



COUPE SKINOUK
26-27 JANUARY 2019
Relais plein air
du parc de la Gatineau



gcrevier@gmail.com

RACE NOTICE





Dear Skiers,

Club Skinouk extends a warm invitation to all skiers to compete at its 26th Coupe Skinouk.

The event will take place on January 26th and 27th, 2019 at the Relais plein air du parc de la Gatineau, in Gatineau (Québec).

In addition to being part of the National Capital District (NCD) Series, the Coupe Skinouk is a CPL race. The Coupe Skinouk also serves as the Outaouais Regional School Championships as well as the Jeux du Québec regional final to qualify athletes for the 2019 Jeux du Québec.

New this year, in an effort to ensure fairer competition, a waxing protocol will be in force for Midget and Juvenile categories.

We look forward to welcoming athletes, coaches, officials, and their families.

Pierre Millette
Club Skinouk President

Frédéric Forge
Chief of Competition



GENERAL INFORMATION

Event	Coupe Skinouk
Organization	Club Skinouk
Date	26 and 27 January 2019
Site	Relais plein air du parc de la Gatineau 397, Cité des Jeunes Boulevard Gatineau (secteur Hull), Québec
Sanction	Cross Country Canada (CCC) and Ski de fond Québec (SFQ)
Stakes	Canadian Points (Midget to Master categories) NCD Series Jeux du Québec Regional Final Regional School Championship RSEQ-Outaouais
Race Format	Saturday: Interval Start, Classic Technique Sunday: Mass Start, Free Technique
Information and Communication	Email : evenements@skinouk.ca General information on the event: <ul style="list-style-type: none">• Website: http://club.skinouk.ca/• Facebook: https://www.facebook.com/Skinouk/ Registration, race notice, maps, start lists and other race specific information: <ul style="list-style-type: none">• Event page: https://zone4.ca/event/coupe_skinouk_2019/ Other communications will be via email to coaches and participants directly.
Contingency Plans	Any information regarding a change of site or date if necessary will be announced on 19 January 2019 on the Skinouk Website .



ELIGIBILITY

Races are open to everyone. The following conditions apply:

Ski de Fond Québec License	Skiers residing in Quebec must have a Ski de Fond Quebec (SFQ) license or obtain a SFQ day license (\$5 per race) available with the online registration.
Cross Country Canada License	All Midget and older skiers must have a valid CCC annual license or obtain a CCC day license (\$5 per race) available with the online registration.
Canadian points	Canadian points will be awarded to CCC annual license holders only.
Jeux du Québec (Ranking Eligibility)	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). In order to be selected to participate in the Jeux du Québec Final, the skier must be identified Espoir by SFQ (See SFQ Espoir identification criteria [ONLY AVAILABLE IN FRENCH])
RSEQ-Outaouais Regional School Championship (Ranking Eligibility)	Skier registered as a student in a school in the administrative region 07 of the Outaouais. Check the Regional School Championship in the registration form and indicate your school.
Racing up	Racing up is allowed at registration online only on condition that the distance covered by the next category 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.



ORGANIZATION

Competition Committee

Chief of Competition	Frédéric Forge
Technical Delegate	Jennifer Tomlinson
Assist. Chief of Competition	Pierre Millette
Secretary	Caroline Forest
Co-Chiefs of Stadium	Jacques Dumont Charles Lacasse
Co-Chiefs of Course	Jacques Montcalm Jean-François Séguin
Co-Chiefs of Timing and Results	Philippe Daoust Richard Fortin
Chief Control and security	Julie Chagnon

Jury

Technical Delegate	Jennifer Tomlinson
Chief of Competition	Frédéric Forge
Coach	TBD

Technical Background

[Canadian Competition Rules](#)
[Tier II CPL Technical Package](#)
[CCC Competition Model](#)
[NCD Race Series Technical Package](#)
[Normes d'opération des Jeux du Québec – ski de fond](#)
[Règlementation spécifique ski de fond – sport scolaire](#)



RACE FORMAT

NOTE: Depending on the number of participants in each category, starts with be grouped by category, or by gender and common distances.

