



Réunion des entraîneurs / TCM

Série Haywood Coupe Canada / Haywood Canada Cup Series

Championnats Canadiens de l'est / Eastern Canadian Championships

Coupe Québec #3 Subaru-le Coureur / Coupe Ontario #4

Q Cup #3 Subaru-le Coureur / O Cup #4

Université Bishop's University

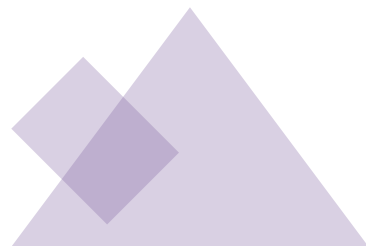
Vieux Club de golf de Lennoxville

7, 8, 9 février 2020



Agenda

Samedi 8 fév
Saturday Feb 8th
pursuit

- Mot de bienvenue / Welcome
 - Félicitation aux gagnants /
Congratulations to the winners
 - Présences / Role call
 - Présentation du Jury / Jury Introduction
 - Prévisions météorologiques / Weather
forecast
 - Parcours / Course
 - Stade / Stadium
 - Ordre de départ /Start order
 - Remarques du DT / TD's remarks
 - Questions et commentaires / Questions
and comments
- 

Mot de bienvenue Welcome

- Chef de compétition / Chief of competition
 - CH better, bags out!
 - Tent is bad
 - Accomodation survey
- Président CO / Head of OC

Présences

Pas d'appel de club

No roll call

S'il vous plaît, signer la
feuille de présences

Please sign the presence
sheet

A blank sheet of lined paper with a vertical red margin line on the left and horizontal blue lines for writing. The lines are evenly spaced and extend across the width of the page.

Jury

Pierre Millette, Délégué technique /
Technical Delegate

Shawn Leamon, Assistant délégué
technique / Assistant TD

Dave Dyer, Directeur des
compétitions NC / NC Events director

















Charles Saint-Jean, Chef de
compétition / Chief of competition

Daniel Bellerose, Invité / Invited

Prévisions météorologiques

Weather forecast

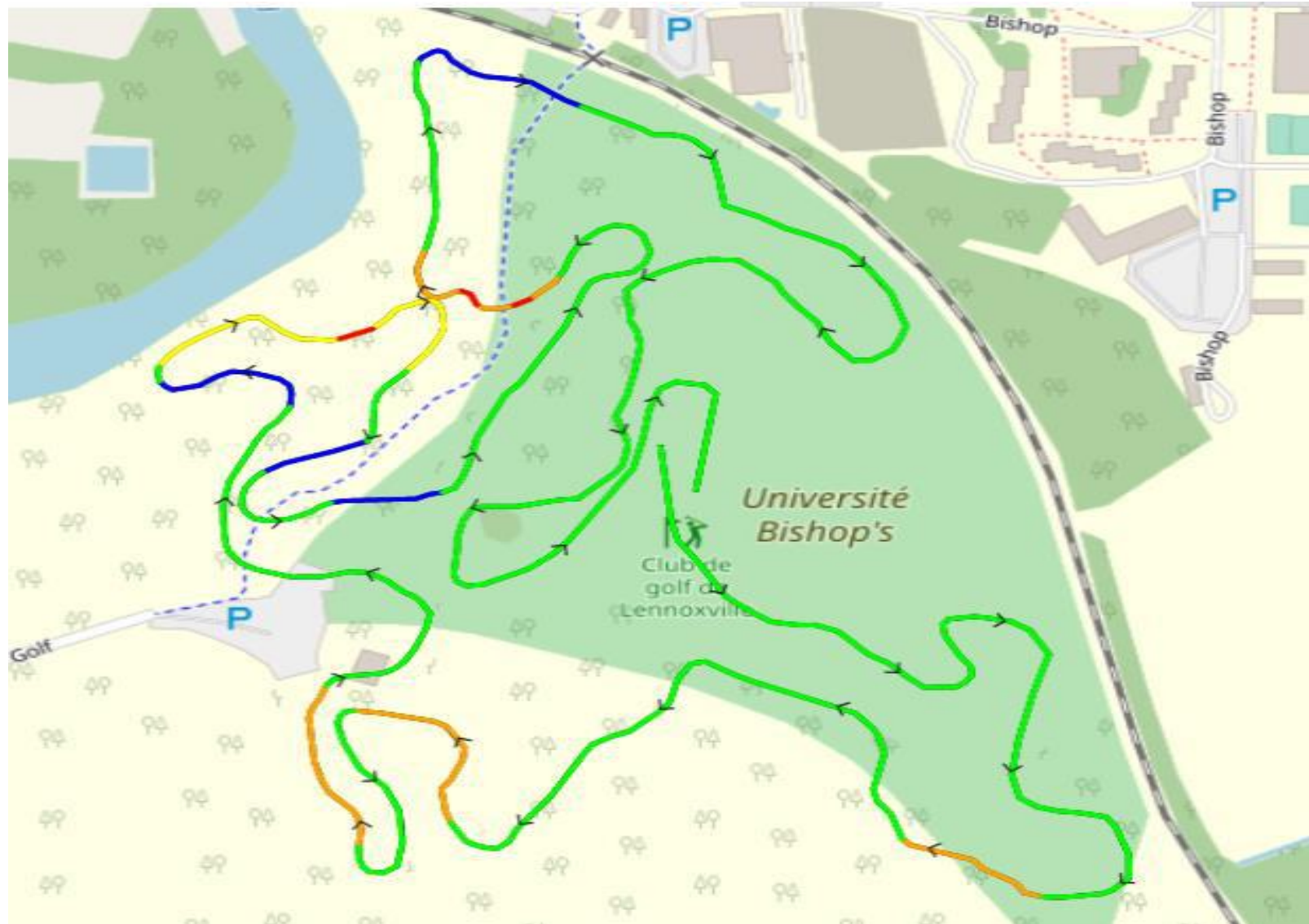
- Dimanche 9 février, Saturday Feb. 9th, Environnement Canada

