



2009 HAYWOOD SKI NATIONALS

MARCH 7 - 15

HOSTED BY THE
HIGHLANDS TRAIL BLAZERS



Teck

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Race Notice – March 7 - 15, 2009

Haywood Ski Nationals – the Canadian National Cross Country Ski Championships including Canadian Colleges and Universities Nordic Championships (CCUNC)

Hosted by Highlands Trail Blazers (HTB) at Highlands Nordic (HN), Duntroon, ON . www.highlandsnordic.ca

Sanctioned by Cross Country Canada (CCC). The open class individual competitions are also sanctioned by Federation internationale de ski (FIS).

Governed by CCC Rules and Regulations, FIS International Ski Competition Rules, the IPC International Ski Competition Rules and the Canadian Cross Country Skiing Championships Technical package.

Event website: <http://skinationals.com/2009/en/index.htm>

Chief of Competition	Richard Lemoine	e-mail*
Competition Secretary	Debra Friendly	e-mail*
Technical Delegate	Robert Hogg	e-mail
Assistant Technical Delegate	TBD	

*Please put Nationals in the subject line of the e-mail and respond to spam filter requests.
ALL TIMES ARE LOCAL (DUNTROON).

Registration:

Athletes: Race registration will be handled exclusively on-line with Zone4 (www.zone4.ca). Registration will open by February 1, 2009. Entries must be submitted by Midnight, Sunday, March 1st, 2009. Per the technical package, **no late entries will be accepted.**

Coaches and technical support staff who wish to have accreditation **MUST** register at <http://skinationals.com/2009/en/coach.php> by the same deadline.

Banquet & Box Lunch registration for non-athletes will be at www.zone4.ca in a separate file from athlete registration. Athletes may purchase banquet and box lunch tickets at the same time as they register for their races. Details of the banquet and box lunches can be obtained at www.skinationals.com/2009/en/food.

Athletes and coaches are responsible for verifying their registrations and must notify the organization of any changes or corrections by Friday, March 6, 2009 at 3:00 P.M. by e-mail to [Debra Friendly](mailto:Debra.Friendly@ccc.ca) or Fax 1-705-444-6959, Attn: Nationals Competition Secretary.

PLEASE NOTE: THERE ARE TWO DAYS OF INDIVIDUAL SPRINT RACES. BE SURE TO REGISTER IN THE CORRECT CATEGORY AND CHECK THE RACE SCHEDULE FOR THE CORRECT DAY.

PLEASE NOTE: ATHLETE'S CLUB MUST MATCH THE ONE ON THEIR CCC LICENSE. ATHLETE'S TEAM WILL BE USED FOR BIB PICKUP. IF THE ATHLETE DOES NOT BELONG TO A TEAM APPROVED BY CCC, ENTER THE ATHLETE'S CLUB.

Confirmation lists will be posted at the event website www.skinationals.com/2009/confirmation starting on February 8, 2009. Note that confirmation lists on www.zone4.ca provide limited information and cannot reflect post-registration changes so it is important to check the event website if you have requested any changes. DEADLINE FOR CORRECTIONS IS 3 p.m., Friday, March 6, 2009.

Eligibility: Refer to Section 6.2.1 of the Technical Package for all eligibility rules. This document is available at the CCC website. **SMDLs or regional/state licences are not accepted at this event.**

Full Eligibility: The skier must have a valid CCC race licence from the current season and be a Canadian citizen or landed immigrant. Skiers in this category can compete for Canadian Championship medals and awards put forward by CCC and prizes provided by the local organizing committee or sponsors. Skiers in this category may earn points towards overall Canadian Aggregate Awards.

Partial Eligibility: Skiers in this category will have a current CCC race licence but are not Canadian citizens or landed immigrants OR will have a current foreign National Ski Association licence. Skiers in this category may earn local organizing committee (LOC) or sponsor generated prizes including cash prizes in the open class. Skiers in this category CANNOT earn points towards any of the overall Canadian or CCUNC Aggregate Championship Awards. The burden of proof of citizenship lies with the athlete and must be declared on the National Championship Entry Form at the time of entry.

