

HAYWOOD CANADA CUP SERIES  
EASTERN CANADIAN CHAMPIONSHIPS AT BISHOP'S UNIVERSITY  
QUÉBEC CUP #3 SUBARU-LE COUREUR  
ONTARIO CUP #4

Dear Skiers and Family,

The club de ski de fond du parc du Mont-Orford is proud to welcome you for a grand Canadian classic in the annual ski calendar : the Eastern Canada Championships. Along with Bishop's University we hope to offer an exceptional race site in order to offer competitive and demanding events. Join us to be part of the first edition of the new Canada Cup series and benefit from the high quality-level events that have made the Eastern's famous for many years now.

This year's Easterns will be the result of two passionate teams, Bishop's University and the Orford ski club, working together in order to offer a high-caliber event from February 7<sup>th</sup> to 9<sup>th</sup> 2020 on the Old Lennoxville golf club race site in Sherbrooke, in the center of the eastern townships of Québec. Our competition courses are now FIS homologated and ready to be skied by the best.

Friday will kickstart the competition with a sprint event in free technique. Saturday will showcase individual interval starts in classical technique while Sunday will offer a pursuit in free technique.

We are truly looking forward to welcoming you in a landscape that is making a name for itself and that keeps evolving towards the highest quality standards in the ski racing world. Our passion for our sport is unquestionable and we know your commitment towards tier 1 events; that spells for success!

Join us in order to make this Canadian classic a true success.

Yours truly,

René Pomerleau  
OC Chair

Charles Saint-Jean  
Chief of competition

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SUBARU



SIBOIRE



## A. GENERAL INFORMATION

### DATES

February 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> 2020.

Online registration through [Zone4](#) available on December 18<sup>th</sup> 2019.

Regular registration ends at 23:59 on Friday, January 31<sup>st</sup> 2020. After that, registrations goes up by 25%.

End of online registration at 23h59 on Monday, February 3<sup>rd</sup> 2020.

### LOCATION

In order to maximize your Canada Cup experience, the OC invites you to plan a quick visit of our site. A thorough walk through should not take you more than 10 minutes and will allow everyone, from athletes to visitors, to better enjoy our facilities.

The golf course club house will remain the competition hub. This year, the ground floor will be reserved for the race office and the volunteers exclusive use. The main floor will be accessible to all and bib distribution as well as post-competition snacks will be distributed there. A large heated tent will be set up in the parking lot and will be available to all athletes, coaches and team members.

### ATHLETES LOUNGE, BATHROOMS AND SHOWER FACILITIES, WAITING AND REST AREA, WI-FI ZONE

Athletes, teams and their guests are invited to spend as much time as possible between their races and on their down time at Bishop's University's John H. Price [Sports and Recreation Center](#), located at 2600 College Street (QC Route 108) in Lennoxville. The building offers a comfortable service loaded facility for all participants to use. This recently built, state-of-the-art sports complex offers a catering service, a dedicated stretching room, showers, lockers and much more for anyone to enjoy. On-site parking will be free for the three competition days. You can access the sports complex by car, or from the club house by using either the bike path or a special path from the stadium to the back of the sports complex.

### WAXING FACILITIES, WAXING TRAILER PARKING AND ACCESS TO TEST AND WARM-UP TRACKS

A large wax tent will be set up in the [Club house's parking lot](#) and will be available to all teams. Teams with a waxing trailer will be required to leave it without its pulling vehicle in the adjoining parking lot.

[Test tracks](#) will be available very close to the parking lot and reserved for testing.

Warming up and cooling down athletes will be directed towards the [warm-up tracks](#) or to the sports complex.

Coaches who wish to ski on the courses must either use a Nordiq Canada Coach Bib or buy one on Zone4 ([NC Coach bib](#)) for this competition. The bib is to be picked up at the race secretary office and worn at all times on the race courses.

Athletes registered for an event will be granted free access to the trails on race day. Access to the courses is included for the official training day on Thursday, February 6<sup>th</sup>. Anyone wishing to ski the courses on Wednesday, February 5<sup>th</sup>, must pay trail access fees at the golf Club House.

### BIB PICK-UP

On the morning of the event, bibs will be handed out on the [Club House's](#) main floor. In registering, make sure to check the appropriate box for bib pick-up. By default, the OC will give bibs to the club.