NCD Series

Category (Age at 31 Decembre 2018)					26 January Classic	27 January Free
Category	Gender	Age	Year of Birth	Code	Interval Start	Mass Start
Atom	F	6	2012	AF1	1.5 km	1.5 km
		7	2011	AF2	1.5 km	1.5 km
	M	6	2012	AM1	1.5 km	1.5 km
		7	2011	AM2	1.5 km	1.5 km
Pee Wee	F	8	2010	PWF1	1.5 km	1.5 km
		9	2009	PWF2	1.5 km	1.5 km
	M	8	2010	PWM1	1.5 km	1.5 km
		9	2009	PWM2	1.5 km	1.5 km
Mini- Midget	F	10	2008	MMF1	3.5 km	3.5 km
		11	2007	MMF2	3.5 km	3.5 km
	M	10	2008	MMM1	3.5 km	3.5 km
		11	2007	MMM2	3.5 km	3.5 km
Midget	F	12	2006	MF1	3.5 km	5 km
		13	2005	MF2	3.5 km	5 km
	M	12	2006	MM1	3.5 km	5 km
		13	2005	MM2	3.5 km	5 km
Juvenile	F	14	2004	JF1	5 km	7 km
		15	2003	JF2	5 km	7 km
	M	14	2004	JM1	5 km	7 km
		15	2003	JM1	5 km	7 km
Junior b/g	F	16	2002	JBF1	7.5 km	10 km
		17	2001	JBF2	7.5 km	10 km
	M	16	2002	JBM1	7.5 km	10 km
		17	2001	JBF2	7.5 km	10 km
Junior m/w	F	18-19	1999-2000	JAF	7.5 km	10 km
	M	18-19	1999-2000	JAM	15 km	10 km
Senior	F	20-29	1989-1998	SF	7.5 km	10 km
	M	20-29	1989-1998	SM	15 km	10 km
Master	F	> 30	1988 et avant	MF	7.5 km	10 km
	M	> 30	1988 et avant	MM	15 km	10 km



Jeux du Québec Regional Final

Category (Age at 31 Decembre 2018)					26 January Classic	27 January Free
Category	Gender	Age	Year of Birth	Code	Interval Start	Mass Start
Atom	F	6	2012	AF1	1.5 km	1.5 km
		7	2011	AF2	1.5 km	1.5 km
	M	6	2012	AM1	1.5 km	1.5 km
		7	2011	AM2	1.5 km	1.5 km
Pee Wee	F	8	2010	PWF1	1.5 km	1.5 km
		9	2009	PWF2	1.5 km	1.5 km
	M	8	2010	PWM1	1.5 km	1.5 km
		9	2009	PWM2	1.5 km	1.5 km
Mini-Midget	F	10	2008	MMF1	3.5 km	3.5 km
		11	2007	MMF2	3.5 km	3.5 km
	M	10	2008	MMM1	3.5 km	3.5 km
		11	2007	MMM2	3.5 km	3.5 km
Midget	F	12	2006	MF1	3.5 km	5 km
		13	2005	MF2	3.5 km	5 km
	M	12	2006	MM1	3.5 km	5 km
		13	2005	MM2	3.5 km	5 km
Juvenile	F	14	2004	JF1	5 km	7 km
		15	2003	JF2	5 km	7 km
	M	14	2004	JM1	5 km	7 km
		15	2003	JM1	5 km	7 km

Note: in bold, the YOB of athletes eligible to the Jeux du Québec Final.

Regional School Championship

Category (Age at 31 Decembre 2018)				26 January Classic
Category	Gender	Age	Year of Birth	Interval Start
Colibri	F	9-8	2009-2010	1.5 km
	M	9-8	2009-2010	1.5 km
Moustique	F	11-10	2007-2008	3.5 km
	M	11-10	2007-2008	3.5 km
Benjamin	F	13-12	2005-2006	3.5 km
	M	13-12	2005-2006	3.5 km
Cadet	F	15-14	2003-2004	5 km
	M	15-14	2003-2004	5 km
Juvenile	F	17-16	2001-2002	7,5 km
	M	17-16	2001-2002	7,5 km



