



**Club Skinouk invites you to the third edition of its roller ski race with once again Canadian points and money awards at stake. Please note that the race will take place earlier in the season. It will take place on September 21, 2019 from parking lot 5 in Gatineau Park.**

**Organization**

Club Skinouk

**Site**

P5  
Gatineau Park

**Date**

21 September 2019

**Race Committee**

Chief of Competition : Pierre Millette  
Assistant Chief of Competition : Philippe Daoust  
Chief of Stadium : Jacques Dumont  
Chief of Course: Frédéric Forge  
Chief of Course Control and Security : Julie Chagnon  
Chief of Timing : Richard Fortin  
Race Secretary : Caroline Forest  
Chief of Officials : Caroline Laurin  
Chief of Logistics : Charles Lacasse

**Jury**

Technical Delegate : Jennifer Tomlinson  
Chief of competition : Pierre Millette  
Invited Level 3 Official : TBC

## Communication with team leaders

Check the website for last-minute information as confirmation, seeding and start lists, and results. A technical document will be distributed that will stand for the Team's Captain Meeting.

## Information

[evenements@skinouk.ca](mailto:evenements@skinouk.ca)

During the event : Pierre Millette 819-639-9608

## Website

<https://zone4.ca/event/CoupeSkinoukSR2019/>

## Sanction

Ski de fond Québec (SFQ)  
Nordiq Canada (NC)

## Technical Documentation

- [2018 International Competition Rules \(Icr\) - Canadian Competition Rules \(CCR\)](#)
- [Tier II Rollerski Technical Package](#)
- [Nordiq Canada Roller-Skiing Policy](#)

## Stake

[Canadian Points](#) (midget to senior categories)

## Race Format

Category*				Free Mass Start
<b>U14</b>	Midget	2006-2007	G	5 km
			B	
<b>U16</b>	Juvenile	2004-2005	G	7.5 km
			B	
<b>U18</b>	Junior B	2002-2003	G	10 km
			B	
<b>U20</b>	Junior A	2000-2001	W	
			M	
<b>Senior</b>	20 years old and older	1999 and before	W	
			M	

\* Age by 31 December, 2019

## Schedule

Registration opens	13 August 2019
Confirmation list posted	13 August 2019
Start order posted	12 Septembre 2019
Courses and Stadium maps posted	12 September 2019
Registration closes	19 September 2019 23:59
Start list posted	20 September 2019
Technical Document distributed	20 September 2019
Start Time	21 septembre 8:00

## Eligibility

The competition is open to all.

All skiers must hold a valid racing license issued by NC. If not, a Supporting Member Day License (SMDL) needs to be purchased during the online registration process.

All Québec skiers must also have a SFQ license or buy a SFQ Day License online for each race day.

**NOTE THAT NO REFUNDS WILL BE MADE FOR ANY DAY LICENSES (NC or SFQ) NOT REQUIRED BUT PURCHASED BY MISTAKE.**

Racing up is allowed at registration online but racers may race up by only one age-category. The athlete who will race up must select the minimum year of birth of the new category when registering online.

## Restrictions on Equipment

Only the Swenor 65-000 of the NC and Fondeurs Laurentides fleet and the Rundle Velox from Cross Country Ski Ontario wheeled skis with wheels # 2 will be allowed. Please indicate in the registration form the type of bindings you use. Skis will be assigned randomly in accordance with CCR396.2.11. Poles shall comply with RCC 343.8.1 and 396.2.5 for free technique races. A safety helmet (e.g. DIN EN 1078 or equivalent) and protective goggles must be worn per CCR396.2.7.

	
<b>Wheel Diameter</b>	100 mm
<b>Wheel Width</b>	24 mm
<b>Skis Weight</b>	1,400 g for both
<b>Skis Length</b>	580 mm



<b>Wheel Diameter</b>	100 mm
<b>Wheel Width</b>	24 mm
<b>Skis Weight</b>	N/A
<b>Skis Length</b>	610 mm

<b>Distribution</b>	<b>SNS</b>	<b>NNN</b>
Swenor NC	1-15	16-50
Swenor FL		1-25
Rundle XCSO	71-100	1-70

In order to maximize the distribution of skis, participants are invited to have access to a pair of boots compatible with the other type of bindings. Participants will be asked to indicate on the registration form the type of bindings they use.