### COMPETITION SITE, TEAM CAPTAINS MEETINGS, SECRETARY, COMPETITION AND JURY OFFICE, ORGANIZING COMMITTEE

Old Lennoxville Golf Club, 19 Golf Street, Sherbrooke, QC J1M 2E6 [Club House](#).

### PROGRAM

The competition will be held over 3 days :

- Friday, February 7<sup>th</sup> : timed Sprints event in free technique for Open (Senior, U23, U20 and CCUNC athletes) and U18 categories. Heats for Open, U20 and U18 categories. Free technique prologue for U16 and U14 categories with interval starts.

- Saturday, February 8<sup>th</sup> : distance event, classical technique with interval starts for all categories.
- Sunday, February 9<sup>th</sup> : Pursuit event in free technique with ensuing mass start on jury decision.

## SANCTIONING

The competition is sanctioned by

- The Fédération Internationale de Ski (FIS)
- Nordiq Canada (NC)
- Ski de fond Québec (SFQ)
- Cross-country Ski Ontario (XCOS)

## STAKES

- Haywood Canada Cup Series
- AltaGas Sprint Series
- Québec Cup
- Ontario Cup
- Québec University and College Series
- Ontario University and college Series

## TECHNICAL BACKGROUND

The event is guided by the rules enforced by FIS, SNC, SFQ and XCOS. Said rules can be found on the relevant websites :

[2019 ICR](#)

[Haywood NorAm Canada Cup Series Technical Package - 2019-20 Season](#)

[RÈGLEMENTS OFFICIELSCOUBE QUÉBEC et CHAMPIONNAT JEUNESSE](#)

[Ontario Cup Technical Package 2019-2020](#)

## CONTACT INFORMATION

René Pomerleau, President of the Organizing Committee (819) 571.0704 or [rpomerle@skidefondorford.qc.ca](mailto:rpomerle@skidefondorford.qc.ca)

Charles Saint-Jean, Chief of Competition (514) 923.5250 or [cosaintjean@hotmail.com](mailto:cosaintjean@hotmail.com)

For inquiries concerning registration, please contact Marie-Josée Grignon, Competition Secretary at

[mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca)

COMPETITION COMMITTEE	
Position	Name
Organizing Committee Chair	René Pomerleau
Chief of Competition	Charles Saint-Jean
Chiefs of Course	André Bérubé and Claude Doyon
Chief of Stadium	Éric Racine
Chief of Timing and Results	Mario Champigny
Competition Secretary	Marie-Josée Grignon
Chief of Start and Finish	Angelo Cristofanilli
Chief of Marshalls	Éric Beaulieu
Feeding, Protocol and logistics	Janick Brassard
Volontiers Coordination	Michel Langlois
Communication	Jean Pinard

JURY MEMBERS	
Responsibilities	Name
Technical Delegate	Pierre Millette
Chief of Competition	Charles Saint-Jean
NC Race Director	Dave Dyer
Assistant Technical Delegate	Shawn Leamon

If deemed required for specific situations, the jury may appoint other members. Such change will be announced at the TCM prior to the event.

SCHEDULE OF EVENTS		
All Eastern Standard Time. Please visit <a href="http://www.skidefondorford.qc.ca/">http://www.skidefondorford.qc.ca/</a> for updates.		
Date	Time	Event
Friday, January 31 <sup>st</sup>	23 :59	Deadline for standard rate registration
Monday, February 3 <sup>rd</sup>	23:59	Online registration deadline
Wednesday, February 5 <sup>th</sup>	8:00	Training day, everyone must pay access fees at the club house
Thursday, February 6 <sup>th</sup>	8:00	Official training day, trail access is included in registration
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Friday, February 7 <sup>th</sup>	8:00	Courses open
	9:00	Free Technique Sprint qualifying
	11:00	Free Technique Prologue for U16 and U14 categories
	11:30	Free Technique Sprint heats
	15:30	Training and course inspection for Saturday's event
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Saturday, February 8 <sup>th</sup>	8:00	Courses open
	9:00-15:00	Classical Technique distance event, Interval Starts
	15:30	Training and course inspection for Sunday's event
	17:30	Team Captain's meeting, Club House – Lennoxville Golf Club
Sunday, February 9 <sup>th</sup>	8:00	Courses open
	9:00-15:00	Free Technique pursuit event with ensuing mass start

## PROTEST

Forms to be used for protest under CCR 361 will be available at the race office. Fees of 100\$ in cash money have to be paid along with the protest. Protest need to be received no later than 15 minutes after the last event of the day.