SCHEDULE

Tuesday 22 January		
Time	Event	Location
11:59 pm	End of early-bird registration	Zone4.ca
Thursday 24 January		
Time	Event	Location
11:59 pm	End of registration	Zone4.ca
Friday 25 janvier		
Time	Event	Location
9:00 am	Publication of the technical document	Zone4.ca and email distribution
12:00 pm	Corrections to Confirmation List due	Email to evenements@skinouk.ca
4:00 pm	Publication of Saturday start lists	Zone4.ca
Saturday 26 January		
Time	Event	Location
7:30 am	Opening of secretariat and bib distribution	Relais plein air
9:00 am	First start	Stadium beside the Relais plein air
30 min after publication of official results	Medal ceremony	Outside the Relais plein air
2:00 pm Approx.	End of races	
5:00 pm	Publication of Sunday start lists	Zone4.ca
Sunday 27 January		
Time	Event	Location
7:30 am	Opening of secretariat and bib distribution	Relais plein air
9:00 am	First start	Stadium beside the Relais plein air
30 min after publication of official results	Medal ceremony	Outside the Relais plein air
3:00 pm Approx.	End of races	



REGISTRATION

Fees

Until 22 January:

- Atom to Mini-Midget: \$15 per race
- Midget to Juvenile: \$23 per race (includes a \$3 fee to cover the costs of the waxing protocol)
- Junior Boy/Girl to Master: \$20 per race

23 to 24 January:

- Atom to Mini-Midget: \$20 per race
- Midget to Juvenile: \$28 per race (includes a \$3 fee to cover the costs of the waxing protocol)
- Junior Boy/Girl to Master: \$25 per race

CCC and SFQ license fees not included.

Registration

Beginning of registration: December 21, 2018 on Zone4.

Registration fees must be paid online at Zone4.

As a club entirely run by volunteers, Club Skinouk events are not intended to make a profit and the club incurs costs before race day. In the event of cancellation for reasons beyond its control, the Organizing Committee will attempt to postpone the event to another date. If a postponement is not possible, the Organizing Committee may consider a partial refund through the clubs based on the costs that have been incurred if the cancellation is made 48 hours before the event is held. If the organization has to cancel the event for reasons beyond its control less than 48 hours before it takes place, the registration fee will not be refunded.

Confirmation List

Registration lists will be posted on Zone4.ca. **It is recommended that you review the list** to check for any mistakes. In case of a mistake, you must contact the organizers no later than **January 25, 2019 at 12 pm** evenements@skinouk.ca

Registration Deadline

The deadline for registration is **Thursday 24 January 2019 à 11:59 pm**. Any registration request after that date will have to be approved by the jury, an additional \$25 per race fee will have to be paid and the skier will not be seeded.



RACE INFORMATION

Coaches Meeting All registered skiers and coaches will receive a technical document with the relevant information no later than 25 January 2019. This document will replace the Team Captains Meeting.

Course See Annex II.

Stadium See Annex III.

Waxing Protocol **For Midget and Juvenile categories,** a common waxing protocol will be implemented. All skiers in these categories will have their race skis prepared (glide and kick) by a team of wax technicians from the different clubs in the region (Nakkertok Nordic, Chelsea Nordiq, Kanata Nordic and Skinouk). Skiers will be allowed to start only if their skis have been prepared according to the protocol. Specific information for parents and skiers on the protocol will be published on the zone4 event page on 19 January 2019.

For all races: The NCD Series only allows the use of non-fluoro (NF) or low fluoro (LF) glide waxes. The following products are not permitted:

- High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids; and
- Cold weather powder additives and hardeners.

The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.

**Seeding
Atom to Mini-
Midget** Interval start: Start positions will be randomly assigned within each category.

Mass start: Skiers positioning in the chevrons will be based on the results of the Saturday race (fastest to slowest). Athletes without a result from the Saturday race (not registered, DNS, DNF or DSQ) will be randomly assigned a position behind the seeded group.



**Seeding
Midget to Open**

Interval start: Canadian points will be used to determine start order. Within each gender and distance, skiers will be ranked based on distance points. 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 Canadian points or with a CCC day license will be assigned to a separate group and randomized. Number of groups will be as follows:

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

Mass start: Canadian points will be used to determine the skier's position in the chevrons. Skiers without points or with a CCC day license will have their starting order randomly drawn in the same group and will start behind the seeded group.

The Canadian points list published on January 18, 2019 will be used.

No changes to seeding will be possible.

Start Lists

The draw will be done on 25 January 2019 on Zone 4. Start lists will be posted on Zone 4 on 25 January 2019 at 4:00 pm and 26 January at 5:00 pm.

