski Team	0:33:22.2	+2:52.0
17	130	Sadie White	Junior Women	2/15	1996	23767	Big Thunder	0:33:22.4	+2:52.2
18	123	Eliza-Jane Kitchen	Junior Women	3/15	1997	25739	Telemark	0:33:42.8	+3:12.6
19	129	Brandy Stewart	Senior Women	16/34	1977	13899	Independent	0:33:45.3	+3:15.1
20	145	Annah Hanthorn	Senior Women	17/34	1995	14632	Whitehorse	0:33:49.0	+3:18.8
21	98	Amalia Siegel	Senior Women	18/34	1994		Dartmouth Ski Team	0:33:49.7	+3:19.5
22	132	Ember Large	Senior Women	19/34	1995	23731	RMR	0:33:51.1	+3:20.9
23	121	Mathilde-Amivi PETITJEAN	Senior Women	20/34	1994	26948	SCN Pays Rochois	0:33:54.2	+3:24.0
24	118	Alexandra Stukator	Junior Women	4/15	1997	30265	Highland Trailblazer	0:33:59.3	+3:29.1

Results By: ZONE4

Haywood NorAm Int Dist FT, Sovereign Lake 31/05/2016 Printed at: 5:03:43 PM

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