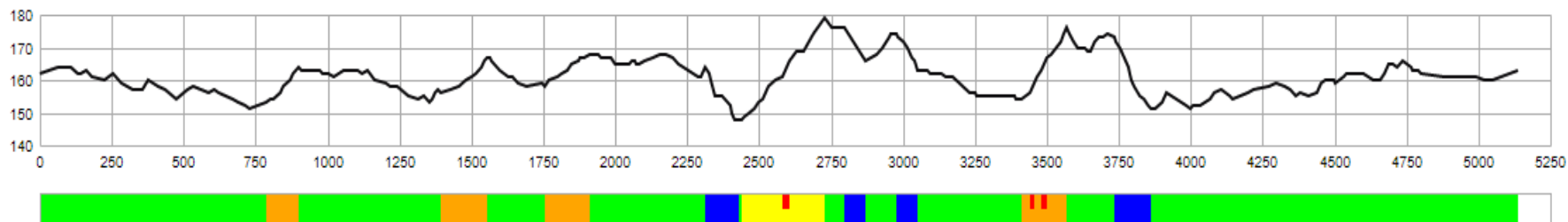
01:00	-22	 Dégagé	Nulle	VR 5	-27
02:00	-23	 Dégagé	Nulle	VR 5	-27
03:00	-23	 Dégagé	Nulle	VR 5	-28
04:00	-24	 Dégagé	Nulle	VR 5	-29
05:00	-24	 Dégagé	Nulle	VR 5	-29
06:00	-24	 Dégagé	Nulle	VR 5	-29
07:00	-24	 Ensoleillé	Nulle	VR 5	-29
08:00	-21	 Ensoleillé	Nulle	VR 5	-25
09:00	-18	 Ensoleillé	Nulle	VR 5	-22
10:00	-15	 Ensoleillé	Nulle	VR 5	-19
11:00	-13	 Ensoleillé	Nulle	VR 5	-16
12:00	-10	 Ensoleillé	Nulle	VR 5	-13
13:00	-8	 Ensoleillé	Nulle	VR 5	-11
14:00	-7	 Ensoleillé	Nulle	VR 5	-10
15:00	-7	 Généralement ensoleillé	Nulle	VR 5	-9
16:00	-6	 Généralement ensoleillé	Nulle	VR 5	-8