## B. PROGRAM AND REGISTRATION

RACE FORMATS, CATEGORIES AND DISTANCES				
Category	YOB	Friday	Saturday	Sunday
		Free	Classical	Free
Open		Qualification and heats <sup>a</sup>	Interval starts	Pursuit
U20 Women	2000-2001	1400 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
U20 Men	2000-2001	1700 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
U23 Women	1997-1999	1400 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
U23 Men	1997-1999	1700 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
Senior Women	1996 >	1400 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
Senior Men	1996 >	1700 M	10 Km (3 X 3,3 East)	15 Km (3 X 5 km)
Para-Nordique			Interval starts	Pursuit
PN standing Women	NA	N/A	2,5 Km Para	5 Km (2 X 2,5 Para)
PN standing Men	NA	N/A	2,5 Km Para	5 Km (2 X 2,5 Para)
PN seated Women	NA	N/A	2,5 Km Para	5 Km (2 X 2,5 Para)
PN seated Men	NA	N/A	2,5 Km Para	5 Km (2 X 2,5 Para)
Other categories		Qualification, heats <sup>a</sup> and	Interval starts	Pursuit

		prologue		
U14 Girls	2006-2007	Prologue 3 Km	6 Km (2 X 3)	6 km (2 X 3)
U14 Boys	2006-2007	Prologue 3 Km	6 Km (2 X 3)	6 km (2 X 3)
U16 Girls	2004-2005	Prologue 3 Km	5 Km (2 X 2,5 East)	7,5 Km (2 X 3,75 East)
U16 Boys	2004-2005	Prologue 3 Km	5 Km (2 X 2,5 East)	7,5 Km (2 X 3,75 East)
U18 Girls	2002-2003	1100 M	10 Km <sup>b</sup> (3 X 3,3 East)	15 Km <sup>b</sup> (3 X 5)
U18 Boys	2002-2003	1100 M	10 Km <sup>b</sup> (3 X 3,3 East)	15 Km <sup>b</sup> (3 X 5)
Masters Women	1996 >	N/A	10 Km (3 X 3,3 East)	15 Km (3 X 5)
Masters Men	1996 >	N/A	10 Km (3 X 3,3 East)	15 Km (3 X 5)

<sup>a</sup> Sprint heats will be timed under section 6.9.3 of the NorAm Canada Cup TP with no B final.

<sup>b</sup> U18 (boys and girls) will be grouped with the open category for starts.

### SEEDING AND CATEGORY ELIGIBILITY

The list of athletes registered in the events will be published on Zone4. Coaches are required to communicate any irregularities by email to [migrignon@skidefondorford.qc.ca](mailto:migrignon@skidefondorford.qc.ca), by the latest at the Team Captain's meeting preceding the event for which the list was published.

All athletes in the Open category (senior, U23, U20 and CCUNC athletes) will be seeded together by gender in the qualifying round in order of CPL Sprint, with the best ranked skier starting first. Qualifying U20 will automatically be entered into the U20 quarterfinal heats, unless an athlete's intent to race up as a senior has been communicated to race secretary office, at the latest by the Team Captain's meeting to be held on February 6, 2020. The most recent CPL Sprint will be used to determine the order of the start.

USSS skiers with FIS Points are included in the CPL. US skiers without a FIS license may purchase a [NC Associate License](#) and will receive points based on their past performance at US Nationals and US Super Tours.

All non-licensed skiers must purchase a SMDL for each day of competition.

Starting order for U16 and U14 categories interval start prologue will be determined by Distance CPL. Those not on the CPL including those with a NC SMDL will be randomly placed following the last CPL listed skier.

For interval start events, distance CPL will be used for seeding all categories. Within each category, skiers will be ranked based on 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. A jury decision will determine the start order for each group. Athletes without CPL points or with a NC SMDL will be assigned to a separate group after the points ranked athletes and randomized.

Seeding and bib assignment for the interval starts in all categories will be determined by Distance CPL. Athletes not on the CPL including those with a SMDL will be drawn as a group and placed behind the last CPL-listed skier.

University and College skiers of Junior age can compete in either Junior or senior categories, but not both and must choose the same category for all events. For the sprint competition, skiers will be ranked according to the qualifying order only.

As indicated in the Nordiq Canada Competition Model, athletes may "race up". Athletes wishing to do so should consult with their coaches and/or parents to select the most appropriate race category. Please keep in mind that some skiers may be seeking to meet criteria for provincial teams selection. No racing up will be allowed for U14 and U16 skiers in great cold weather conditions.

