



HAYWOOD

**Haywood NorAm & Western Canadian
Championships
AB Cup 5&6**

**January 15 - 18, 2015
Lake Louise, Banff National Park
Canmore, AB**

Race Notice

(revised November 11, 2014)

Host Clubs

Canmore Nordic Ski Club
www.canmorenordic.com
Alberta World Cup Society
www.albertaworldcup.com

Sanction/Rules

FIS
Cross Country Canada

Locations

Canmore Nordic Centre Provincial Park
Park
Canmore, Alberta
www.canmorenordiccentre.ca

Lake Louise, Banff National
Lake Louise, Alberta
www.pc.gc.ca/banff

Format and Locations*

	Canmore Nordic Centre	Lake Louise**
Wed, January 14		Official Training 10:00am – 2:00pm
Thurs, January 15	Official Training 10:00am – 3:00pm	Interval Start – Classic Open/Junior/Masters Men&Women
Fri, January 16	Interval Start – Classic Midgets/Juveniles/Junior B-G Para Nordic	
Sat, January 17	Sprint – Free Technique Open/Junior M&W Junior B/G Juvenile B/G Midget B/G Sprint – Free Technique Kings Court Format Atoms B/G Pewee B/G Mini-Midgets B/G Distance – Free Technique Masters & Sport	
Sun, January 18	Mass Start – Free Technique Open/Junior M&W Junior B/G Juvenile B/G Midget B/G Mini-Midgets B/G Pewee B/G Atoms B/G Sport & Masters Para Nordic	

*Subject to change

** Please see special note re: Lake Louise Race

Competition Jury

Chief of Competition Canmore – Mike Norton CCC Race Director – Dave Dyer
Chief of Competition Lake Louise – Troy Hudson Technical Delegate – Claude
Chabot/Whitehorse
Assistant TD – Sherryl Yeager/Vancouver

Race Office

Hours :

Wednesday Jan 14 th	10:00am – 3:00pm (Canmore)
Thursday Jan 15 th	10:00am – 3:00pm (Canmore)
Thursday Jan 15 th	8:00am – 1:00pm (Lake Louise)
Friday January 16 th	8:00am – 4:00pm (Canmore)
Saturday January 17 th	8:00am – 4:00pm (Canmore)
Sunday January 18 th	8:00am – 4:00pm (Canmore)

Competition Secretary – Dale Swanson

competitionsecretary@albertaworldcup.com

Office Location – Canmore Nordic Center Day Lodge (Lake Louise Locaton TBA)

[Weather Conditions](#); [Trail Conditions](#)

Eligibility and Licenses

Competitors in the Juvenile and older categories (including Sport and Para-Nordic) must have a CCC Racing License, FIS Racing License, Foreign National License, or a CCC Supporting Member Day License (SMDL). A SMDL must be acquired from the Race Office upon arrival in Canmore or purchased online while registering at www.zone4.ca

Athletes competing in the midget categories or younger who do not have a CCC Racing licence are not required to have a SMDL.

Waivers (Informed Consent forms)

All racers must acknowledge the informed consent form. When registering in Zone4 please complete for each racer that is being registered. Note: If you have a CCC Licence, you don't need to re-sign the informed consent form.

Seeding and Points

Competitors with a CCC racing Licence (including midgets) will get preferred seeding. For complete information on NorAm Seeding click [HERE](#)

Foreign competitors will be seeded using equivalent CPL Points, otherwise they will be assigned temporary seeding points for each discipline by the Competition Jury. Those without licences or CPL points will be grouped together and drawn to determine start position.

Western Canadian Points

For 2015, Western Canada Championship awards will be given to Divisions only (not individuals). The Divison aggregate will be based on the top 3 racers in each category Midget and higher down to 30th place.

The NorAm points system is used for Scoring. Points will be awarded for the Thursday, Friday, Saturday and Sunday Races. For points scoring, the eligible divisions are: Northwest Territories, British Columbia, Alberta, Saskatchewan, Manitoba, and Yukon.

Race Entry Fees: Races are individually priced.

Jackrabbits (Atom, Peewee, Mini-midgets)	\$ 20.00
Midget, Juvenile, Junior B/G	\$ 35.00
Sport Category	\$ 35.00
Junior M/W, Senior, Masters, Para Nordic	\$ 40.00
Supporting Member Day License	\$ 5.00

Trail Passes - Canmore

Athletes are covered while racing. Outside of this time, all athletes and coaches on skis MUST have a trail pass or seasons pass. Passes are available at the race office at a competitor rate of \$5/day. The penalty for skiing without a pass is \$172.00, enforced by Parks staff.

Park Passes – Lake Louise, Banff National Park

Skiers are responsible for ensuring they have a valid National Parks Pass when entering the National Park. Available at the Banff National Park East Gate or at Information Centres in Banff and Lake Louise. Cost is \$9.80 per person or \$19.60 per Family/Group. For more information click [HERE](#). Parks staff will be onsite in Lake Louise and will be checking for passes.

Race Entry Deadline

Monday January 12, 2015 – 11:00pm Mountain Time

How to Enter

Entries will only be accepted as on-line registration through the Zone 4 website at www.zone4.ca after December 1st, 2015.

The Zone 4 website provides the opportunity for participants to confirm that their entry has been received. Please note: Zone 4 only supports VISA and MasterCard. Payment must be made at the time of registration.