CCUNC Eligibility: The 2008/2009 Canadian College and University Nordic Championships (CCUNC) are open to all racers who are full time students at a Canadian college, university or CEGEP. Eligibility requirements are explained in the Canadian Interuniversity Sport (CIS) Bylaws, Policy and procedures guidelines (www.cisport.ca). The CCUNC Eligibility and Accountability form is to be submitted by each CCUNC team. It must be confirmed by the registrar of their college or university. The form is available at http://skinationals.com/2009/docs/CCUNC_Eligibility_team.pdf. It MUST BE received by the Competition Secretary no later than March 1, 2009. Race results for skiers skiing the common distance and team sprint results will be counted for CCUNC points.

Para-nordic guides: Guides must have a valid racing licence issued by CCC or a foreign National Ski Association.

Race Fees: (non-refundable, payable via Zone 4 only until midnight, Sunday, March 1st, 2009. No late entries will be accepted)

Fees include access to trails on official training and competition days only (March 7 – 15).

Individual Competitions: all categories \$40 per competition

Paranordic guides: no fee (include name on para-nordic skier's registration)

Team Competitions: \$50 per Team per competition (\$25 per skier)

Competition Schedule:

RACE SCHEDULE AND FORMATS

	Date	Sunday March 8	Monday March 9	Wednesday March 11	Thursday March 12	Friday March 13	Sunday March 15
	Start time	09:00	10:00	10:00	10:00	10:00	09:00
	Format	Team Sprint	Short	Medium	Sprint	Sprint	Long
	Start Format	Heats	Interval	Interval	Individual qualification & heats	Individual qualification & heats	Mass
	Technique	Free	Free	Classic	Classic	Classic	Free
Categories	Eligibility		km	km	metres	metres	km
WOMEN							
Juvenile Girls	1993-94		5	5	800		7.5
Junior Girls	1991-92		5	5	800		10
Junior Women	1989-90		5	10		1300	15
Open Women			5	10		1300	30
CCUNC			5	10		1300	N/A
Team Sprint Open		1300m x 6					
Team Sprint Challenge	Juvenile-Jr Girls	800m x 6					
Team Sprint CCUNC		1300m x 6					
Para Nordic- Standing			5	5	800		7.5
Para Nordic-Sit Ski			5	2.5	600		7.5
MEN							
Juvenile Boys	1993-94		5	7.5	800		10
Junior Boys	1991-92		10	7.5	800		15
Junior Men	1989-90		10	15		1300	30
Open Men			10	15		1300	50
CCUNC			10	15		1300	N/A
Team Sprint Open		1300m x 6					
Team Sprint Challenge	Juvenile-Jr Boys	800m x 6					
Team Sprint CCUNC		1300m x 6					
Para Nordic- Standing			5	7.5	800		15
Para Nordic-Sit Ski			5	7.5	600		10

Bib replacement fee: Clubs will be charged a bib replacement fee of \$60 for each competitor who does not return his/her bib at the end of EACH race.

Team Captains' Meetings: Go to http://www.skinationals.com/2009/en/schedules/Team_Captains_Meetings_English.pdf

Each Division will be required to identify their accredited representative at the first meeting. All other attendees will be granted access as observers only.

Official Training Schedule: Go to

www.skinationals.com/2009/en/schedules/Official_Training_English.pdf <http://www.skinationals.com/2009/en/schedules/RaceOfficeScheduleEnglish.pdf>

Race Office Schedule: Go to <http://www.skinationals.com/2009/en/schedules/RaceOfficeScheduleEnglish.pdf>

Waxing Facilities, Wax Testing and Warming Areas:

Waxing facilities will be provided near the chalet. Space for waxing tables (no power) will be provided in the stadium. Teams can bring generators or they can be rented locally (Stayner Rental or Contractor Rental Supply). Access to and allocation of wax trailers will be available from the race office commencing at 9 a.m. on Friday, March 6. Teams wishing earlier access should contact the Competition Secretary by e-mail to make arrangements. A \$40 key deposit will be required (cash only).