Parcours/Course



5 KM, Open, U18, Masters

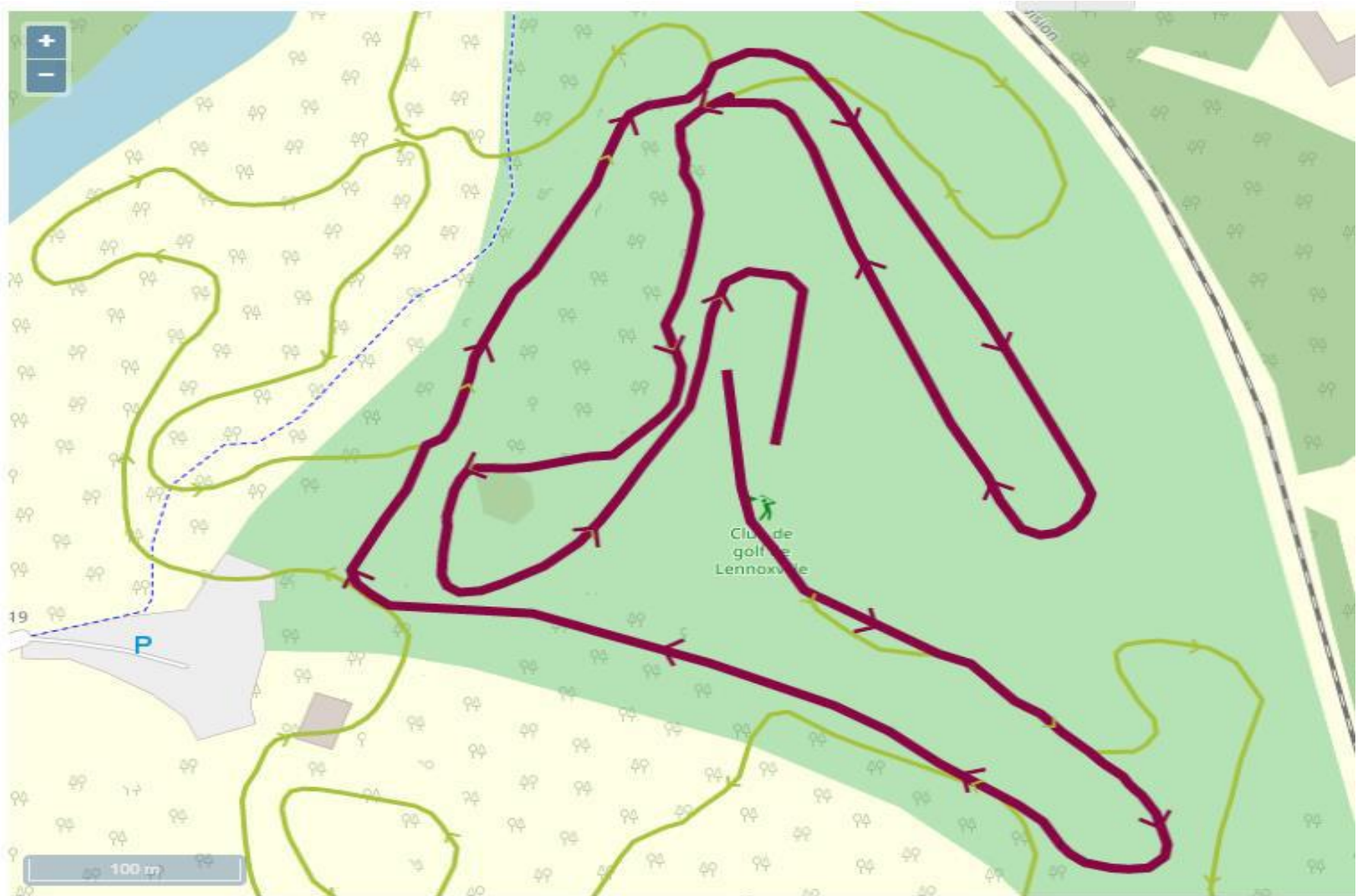


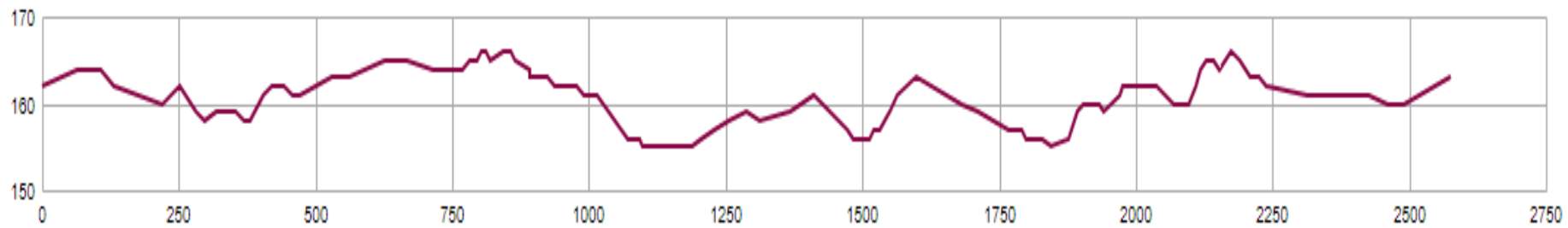


5 km

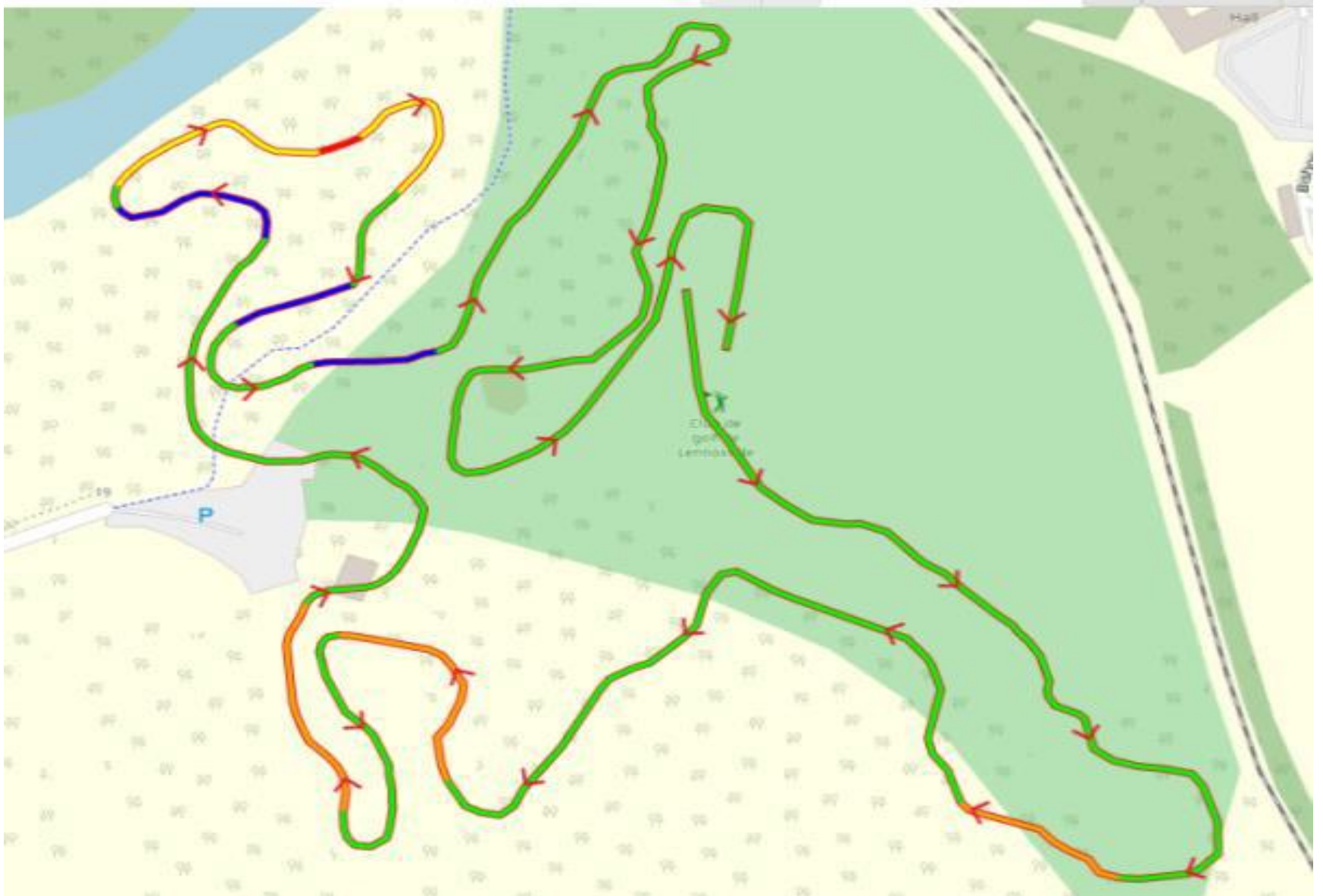
Course length:	5,138m	Height difference (HD):	31m	Lowest point:	148m			
		Maximum climb (MC):	31m	Highest point:	179m			
		Total climb (TC):	164m					
A-climb	■	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)	
		1	2,441	31	31	12.3 - 21.2	10.8	C at 2,582m, PTC: 5m, 20.8%
		total			31			18.9% part of TC
B-climb	■	1	788	11	11	8.4 - 17.1	10.0	
		2	1,395	11	11	3.2 - 18.5	7.0	
		3	1,755	10	10	5.5 - 13.2	6.4	
		4	3,414	22	22	5.4 - 24.4	14.5	C at 3,443m, PTC: 3m, 25.0% C at 3,481m, PTC: 4m, 23.5%
		total			54			32.9% part of TC
C-climb	■	total			0			0.0% part of TC
undulated terrain	■	total			79			48.2% part of TC
		total climb			164			

