



COUPE SKINOUK

23 January, 2016

Relais plein air du parc de la Gatineau



COMPETITION NOTICE





A. GENERAL INFORMATION

SANCTION

The competition is sanctioned by Ski de fond Québec (SFQ)

TECHNICAL BACKGROUND

The event is guided by the following, which can be found on the relevant websites:

- [NCD Race Series Technical Package 2014](#)
- [Norme d'opération des Jeux du Québec](#) – ski de fond (French only)
- Règlementation spécifique ski de fond – sport scolaire (French only)
- [CCC Competition Model](#)

STAKES

Stakes are as follow:

- NCD Series
- Finale régionale des Jeux du Québec
- Regional School Championship RSEQ-Outaouais

COMPETITION COMMITTEE

The members of the Competition Committee are:

Position	Name
Chief of Competition	Pierre Millette
Chief, Co-chief of Course	Jérôme Poulin / Philippe Daoust
Chief, Co-chief of Stadium	Richard Turgeon / Jacques Montclam
Competition Secretary/Registrar	Hélène Marois
Chief of Timing and Results/ Zone4 Operator	Frédéric Forge
Chief of Control and Security	Joëlle Clermont
Chief of Officials	

INFORMATION

For more information, please contact the Chief of Competition at vpevenements@gmail.com.



B. PROGRAM AND REGISTRATION

FORMAT

NCD Series

Category (Age by 31 December, 2015)	Sex	Mass Start Classic Technique	Skiathlon
Atom (5)-6-7-8 (2010)-2009-2008-2007	F	1.5 km	
Atom (5)-6-7-8 (2010)-2009-2008-2007	M	1,5 km	
Pee-wee (8)-9-10-11 (2007)-2006-2005-2004	F	3.75 km	
Pee-wee 9-10-11-12 2006-2005-2004-2003	M	3.75 km	
Midget (11)-12-13 (2004)-2003-2002	F		7.5 km (3.75+3.75)
Midget (12)-13-14 (2003)-2002-2001	M		7.5 km (3.75+3.75)
Juvenile (13)-14-15 (2002)-2001-2000	F		10 km (5+5)
Juvenile (14)-15 (2001)-2000	M		10 km (5+5)
Junior B (15)-16-17 (2000)-1999-1998	F		20 km (2X5+2X5)
Junior B 16-17 1999-1998	M		20 km (2X5+2X5)
Junior A* 18-19 1997-1996	F		20 km (2X5+2X5)
Junior A* 18-19 1997-1996	M		20 km (2X5+2X5)
Senior* 20-30 1995-1985	F		20 km (2X5+2X5)
Senior* 20-30 1995-1985	M		20 km (2X5+2X5)
Master* 31 and more 1985 and before	F		20 km (2X5+2X5)
Master 31 and more 1985 and before	M		20 km (2X5+2X5)

* The racers of these categories will be grouped in the open category for the purposes of the race.



Finale régionale des Jeux du Québec

Category (Age by 31 December, 2015)		Mass Start Classic Technique	Skiathlon
Atom (5)-6-7-8 (2010)-2009-2008-2007	F	1.5 km	
Atom (5)-6-7-8 (2010)-2009-2008-2007	M	1.5 km	
Peewee (8)-9-10-11 (2007)-2006-2005-2004	F	3.75 km	
Peewee 9-10-11-12 2006-2005-2004-2003	M	3.75 km	
Midget (11)-12-13 (2004)-2003-2002	F		7.5 km (3.75+3.75)
Midget (12)-13-14 92003)-2002-2001	M		7.5 km (3.75+3.75)
Juvenile (13)-14-15 (2002)-2001-2000	F		10 km (5+5)
Juvenile (14)-15 (2001)-2000	M		10 km (5+5)