### LICENSES

- A. All skiers must hold a valid annual license issued by NC, FIS, an Associate license for foreign skiers or a Supporting Member Day License (SMDL) from NC. A SMDL does not allow the athlete to earn CPL points. Biathletes or athletes from other Nordic disciplines must hold a NC annual license or a SMDL. Foreign skiers may use NC Associate license as well.
- B. Québec athletes in the U16 and U18 categories must hold an annual SFQ and NC annual license.
- C. Athletes must hold an annual SFQ license to compete and receive awards in the Québec Cup Series.
- D. Athletes U14 and below do not need a license but for Québec athletes who must minimally hold a SFQ day license.
- E. Masters must minimally hold a NC SMDL. Masters from Québec must also hold a SFQ day license.
- F. The Para-Nordique Guide License is the responsibility of the visually impaired athlete. Guides are not expected to pay registration fees. All guides must sign the NC Informed Consent and Assumption of Risk form available at the race office.
- G. In addition to complying with applicable A and B criteria, CCUNC skiers must meet the varsity requirement of their province. Please refer to the proper technical package from either SFQ or XCSO.

## DOPING CONTROL

Participants in the Haywood Canada Cup at Bishop's University 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 a positive result in any of these tests and the consequences of an anti-doping rule violation, athletes are encouraged to review all details of this notice at [www.cces.ca/athletezone](http://www.cces.ca/athletezone).

## AWARDS AND MEDALS

Prizes and medals will be awarded by gender to the top three finalists of each category:

- Open (Senior, U23, U20 and CCUNC athletes)
- Para-Nordique (standing and sit ski)
- U20
- U18
- U16 and U14 by year of birth
- CCUNC (based on qualification time for the sprint event)
- Best U23 male and female athlete

No matter the category or event, athletes are required to be on site to receive their medal or prize. Specific request to do otherwise no reason will be considered to remit the medal or award to someone else but the winning athlete.

Skiers must also hold a FIS license to be eligible for cash purses in Canada Cup events.

1. For the Canada Cup Sprint event (Day 1) : Cash purses and race souvenirs for the Open category : 1<sup>st</sup> 325\$, 2<sup>nd</sup> 225\$, 3<sup>rd</sup> 150\$, 4<sup>th</sup> 100\$ and 5<sup>th</sup> 75\$.
2. For the AltaGas Sprint Series : 100\$ to the fastest male and female athlete in qualification.
3. For each event of the pursuit (Day 2 & 3) : Cash purses and race souvenirs for the Open category : 1<sup>st</sup> 325\$, 2<sup>nd</sup> 200\$, 3<sup>rd</sup> 125\$, 4<sup>th</sup> 100\$ and 5<sup>th</sup> 50\$. (Day 3 will be paid according to final finish position)
4. For best female and male Time of Day on the second day of the pursuit : 200\$.
5. SFQ bursaries of 200\$ for Québec athletes with to the lowest cumulative time for all three events of the competition for both genders in the U23-Senior, U20 inand CCUNC categories. CCUNC bursaries are only for Open category athletes.
6. Race souvenirs will be awarded in the masters category.

## AWARDS AND MEDALS CEREMONY

All awards and medals will be presented as soon as possible after each category is done competing, based on unofficial results. Medals ceremony will take place outside the race office by the Clubhouse.

## REGISTRATION

Registrations and payments must be done online through [Zone4](#) starting December 9, 2019. Regular price registration ends on Friday, January 31, 2020, at 23h59. Until Monday, February 3, 2020, 23h59 a 25% surcharge will be applied to all registrations. Online registration ends on February 3, 2020, 23h59.

Any registration request presented after Tuesday, February 4, 2020, 00h00 will require jury approval and a surcharge of \$100 to be paid at the race office along with appropriate racing fees. Requests for jury approval must be made through the race secretary at [mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca).

Athletes and coaches should consult the confirmation list on Zone4 as soon as possible after they complete their registration and/or at the Team Captain's meeting. If you are having difficulty with online registration or if you require any correction, please contact the race secretary at [mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca). A seeding list will also be distributed at the TCM for review by the coaches. Please contact the race secretary at [mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca) should any corrections be required.

Coaches and Team Captains must register through Zone4 in order for the organizing committee to establish emails and SMS lists which will be used to communicate any changes or any decisions taken over the course of the event. We will also be communicating any event changes on the Club de ski de fond Orford website at <http://www.skidefondorford.qc.ca/>.