2,5 KM Para-nordic





3,75 KM, U16





3.75 East

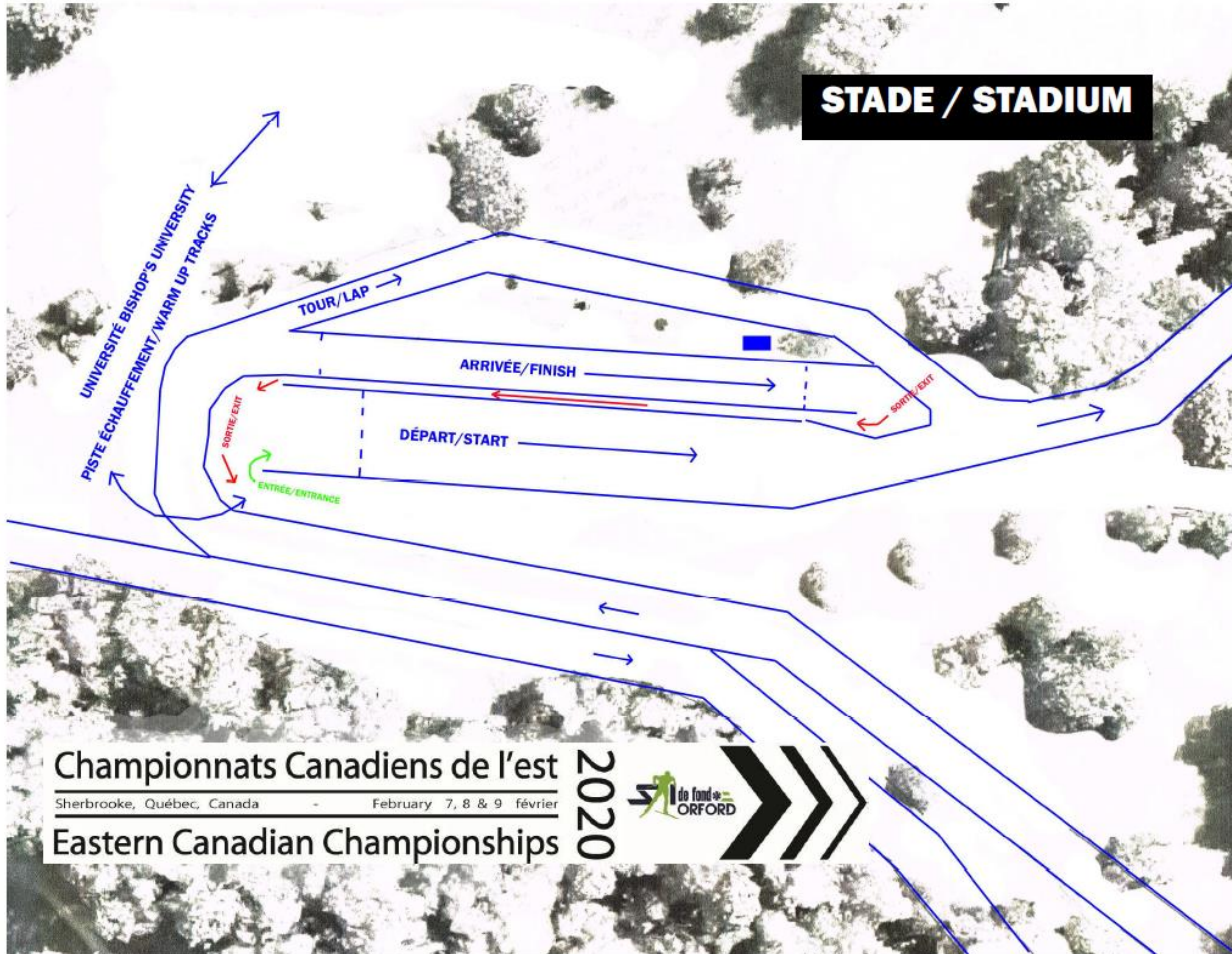
Course length:	3,941m	Height difference (HD):	31m	Lowest point:	148m			
		Maximum climb (MC):	31m	Highest point:	179m			
		Total climb (TC):	115m					
A-climb	■	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)	
		1	2,260	31	31	12.3 - 21.2	10.8	C at 2,401m, PTC: 5m, 20.8%
		total			31			27.0% part of TC
B-climb	■	1	607	11	11	8.4 - 17.1	10.0	
		2	1,214	11	11	3.2 - 18.5	7.0	
		3	1,574	10	10	5.5 - 13.2	6.4	
		total			32			27.8% part of TC
C-climb	■	total			0			0.0% part of TC
undulated terrain	■	total			52			45.2% part of TC
		total climb			115			