### **Registration**

Only online registration at [zone4.ca](http://zone4.ca) will be accepted. No refund request will be considered. Registration will open on 13 August, 2019, **registration is limited to 175 participants.**

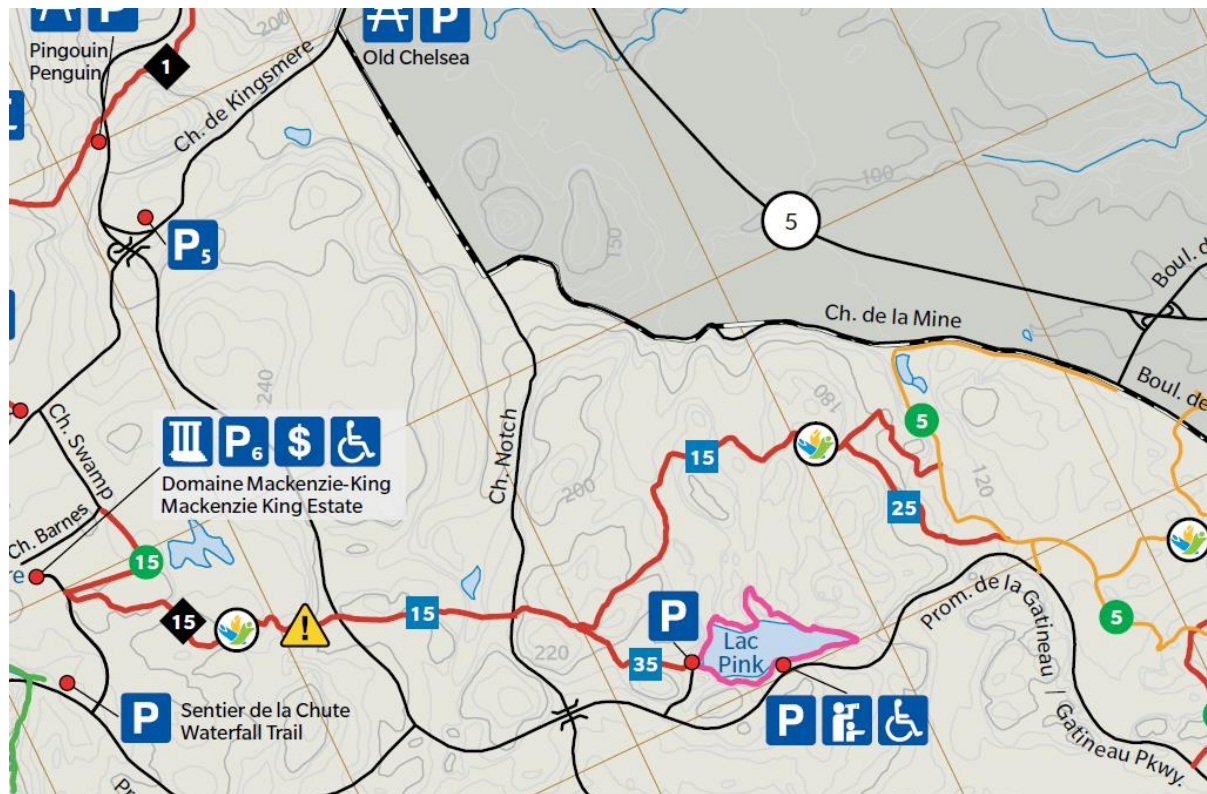
The deadline for registration is 19 September, 2019, at 23:59.

Registration costs per race will be \$20 for the U14 categories and \$25 for all others. Registration fees are to be paid online.

The confirmation list will be displayed as soon as the registration platform opens in [zone4.ca](http://zone4.ca). Skiers and coaches are recommended to check the list so that there is no issue regarding the registration information. If there is an issue you are asked to contact the organizers by 20 September, 2019 at 6 p.m.

## Course

The course will be on a portion of the Gatineau Parkway between Penguin and trail #15.