Bib Distribution

Bibs will be distributed at Relais plein air du parc de la Gatineau from 7:30 am on race day.

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

Warm-Up

The section of trail #27 from the Relais to the bottom of the hill can be used for warm-up. The Gatineau Park does not allow exclusive use of its trail system, and the organizers cannot close the course to other users. However, we encourage competitors warming up to stay out of the course after the first start and until the end of the races. Any competitor warming up on the course and causing interference with the race will be sanctioned.



- Start Time** The first start will be at 9:00 am. A suggested start order will be published on the Event page at Zone4 during the weeks prior to the race.
- Timing and Results** Timing will be done with Summit timers and results will be compiled using Zone4. Results will be published on Zone4.ca no later than 28 January 2019.
- Selection of Athletes for the Jeux du Québec** The selection of athletes who will represent the region at the final of the Jeux du Québec will be made according to the method described in the [Normes d'opération des Jeux du Québec RH-18 – Ski de fond](#).
- Awards** Awards will be given 30 minutes after the posting of the category unofficial results at the Relais. Awards will be as follows:
- Coupe Skinouk medals to first three finishers of each year of birth from Atom to Junior Boy/Girl categories;
 - Coupe Skinouk medals to first three finishers of Junior Man/Women, Senior and Master categories;
 - Jeux du Québec Regional Final medals to first three Quebec residents of each year of birth from Atom to Juvenile categories;
 - RSEQ medals to first three finishers of Hummingbird to Juvenile categories; and
 - School Championship banner for Mosquito to Juvenile categories boys and girls. The ranking of first three racers in each institution will be counted for the team classification.



ATHLETES SERVICES

Secretariat The Competition Secretariat will be located on the main level of the Relais plein air du parc de la Gatineau. It will be open from 7:30 am to 3:00 pm.

The scoreboard will be located outside the Relais plein air.

First Aid First aid on-site will be structured as follows:

- Gatineau Park Patrollers on the trails during the race
- Demsis First Aid attendant with a snowmobile and a sled at Relais plein air; and
- Demsis First Aid attendant at the stadium.

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

There is a small coffee shop at the Relais plein air offering warm beverages and snacks

Parking On site at the Relais plein air. See Annex I.

Accommodation For a list of accommodations in Gatineau, please visit [Tourisme Outaouais](#)

ANNEX I - ACCESS AND PARKING





Many free parking spaces are available near the Relais plein air du parc de la Gatineau.





ANNEX II -COURSE

The trails used for the course are located in the Gatineau Park Seuil sector. The following trails will be used:

- 1.5 km classic and free – trail 29, 27 and the stadium field
- 3.5 km classic and free – trail 29, 26, 5 and 27
- 5 km classic – trail 29, 5 and 27
- 5 km free – trail 29, 26, Gatineau Parkway and 27
- 7.5 km classic – trail 29, 5, 26, Gatineau Parkway and 27

See the maps in the following pages.

Grooming and Tracksetting

Demsis will groom and trackset the course.