Student athletes registering for the Québec University & College Series must comply with Annex A - Sections A.1 and A.2 of «Coupe Québec et championnat jeunesse, Règlements officiels», page 30 of this document : [http://skidefondquebec.ca/sites/default/files/docs/2018-2019\\_coupe\\_quebec-reglements\\_0.pdf](http://skidefondquebec.ca/sites/default/files/docs/2018-2019_coupe_quebec-reglements_0.pdf)

Student-athletes must comply with CCUNC Eligibility requirements as outlined in the Canada Cup Technical Package. To be eligible for any university prizes, the athletes must be able to forward to the race secretary a signed authorization or email from an official coach and/or sports director.

## REGISTRATION FEES

Race fees are 45\$ for U18 and up categories and 30\$ for U16 and under categories. A special snow production fee will apply to all registrations for all events for every competition day. Provincial federation race fees are not included in the race fees. Sales taxes will only apply to race fees.

Item	Fee
U18 categories and up including Para-Nordiques athletes	45\$+5\$
U14 and U16 categories	30\$+5\$
NC SMDL	5\$
SFQ day license	5\$
XCSO race fee for U16 athletes and up	5\$
XCSO race fee for U14 athletes	2,50\$
SFQ Québec Cup fee	5\$

All licenses and registrations will be reviewed by the race office. Improperly registered athletes will be required to normalize their situation with the proper body and the race office prior to the first Captains meeting to be held on Thursday, February 6, 2020, at 17h30. Failure to do so will sanction the athlete from competing in said event and the OC will not reimburse any fees.

## REFUND

The organizing committee has no intent to refund any fees. However, any refund request may be addressed to the organizing committee for consideration on a case to case basis. In the event of a cancellation, refunds may be made considering incurred expenses and NC policies. No refunds will be made for any day licenses (NC or SFQ) or for fees not required and/or purchased by mistake. There will not be any refunds for athletes not showing up at an event or any overpayment.



## **BIB PICK-UP**

Bib distribution will take place on the main floor of the [Club House](#) on the morning of each event. Clubs and teams will be charged 75\$ for every bib not returned at the end of the event.

Please check the desired option for bib pick-up in the Zone4 registration. If unchecked, the bib will be handed out to the athlete's club.

## **TRANSPONDERS**

Transponders will be used for each event. They will be distributed and collected behind the Start area. Clubs and teams will be charged 100\$ per transponder not returned at the end of an event.

## **TECHNICAL ZONES**

### **CLASSICAL TECHNIQUE**

The FIS is concerned about preserving classical technique and has asked National Ski Federations to implement technical zones when holding FIS level domestic competitions. Per ICR 310.2.1 "The Jury may ban or enforce the use of specific techniques on marked sections of the course". The jury may add diagonal stride only zones during the classical technique event. In these technical zones, only the diagonal stride technique including the herringbone climbing technique without gliding, with a diagonal movement of both arms and legs is allowed. This means that there can only be one or no pole planted in the ground at any time. All other techniques are not allowed in the designated area. The zones will be clearly marked "Tech. zone, classical technique" with the "Start" and "End" indication for the official training day and the event. Marshalls with video support, as well as members of the jury will ensure that the rule is respected during the event.

### **TURNING TECHNIQUE**

There will be special attention brought to the application of the classical technique to ensure that the ICR norm is respected. Marshalls will be assigned to the race course to monitor that the rules are being respected and will notify the jury of any infractions. The course will be clearly marked with sideways placed V-boards where turning technique is allowed on the bends. For more precision, see the FIS publication [Classical Technique Clarification Cross-Country](#) .

### **POLE LENGTH NOTICE**

For the classical technique event, pole length rule will be applied. The pole length must not exceed 83% of the height of the skier. The height is measured between the pole tip and the insertion point of the strap. A template will be available on-site to validate and verify the length of the poles. An athlete is subject to disqualification if he or she does not meet this requirement.

## **C. FACILITIES**

### **ACCESS**

The competition will be hosted at Bishop's University in Sherbrooke on the Old Lennoxville Golf Club site, located at 19 rue du Golf, Sherbrooke, QC J1M 2E6.

Trail access fees are included in the race entry fee for competition days and the official training day. Athletes registered for an event will be granted free access to the trails on race day. For the non-official training day, anyone who intends to ski on the trails will have to pay the applicable access fees, at the Club House. Parents and other supporters will have to do the same throughout the competition.