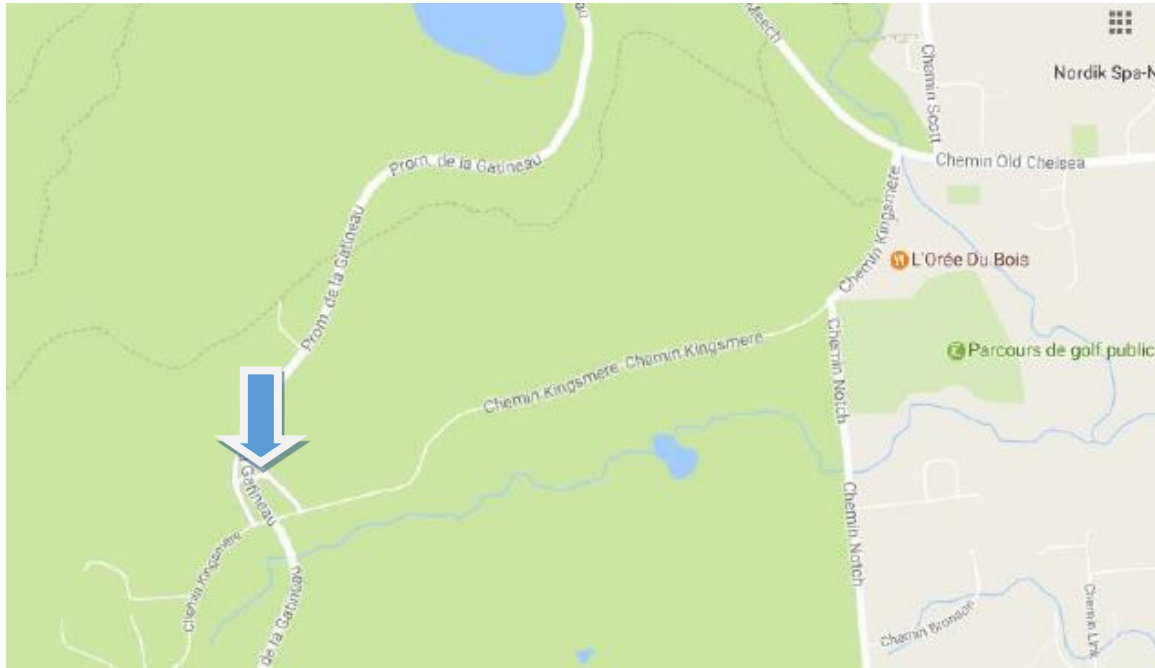


## Safety while on course

Please follow the volunteers' instructions to ensure that the races are fair, safe and fun.

## Stadium and Access

P5 is a Gatineau Park official parking lot; access by Kingsmere Road



## Weather forecast

[https://weather.gc.ca/city/pages/qc-59\\_metric\\_e.html](https://weather.gc.ca/city/pages/qc-59_metric_e.html)

Average (for September)

[http://climate.weather.gc.ca/climate\\_normals/results\\_1981\\_2010\\_e.html?searchType=stnName&txtStationName=Chelsea&searchMethod=contains&txtCentralLatMin=0&txtCentralLatSec=0&txtCentralLongMin=0&txtCentralLongSec=0&stnID=5585&dspBack=1](http://climate.weather.gc.ca/climate_normals/results_1981_2010_e.html?searchType=stnName&txtStationName=Chelsea&searchMethod=contains&txtCentralLatMin=0&txtCentralLatSec=0&txtCentralLongMin=0&txtCentralLongSec=0&stnID=5585&dspBack=1) (click on *View Data Table*)

## **Sunrise (21 September)**

6 :48

### **Timing**

Summit Systems and Zone 4

Results will be posted in zone4.ca at the end of the race.

### **Seeding**

A chevron start will be used, with athletes placed on the chevron according to CPL. Only double poling is permitted on the first 50 meters of the course in accordance with CCR396.8.1.2. Distance CPL ending 16 April 2019 will be used.

(<http://apps.cccski.com/main.asp?lan=1&cmd=doc&id=4233&Param1=>)

Skiers with a NC 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 NC license will have their starting order randomly drawn in the same group and will start behind the NC license holders group.

The start list will be posted on zone4.ca on 20 September, 2019, at 7 p.m. No changes will be possible after that time.

### **Bib distribution**

Starting at 6:30 a.m.

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

Bibs will be collected in the finish corral.

### **Skis Distribution**

The skis will be distributed 15 minutes before the start to allow skiers time to become familiar with the skis and ensure proper function.

Skiers must use their own skis to warm up before going to the start area.

Skis will be retrieved in the finish corral. Club with racers who do not return their skis at the end of each race will be charged \$350 CAD for their replacement

### **Start Order**

The start order will be published on 20 September 2019 at the latest.

**Refreshments**

Water, energy drink and cookies will be served.

**Secretariat**

On site from 6 a.m. to noon

**Notice Board**

Close to the secretariat

**Awards**

Cash awards to the first of each category as follow:

- Senior Men and Women : \$100
- U20 Men and Women : \$100
- U18 Boys and Girls: \$100
- U16 Boys and Girls : \$75
- U14 Boys and Girls : \$50

Merchandise to the first three of each category.

**Awards Ceremony**

On site 20 minutes after the end of the race

**First Aid**

First Aid will be provided by the Demsis patrol.

**Shelter**

Teams are responsible for guarding against poor weather conditions by bringing a tent. Space will be provided for this purpose.

**Parking**

At P5 and at P7 in case of overflow (a shuttle will be offered). Please note that parking on Kingsmere Road is forbidden.

**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>



## Partners

 <p>FSFQ FÉDÉRATION QUÉBÉCOISE DE SKI DE FOND QUÉBÉC</p>	 <p>nordiq CANADA</p>	 <p>Cross Country Ski Ontario National Capital District</p>
 <p>CCN   NCC Parc de la Gatineau Gatineau Park</p>	 <p>PARC DE LA GATINEAU GATINEAU PARK</p>	 <p>Run Ottawa</p>
 <p>OUTAOUAIS Sanitaire.com 819.663.0691</p>	 <p>Événements Nordiques Gatineau Nordic Events</p> <p>ENGINE</p>	 <p>Chapiteau Gatineau.COM</p>
 <p>DEMSIS</p>	 <p>i-volunteeronline</p>	 <p>Hertz</p>
	 <p>ZONE 4</p>	