Trail Conditions

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

Sécurité sur le parcours

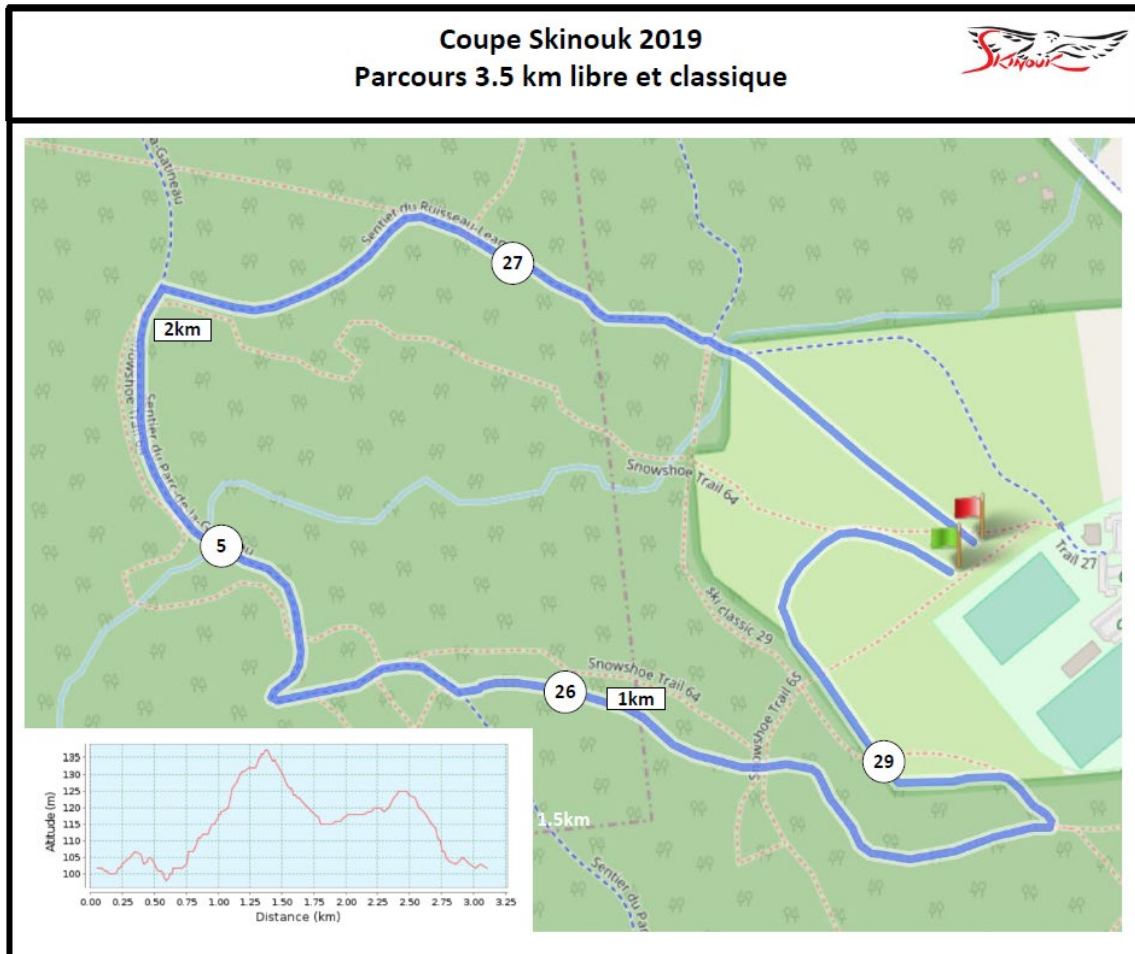
The Gatineau Park does not allow exclusive use of its trail system, and the organizers cannot close the trails to other users. Course marking and marshalls will be posted on the course at intersections with other ski and snowshoe trails to inform Park users to be cautious and to request they give way to racers..