### **PARKING**

Sufficient car parking will be available on the Bishop's university campus accessible by QC Route 108. The walking distance from the parking lot to the race site is approximately 600 meters either by the bike path or by a signed path starting behind the sports complex leading to the stadium.

### **COMPETITION OFFICE**

The competition office will be located on the ground floor of the [Club House](#). It will be open from 7.00AM to 6.00PM from February 6<sup>th</sup> to 9<sup>th</sup>.

## **COURSE AND STADIUM MAPS**

[Courses maps](#)

## **TRAINING**

All courses will be available for training starting on February 6<sup>th</sup> 2020, at 8:00AM.  
Stadium will be off-limits at all times.

## **WAXING FACILITIES**

A tent accessible to teams not traveling with their own shelter or trailer will be set up in the club house parking lot. Power will be accessible but teams are encouraged to use their own power source. The waxing facility will be accessible between 6:00AM and 6:00PM starting Thursday, February 6<sup>th</sup>, for the three days of competition.

Parking lot space will be reserved for teams who have their own tents or waxing trailers. The teams are strongly encouraged to use their own power source.

The site will be monitored between 6:00PM and 6:00AM starting Thursday, February 6<sup>th</sup>.

Clubs, teams and training centers intending to use the provided waxing facilities must submit a list of registered skiers to [mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca) by Friday, January 31, 2020, to allow sufficient space to be reserved. Priority will be given to groups that will have provided this list.

In accordance with article 8.1, paragraph 3 of the Haywood NorAm Technical Package team technicians should wear at least a half-mask respirator rated for Chemical Clean-up, Grinding, Masonry or Painting Spray that provide protection against organic vapors and a minimum 95% efficiency against non-oil particulate aerosols. N95 (95% Efficient Protection Against Non-Oil Particulates). Full-face masks will protect eyes from dangerous vapors and dust. The use of disposable gloves is also recommended as the skin represents a secondary source of exposure to toxins.

[http://www.uline.ca/BL\\_992/3M-6000-Reusable-Respirators](http://www.uline.ca/BL_992/3M-6000-Reusable-Respirators)

[https://www.3mscott.com/product\\_categories/full-facepiece/](https://www.3mscott.com/product_categories/full-facepiece/)

## **WAXING POLICY**

Open category events are designated tier 1 events and therefore there is no restriction on waxing. All other categories are tier 2 events and subjected to [NC fluoro waxing policy](#). Please consult the [allowable wax list](#), as updated by NC.

## **WEATHER**

Weather forecasts are available at [Sherbrooke weather forecasts](#).

Please note that competitions can be delayed or canceled due to temperature and according to ICR requirements.

## **NOTICE BOARDS**

There will be three notice boards on the competition site. One located outside the race office, one near the waxing facilities and one in the stadium. For the sprint event, the stadium one will prevail over the two others.

## **CONTINGENCY PLAN**

Despite our efforts to provide artificial snow-making, a back-up site has been identified for use in the case of low or unskiable snow conditions. Any change in the event location or timing will be posted as early as it is known on the Club de Ski de Fond Orford website [www.skidefondorford.qc.ca](http://www.skidefondorford.qc.ca). If necessary, a decision on event cancellation or change of site will be made by NC RD one week prior to the event, after jury consultation. In such event, any refund will be in accordance with Section 2.6 of the NorAm Canada Cup series Technical Package.

## **D. TEAM SERVICES**

### **FOOD**

A light snack will be offered to athletes after each event. Distribution will take place in the clubhouse.

A pay for use restaurant is available at the sports complex. Several restaurants, grocery stores and convenient stores are accessible within one kilometer of the race site.

### **ACCOMMODATION**

The City of Sherbrooke has a large number of hotels to accommodate groups of all sizes. For a thorough review of the available options, we invite you to consult our partner's website at [Destination Sherbrooke](#).

### **FIRST AID**

First aid will be provided by the city of Sherbrooke's first responders. First aid workers from Bishop's University will be on site. There will be a doctor on-site throughout the competition.

### **LOST AND FOUND**

Lost items must be brought back to the Club House and can be claimed at the volunteer desk. A list of items found will be posted on the club's Facebook page. If you have lost an item and do not see it on the list please send an email to [mjgrignon@skidefondorford.qc.ca](mailto:mjgrignon@skidefondorford.qc.ca).