3 KM, U14





Stade Poursuite Pursuit Stadium



Poursuite

Départ

- 3 corridors d'au moins 3m de large numérotés de gauche à droite
- 10m tracés en classique pour la zone de double poussées

Arrivée

- 3 couloirs: largeur de 3m chacun

Départ de masse

- Athlètes alignés dans les 3 lignes athlètes dans le lap. Tous partent à un temps déterminé.

Pursuit

Start

- 3 corridors of at least 3 meters wide numbered Left to right
- 10 meters with classical tracks for double poling

Finish

- 3 corridors: each 3 meters wide

Mass start

- lines of 3 athletes behind de pursuit. All starting at a set time.

Start protocole

- Two clocks, one in between each gap
- Large Corroplast held at the beginning of each lane.
- The next time to go will be pointed by another volunteer.
- Late start will have to step aside in between tracks and will be instructed to start by race official.

Fartage Waxing

Fluoros Policy

- <http://www.cccski.com/Events/Technical-Packages.aspx>
- No restriction for open category
- Low fluoros allowed for all other categories

Ordre de départ

Start Order

- 9h Para-Nordic
- 9h30 Men 104P 20W (10 minutes)
- 10h40 Women 60P 21W (11 minutes)
- 12h15 U16 Boys 65P 5W (5 minutes)
- 12h50 U16 Girls 52P 12MS (6 minutes)
- 13h30 U14 Boys 23P 3W (5 minutes)
- 13h55 U14 Girls 18P 5W (4:30 minutes)

General Info

- Non day 1 finishers will be seeded at the back of the wave.

Prix

Money award

- Valid Race Notice on <http://www.skidefondorford.qc.ca>

For final ranking in the pursuit

- 1st \$325
 - 2nd \$200
 - 3rd \$125
 - 4th \$100
 - 5th \$50
-
- Best time of day 2 \$200

**Remarques
du Délégué
Technique**

**Technical
Delegate's
Remarks**

M. Pierre Millette

**Remarques
Directeur
des
épreuves NC**

**NC events
director's
remarks**

M. Dave Dyer

Activités Bishop's Activities

- **Saturday, Feb 8th** - Bishop's Women's basketball vs McGill 6 p.m. and Men's basketball Vs McGill 8p.m.
- Discover more about our partner at www.ubishops.ca/about-bu



**Questions et
commentaires**

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Comments**