Categories for Races

Category	Yr of Birth
Atoms	2007 & later
Peewees	2005 – 2006
Mini-Midgets	2003 – 2004
Midgets	2001 – 2002
Juveniles	1999 – 2000
Jr Boys/Girls	1997 – 1998
Jr Males/Females	1995 – 1996
Sr Men/Women	1985 – 1994
Masters 1&2	1975 – 1984
Masters 3&4	1965 – 1974
Masters 5&6	1955 – 1964
Masters 7&8	1945 – 1954
Masters 9	1944 and earlier
Sport Category*	Any age
Para Nordic Sit Ski	
Para Nordic Standing	

* Sport Category has been implemented by CCA to introduce Novice and Recreational Skiers to fun racing. Sport category courses are shorter.

All Junior and Senior racers will be automatically included in the Open category for the purposes of awarding prize money in all common race distances. Results will be broken down by age category. All skiers will be eligible for their category specific awards.

Sprint competitions will consist of a qualification round of all skiers in each class. Senior and junior men and senior and junior women will be combined for the qualification round and started in order of CPL. The purpose of this is to allow Junior skiers to score FIS points. Unless the Competition Secretary receives notice of an athlete's intent at the TCM prior to the competition; **all qualifying juniors will be entered into the junior quarterfinal heats.**

*Para Nordic Categories will be considered if appropriate.

Awards

Awards will be presented to winners in each category as soon as possible following each race.

Prize Money for Open Categories will be awarded as per [Noram Technical Package](#)

Race Distances

Category	Thurs Jan 15 th Interval Classic	Friday Jan 16 th Interval Classic	Saturday Jan 17 th Sprint – Free (Master Sport Distance)	Sunday Jan 18 th Mass - Free
Open/Junior Men	10.0 km		1.3 km	20.0 km
Open/Junior Women	10.0 km		1.3 km	15.0 km
Junior B&G		5.0 km	1.0 km	10.0 km
Juvenile B&G		5.0 km	550 m	6.6 km
Midget B&G		3.3 km	550 m	5.0 km
Mini-Midget B&G			250 m	2.5 km
Peewee B&G			250 m	2.5 km
Atom B&G			250 m	1.0 km
Masters M/W	10.0 km		6.6	15.0 km
Sport			3.3	5.0 km
Para Nordic		TBA		TBA

Team Captain's Meetings - Bill Warren Training Center

*Start lists will be provided at each TC meeting.

Wed Jan 14 th at 7:00pm	Thurs Jan 15 th at 7:00pm	Friday Jan 16 th at 7:00pm	Sat Jan 17 th at 7:00pm
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Team Rooms

Wax Rooms are available at the Canmore Venue. Each room will require a \$60.00 key deposit. Please let the Race Secretary know if your team requires a room no later than January 8, 2015.

competitionsecretary@albertaworldcup.com

For Lake Louise waxing facilities, please see special Lake Louise notes.

Additional Information

Race maps, detailed schedule, team captain's meeting minutes and other race information will be available at: www.albertaworldcup.com. Jury decisions, schedule or course changes will be posted here.

Race Schedule

Start lists will be posted to Zone4.ca the evening before the race.

Please check Zone4.ca for updated start lists and start times.

**Thursday, January 15th, 2015 – Interval Classic
Special Notes regarding Lake Louise Venue and the Event**

The January 15th NorAm race in Lake Louise is a "test event" for the FIS World Cup on March 13, 2016. The Noram race will use the same course and distances as planned for the World Cup. The Noram and the World Cup races are new events for Banff National Park. The Organizing Committee (OC) is working closely with Parks Canada and Banff/Lake Louise Tourism as partners for the Noram and World Cup events to make these events go as smoothly as possible. As this event occurs in a National Park, there are certain restrictions and conditions that may not occur at a venue such as the Canmore Nordic Centre.

We ask racers and team members to review these notes in preparation for the race. We will also be encouraging participant's comments and input as to what changes or improvements may be necessary to facilitate the 2016 World Cup event.

1) Team Facilities

All team waxing must take place in the Upper Parking Lot (see venue map). The OC will provide a 20' x 20' heated tent, but teams are encouraged to bring their own tents or trailers. 20 AMP electrical power outlets will be available from a 20kw portable generator. Direct access to the race course is possible from this team area. A location for athlete warming will be announced. There will be enough parking to support all teams.

NOTE: As the race course crosses the upper parking lot access road, this road will be closed at 08:30 AM on both Training Day (Jan 14) and Race Day (Jan 15). All vehicles must therefore be in the upper parking lot prior to 08:30 on both days.

2) Race Office and Timing Facilities

These will be located in or near the "boathouse" on the lakeshore near the start/finish area on the lake. There are no athlete or coach facilities in this area.

3) Washrooms

Port-a-potties will be provided and the public washroom in the lower parking lot will be available.

4) Event changes due to lake conditions

It is quite possible that changes to the race course, including start/finish, may be necessary if conditions on the lake surface (water, slush) prohibit the planned course and stadium areas as shown on the maps. Worst case scenario will be to move the start/finish to the "middle" parking lot, and eliminate the lake portion of the course. This is unlikely, but possible, and may be a last-minute situation if lake conditions change in the last day or so before the race.