Weather Conditions

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

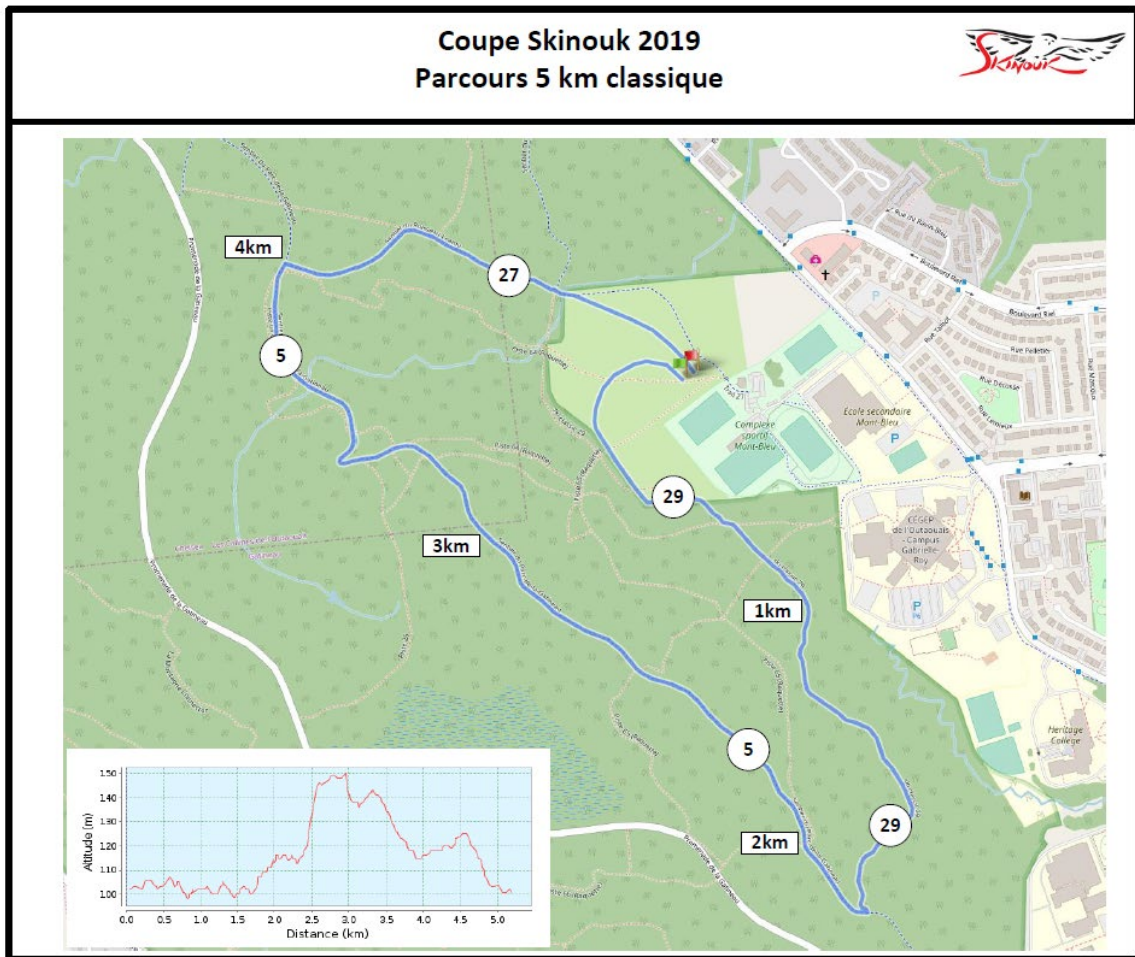


3.5 KM LOOP – CLASSIC (SATURDAY) AND FREE (SUNDAY)



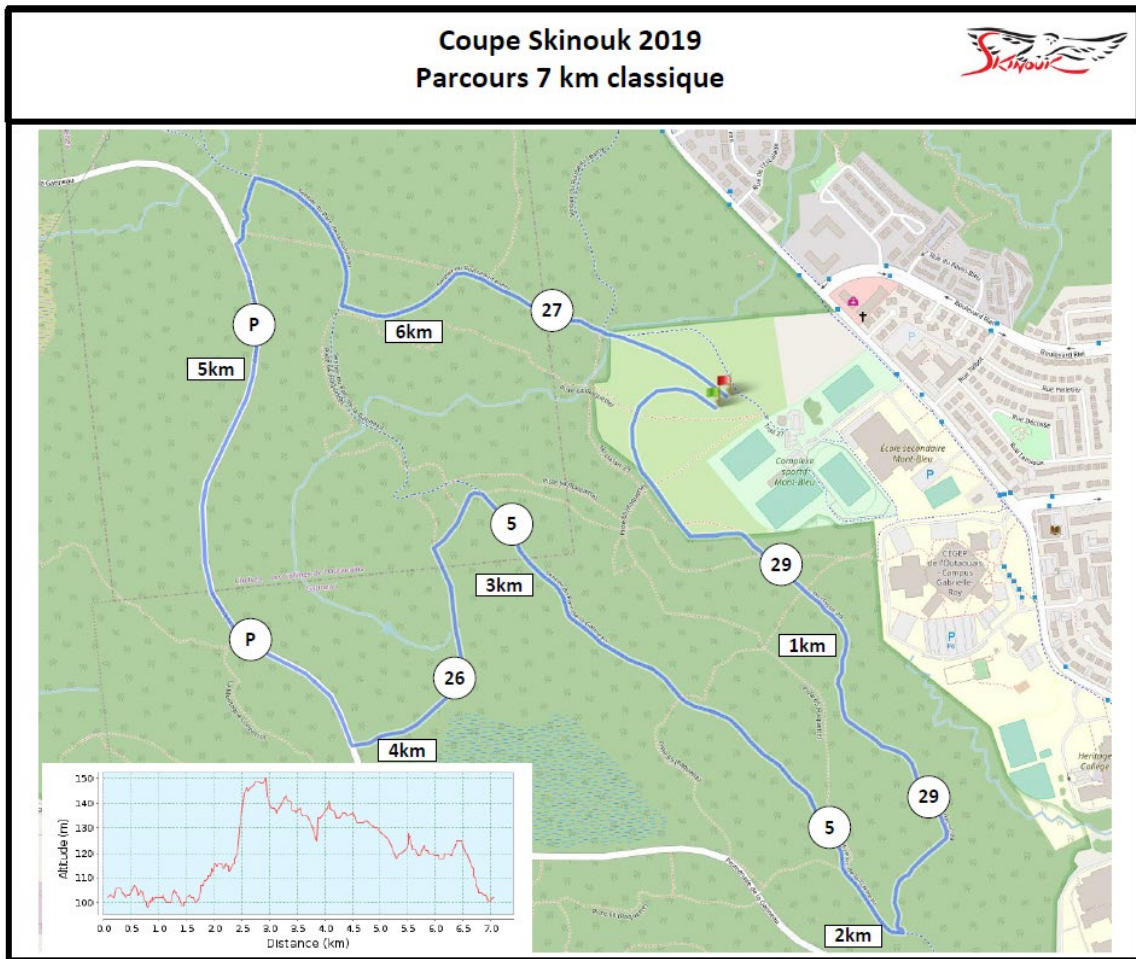