Regional School Championship

Category (Age by 31 December, 2015)		Mass Start Classic Technique	Skiathlon
Hummingbird (5)-6-7-8 (2010)-2009-2008-2007	F	1.5 km	
Hummingbird (50)-6-7-8 (2010)-2009-2008-2007	M	1.5 km	
Mosquito (8)-9-10-11 (2007)-2006-2005-2004	F	3.75 km	
Mosquito 9-10-11-12 2006-2005-2004-2003	M	3.75 km	
Benjamin (11)-12-13 (2004)-2003-2002	F		7.5 km (3.75+3.75)
Benjamin (12)-13-14 (2003)-2002-2001	M		7.5 km (3.75+3.75)
Cadet (13)-14-15 (2002)-2001-2000	F		10 km (5+5)
Cadet (14)-15 (2001)-2000	M		10 km (5+5)
Juvenile (15)-16-17 (2000)-1999-1998	F		20 km (2X5+2X5)
Juvenile 16-17 1999-1998	M		20 km (2X5+2X5)

ELIGIBILITY AND SEEDING

The competition is open to all.

Skiers residing in Quebec must have an SFQ license or obtain a SFQ day license available online with registration.

Junior skiers and younger residing in Ontario who are members of a competition program of a Cross Country Ontario and CCC recognized club do not need a license.

All others must have a CCC license or obtain a CCC day license available online with registration. Participants who will not purchase a day license online must purchase one on site and sign the waiver form to get their bib.



Only skiers with a permanent address in Quebec and in the administrative region 07 of the Outaouais (the address on the school report card of the skier will settle any dispute as to eligibility) will be eligible for ranking for the « Finale régionale des Jeux du Québec ».

To qualify for the RSEQ-Outaouais School Regional Championship standings, you must check the School Regional Championship and indicate your school.

Racing up is allowed at registration online only on condition that the distance covered by the next class does not exceed the limit allowed for the category by the CCC Competition Model. The athlete who will race up must select the minimum year of birth of the new category when registering online.

For birth years that straddle two categories, it is up to the coach to choose the category that best suits the development of the athlete.

DRAW

Places will be allocated for the mass start by random draw on Zone 4 for Atom and Peewee. Canadian Points List will be used to determine the starting order of the Midget to Open categories. Skiers of those categories with a CCC license and without points will have their starting order randomly drawn in the same group and will start behind the seeded group. Skiers of those categories without a CCC license will have their starting order randomly drawn in the same group and will start behind the CCC license holders group.

No changes to the start list will be allowed.

Draw will be done on 22 January, 2016 on Zone 4. Starting lists will be posted on Zone 4 on 22 January, 2016.

REGISTRATION

Only online registration at zone4.ca will be accepted.

The deadline for registration is 20 January, 2016, at 11:59 p.m.

Registration fees are \$13 for the first race of the day for Atom to Peewee categories (classic technique) and \$18 for Midget to Open categories (skiathlon).

Registration fees are to be paid online.

If the organization has to cancel the event for reasons outside its control, the competitors will not be refunded.

If the registrant withdraws its registration no later than January 16, 2016, the organization will refund all fees paid except an amount representing \$5 of administration fees. After that date, it will not be refunded.



Registration lists will be posted on Zone 4. It is recommended to check the lists so there is no incongruity in which case you will be asked to contact the organizers no later than January 22, 2016 at 6 p.m.

BIB DISTRIBUTION

Bibs will be distributed at Relais plein air du parc de la Gatineau between 7:30 a.m and 8 :30 a.m. on race day.

Club with racers who do not return their bib at the end of the race will be charged \$30 CAD for their replacement.

AWARDS

Awards will be given 20 minutes after the posting of the category unofficial results at the Relais. Awards will be as follow:

- Coupe Skinouk medals to first three finishers of each year of birth from atom to juvenile categories
- Coupe Skinouk medals to first three finishers of Junior B to Masters categories
- Finale régionale des Jeux du Québec medals to first three Quebec residents of atom to juvenile categories.
- RSEQ medals to first three finishers of Hummingbird to Juvenile categories
- School Championship banners to Mosquito to Juvenile categories, male and female, the position order of the first three racers in each institution will be counted for the team classification.