Two wax testing areas will be set up near the main waxing facilities and close to the start.

The main chalet and a heated athletes' tent will be available to the athletes.

Seeding & Draw:

Seeding will be in accordance with specifications stated in the Technical Package for the 2009 Canadian Cross-Country Skiing Championships available at www.ccski.com. The draw for each race will be based on Seeding rules and will be provided at the Team Captains' meetings prior to each race.

Team Sprints

Team sprints will use a format in which teams of 2 skiers ski 3 laps each. Open, Challenge and CCUNC teams must be submitted to the race office by **12:00 noon, Saturday, 7 March 2009 using the form available at**

http://skinationals.com/2009/docs/TEAM_ENTRY_FORM.pdf.

Jury: The Jury will consist of the Technical Delegate, Chief of Competition and the CCC Race Director.

Course Maps: Go to www.skinationals.com/2009/en/trailmaps.htm for each day's course maps.

Awards and Results:

Results will be posted in the stadium and outside the race office and will be on line at www.zone4.ca.

Awards for events on March 8 and 9 will be presented in downtown Collingwood at 8 p.m. on March 9.

Awards for events on March 12 and 13 will be presented in downtown Collingwood on March 13 following the banquet. All other awards will be presented at the race site on race day. Sunday, March 15 ceremonies will include the presentation of aggregate awards for individuals, club, division and CCUNC.

Further information about awards ceremonies will be posted at www.skinationals.com/2009 and announced at team captains' meetings.

Cash prizes (top five positions) will be presented in the open class to skiers holding active FIS licenses.

Medals will be presented to the top three individuals who are Canadian citizens or landed immigrants in all classes offered. Merchandise awards will be presented to the top five individuals in the open class and to the top three individuals in all other classes.

Banquet:

The banquet will be held on Friday, March 13th at the Eddie Bush Memorial Arena, Collingwood, Ontario. Banquet tickets can be ordered by athletes on www.zone4.ca when registering for competitions. Coaches and others can order tickets on www.zone4.ca through the "2009 Nationals Banquet & Box Lunch" file. For more information, go to

<http://www.skinationals.com/2009/en/food/banquet.htm>.

Tickets are \$35 each if ordered before the Zone4 deadline (midnight, March 1). Tickets purchased after this deadline (directly from the race office) are \$45.

Meal Service:

Box lunches can be pre-ordered and prepaid via Zone4 registration until the registration deadline. Box lunches will be available in the athletes' tent on each of the 6 race days at a cost of \$10 per person. Details are available at <http://www.skinationals.com/2009/en/food/lunchmenu.htm>. On the 3 official training days, a hot meal will be available also at a cost of \$10 per person and must be pre-ordered and prepaid via Zone4. Pre-ordered meals are available to athletes, coaches, technical support and parents as long as they have been pre-ordered. **PLEASE NOTE: THERE IS A**

SEPARATE ZONE4 FILE FOR THOSE ORDERING BANQUET TICKETS AND PRE-ORDERED LUNCHESES BUT NOT REGISTERING TO RACE.

In addition, food can be obtained from the resort's Rockside Café on a "pay as you go" (cash only) basis. Attendees may bring their own food to the site.

Accommodation and Directions: Go to www.skinationals.com/2009/en/accommodations.htm for directions from Toronto's Pearson International Airport, local hotel information and local maps.

Highlands Nordic has a full service chalet with cafeteria and pro shop. www.highlandsnordic.ca

Cancellation: Any change in the event location or timing will be posted as early as it is known at www.skinationals.com/2009. Where possible, a decision on event cancellation or change of site will be made by CCC one week prior to the event in consultation with the organizing committee and TD. The named alternate site for this event is Thunder Bay, Ontario.