

Race Notice

Nakkertok Alumni Candy Cane Cup

Organization

Nakkertok Nordic/Nordique

Site

Nakkertok South Nordic Centre
900 Avenue Gatineau
Cantley Quebec

Date

16/17 December 2017

Race Committee

Chief of Competition: Jim McCarthy
Co-Chief of Competition: Jennifer Tomlinson
Technical Delegate: Pierre Millette
Chief of Stadium: Todd Fairhead
Chief of Course: Jeff Pouw
Chief of Timing: Steve Bowman
Competition Secretary: Carolyn Johnson-Grall

Jury

Technical Delegate: Pierre Millette
Chief of Competition: Jim McCarthy
Coach or Team Captain: To be assigned at the TCM

Information

Ardeth Kirkham
admin@nakkertok.ca

Website

Nakkertok.ca/events/ - Please visit here for the most up to date information

Sanction

Cross Country Ski de Fond Canada / Ski de fond Quebec - this is a CPL race

Technical Background

[2017 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2017 Precisions highlighted V2 - October 2017\)](#)

[Tier II CPL Technical Package](#)

Format

Category* (Age by December 31 2017)		Saturday December 16 Sprint Free	Sunday December 17 Interval Start Classic
Midget B/G	(11) 12/13 years old (2006) 2005, 2004	n/a	3.75 K
Juvenile B/G	(13) 14/15 years old (2004) 2003, 2002	n/a	3.75 K
Junior B/G	16/17 years old 2001, 2000	n/a	7.5 K
Junior M/W	18/19 years old 1999, 1998	1.3 K	7.5 K
Senior M/W	20 and older 1997 and before	1.3 K	7.5 K
Masters M/W	30 and older 1987 and before	1.3 K	7.5 K

NOTE: Sprint Heats on Saturday will be run as combined categories; Open M and Open W.
Course distances may change depending on snow levels.

Eligibility

The competition is open to all however:

- All skiers must hold a valid racing license issued by CCC. If not, a Supporting Member Day License (SMDL) needs to be purchased during the online registration process for each race day.
- All Quebec skiers must also have a SFQ license or buy a SFQ Day licence online for each race day.

Registration and Fees

Only online registration at zone4.ca will be accepted. No refund requests will be considered unless the race is cancelled due to lack of snow on December 12. There is a discount code for Nakkertok members ask your coach for the NEW code.

The deadline for registration will be December 13, 2017 at 23:59. Registration confirmation lists will be posted on December 14, with start lists posted after the Team Captains' meeting on December 15.

Registration costs for the event are as follows:

Category	Full two-race weekend	Saturday Only	Sunday Only
Midget	n/a	n/a	\$20
Juvenile	n/a	n/a	\$20
Junior B/G	\$35 (register as Junior M/W for Sat)	n/a	\$20
Junior M/W	\$35	\$20	\$20

Senior M/W	\$35	\$20	\$20
Masters M/W	\$35	\$20	\$20
SMDL	\$10	\$5	\$5
SFQ Day Licence	\$10	\$5	\$5

Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added to the race fees only.

Competition Schedule

Activity	Date	Time
Final Go/No Go Decision regarding event	December 12, 2017	18:00
Close of Registration	December 13, 2017	23:59
Confirmation List Correction Deadline	December 14, 2017	19:00
Official Training for Sprint	December 15, 2017	13:00 to 16:30
Virtual Team Captains Meeting – posted at 1700 comments into admin@nakkertok.ca by 1900		17:00 – 19:00
Start of Qualifiers	December 16, 2017	09:00
Start of Heats		11:00
Awards		12:30
Official Training for Distance Race		14:00 to 16:00
First Start	December 17, 2017	09:00
Awards		noon

Course and Stadium

Links to maps will be available on or before December 12 at nakkertok.ca/events

Seeding

All Open category skiers are seeded together by gender for the Sprint Qualifying round in order of Sprint CPL with the best starting first.

For interval start distance races, the Distance CPL will be used when seeding all categories. Within each gender and distance 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 then be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking or with a SMDL will be assigned to a separate group and randomized.

Number of groups will be as follow:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

Bib Distribution

Bibs will be available on the second floor of the maintenance building from 7 am to 8 am Saturday and 7 am to 9 am Sunday.

Secretariat and notice board

Second floor of the maintenance building from 7 am to 1 pm both days.
Notice board will be located in front of the main chalet.

Awards

Saturday: Awards will be provided to the top three Open Women and Open Men based on final heat results, and top three qualifier results for University/College/CEGEP Men and Women

Sunday: Awards will be provided by YOB for Midget to Junior B/G, and then by category for Junior M/W, Senior, Masters and University/College/CEGEP categories.

Proof of University/College/CEGEP Status

If you wish to be considered for the University category you must be attending school full time – meaning a minimum six courses throughout the year, three in each semester. To be considered please select the university/College/CEGEP check box when you register and then send your course schedule to admin@nakkertok.ca. If we do not receive the schedule and/or it does not meet the requirements you will not be listed as part of the category.

Waxing – This event is a low-fluoro event

There will be limited waxing facilities available on-site, teams and clubs are encouraged to be self-sufficient where possible.

Guideline on the Use of Fluoro Glide Waxes for ALL CATEGORIES

Use of non-fluoro (NF) or low fluoro (LF) glide waxes only. 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.

Weather

http://weather.gc.ca/city/pages/qc-59_metric_e.html

First aid

First aid will be provided by the Canadian Ski Patrol.

Refreshments

Warm beverages will be provided at the finish line for all competitors.

Accommodation

For a list of accommodation sites in Gatineau, visit the Tourisme Outaouais website <https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>