C. INFRASTRUCTURE, COORDINATES AND SERVICES

ACCESS





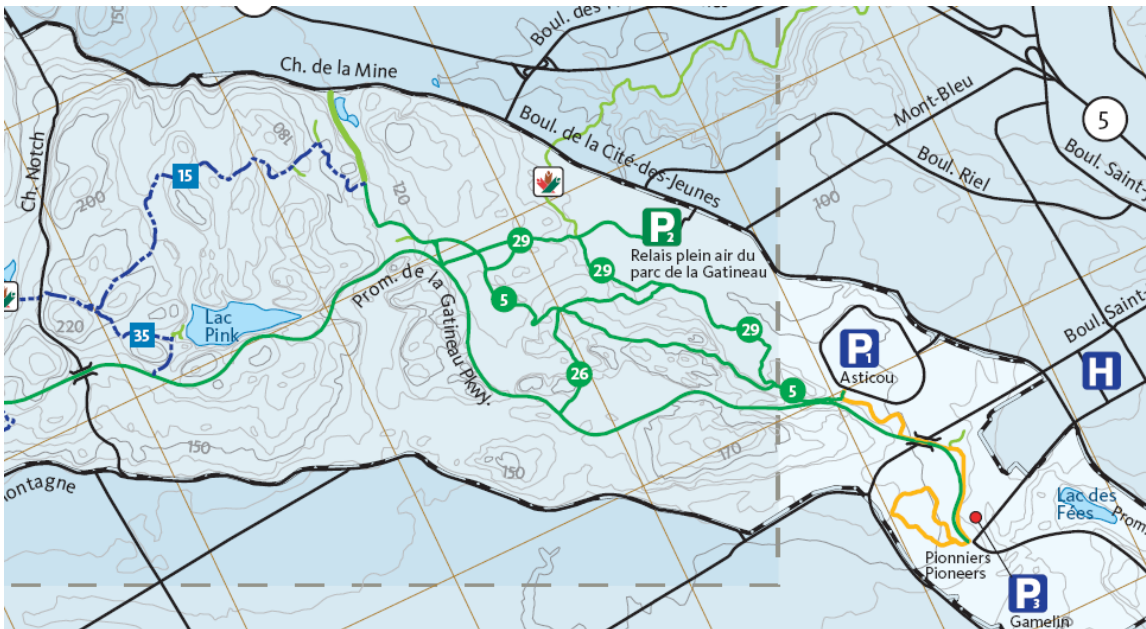
STADIUM

Map of the stadium will be available one week before the race on skinouk.ca



COURSES

Map of the courses will be available one week before the race on skinouk.ca





TRAIL CONDITIONS

For information on trail conditions updates, please visit the [Gatineau Park website](#).

WEATHER CONDITIONS

For information on local weather conditions, please visit [Environment Canada website](#)

SECRETARIAT

The Competition Office will be located in the office on the main level of the Relais plein air. It will be open from 7 a.m. to 5 p.m.

NOTICE BOARD

The notice board will be installed outside the Relais plein air.

WAXING

There is limited space in the Relais plein air.

NCD series events are low-fluoro (LF) events. Meaning the expectation is that race participants will NOT use High-fluoro (HF) or medium-Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids. This includes the use of cold weather powder additives & hardeners.

FOOD

Energy drink, water and cookies will be served at the finish line.

There will be a bake sale for the benefit of Club Skinouk racing team at the Relais.

FIRST AID

First aid on site will be structured as follows:

- Gatineau Park Patrollers on the trails during the race
- First Aid Worker from Demsis with a snowmobile and a sled at Relais plein air
- St. John Ambulance First Aid Workers at the stadium and in their vehicle.

PARKING

Many free spaces around the Relais plein air are available.

CONTINGENCY MEASURES

All information regarding the change of site or date if necessary, will be announced on 16 January 2016, on [skinouk.ca](#)