5 KM LOOP – CLASSIC (SATURDAY)



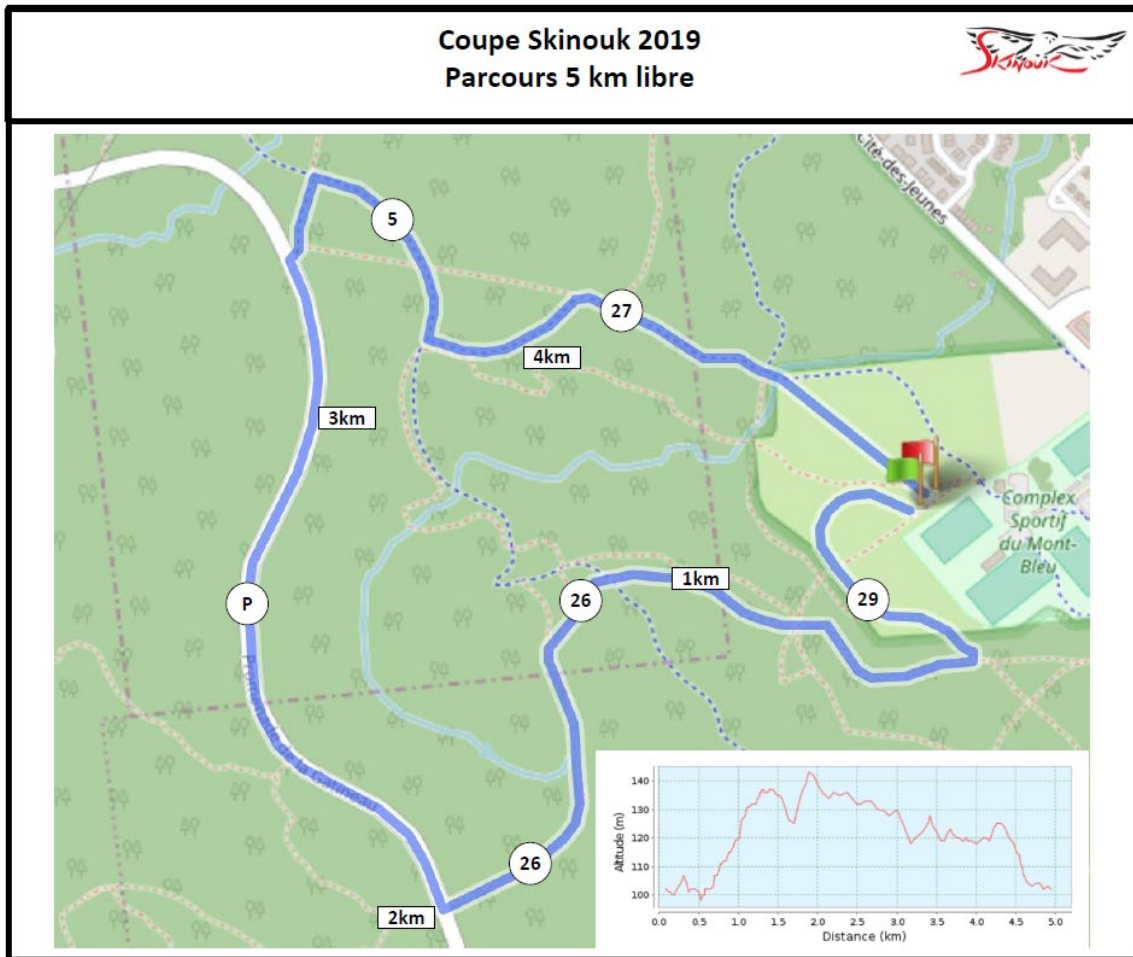


7 KM LOOP – CLASSIC (SATURDAY)





5 KM LOOP – FREE (SUNDAY)

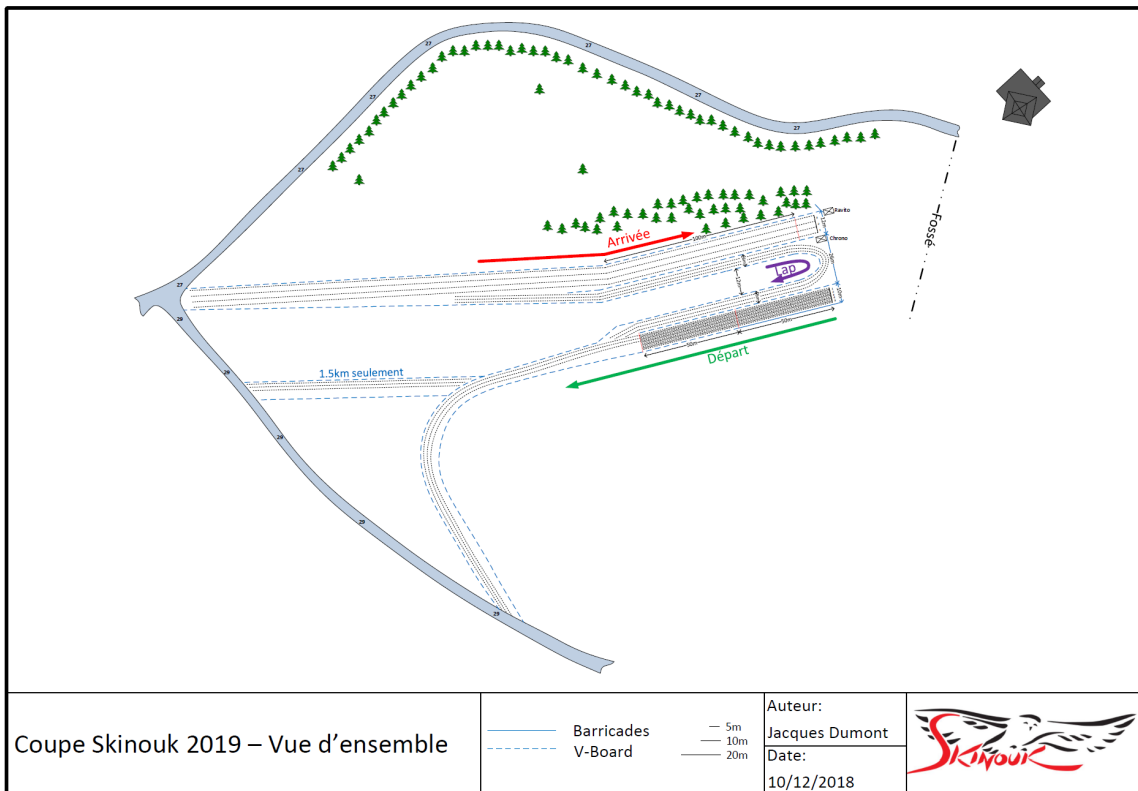




ANNEX III - STADIUM

The stadium is located in the field on the west side of the the Relais plein air du parc de la Gatineau, and north of the Complexe sportif Mont-Bleu.

SITE MAP





STADIUM MAP

