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**2022-23 FIS EASTERN CANADA CUP SERIES RACES 6,7,8
Including Ontario Cup #4 and Coupe Quebec #3**

Hosted by



3,4,5 February, 2023

Nakkertok Nordic Centre
Gatineau/Cantley, Quebec





EASTERNS - SPONSORS AND PARTNERS

Événements Nordiques Gatineau Nordic Events (ENGNE) would like to thank the growing list of sponsors and partners supporting the Outaouais-Ottawa cross-country ski community at Easterns for 2023.

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Land Acknowledgement

Événements Nordiques Gatineau Nordic Events (ENGNE) respectfully acknowledges that the lands on which we live and ski are the traditional unceded territory of the Algonquin Anishnaabeg People. The Algonquin peoples have lived on this land since time immemorial. I am grateful to have the opportunity to be present in this territory.

We share a common respect for our natural environment that provides us the privilege of using the topography of mother earth and the snow that falls from the sky to enjoy our chosen activity of cross country skiing.



A. GENERAL INFORMATION

LOCATION

Nakkertok Nordic Centre
900 Gatineau Avenue, Gatineau, Quebec

[Access](#)

PROGRAM

The competitions will run over four days as follows:

DAY	RACE	CATEGORIES	TECHNIQUE
Thursday, 2 Feb	Official Training	All	Free a single classic track on the external side of the trail will be track-set for sit-skiers
Friday, 3 Feb	Interval Start, Individual Sprint Free	Open (U20, Senior & CCUNC) U14/U16 and U18	Free
Saturday, 4 Feb	Individual Sprint Interval Start,	Open (U20 and Senior CCUNC), Para-Nordic U14, U16, U18	Free
Sunday, 5 Feb	Mass Start	U14 to Senior CCUNC and Para-Nordic	Classic

SANCTION

The event is sanctioned by:

- [International Ski Federation](#) (FIS)
- [Nordiq Canada](#) (NC)
- [Cross Country Ski Ontario](#) (XCISO)
- [Ski de fond Québec](#) (SFQ) (French only)

STAKES

- [FIS Points](#)
- [Canadian Points](#)
- Money Awards



- Ontario Cup
- Quebec Cup

TECHNICAL BACKGROUND

The event is guided by the following:

- International Competition Rules (ICR) 2022-2023 - Canadian Competition Rules (CCR) 2021-2022
- Canada Cup Race Program Technical Package draft 2022-2023,
- [Competition Pathway](#)
- [2022-23 Ontario Cup Technical Package](#)
- [Règlements Coupe Québec 2022-23](#) (French only)
- NOTE: This event has one exception to the Nordiq Canada wax protocol - the Nakkertok facility is a fluoro-free facility as such **no fluoro products** are to be used at this event - including grip wax

ORGANIZING COMMITTEE

POSITION	NAME
Event Chair	Jacques Dumont
Treasurer	Yves Dupont
Awards and Protocol	Dave Dyer
Communication & Media	Anton Scheier
Chief of Competition	Jennifer Tomlinson
Fundraising & Sponsorship	John Halvorsen
Venue	Chris Alderson
Volunteers	Sue Holloway

COMPETITION COMMITTEE

POSITION	NAME
Chief of Competition	Jennifer Tomlinson
Competition Secretary	Todd Fairhead
Chief of Control and Security	Charles St-Jean
Chiefs of Course	Simon Mason / Charles Lacasse
Chief of Stadium	Andrew Liddiard/Grant Williams
Chiefs of Timing and Results	Steve Daniels / Glenn Wells

JURY

POSITION	NAME
Technical Delegate	Shawn Sinclair
Assistant Technical Delegate	Angus Carr
Chief of Competition	Jennifer Tomlinson



At the discretion of the Jury, other experts may be invited to attend Jury meetings as observers. Observers do not have a vote in Jury decisions.

INFORMATION AND COMMUNICATION

Communications during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive communications during the event must register on Zone4. All official communications will be done in Canada both official languages. Please follow this link to join the WhatsApp FIS Eastern Canada Cup group: <https://chat.whatsapp.com/DiIVi2aKN3NDew2cj5XC9V>

WEBSITES	
Event Website	https://easterns.ca/
Zone4 Event Page	https://zone4.ca/event/2023/EasternChamps/

EMAILS		
Event Chair	Jacques Dumont	Evenements.events@engne.ca
Chief of competition	Jennifer Tomlinson	tomlinson@rogers.com
Secretariat	Todd Fairhead	race.secretariat.epreuve@engne.ca
Registrar	Éric Pelletier	registraire.registrar@engne.ca
Venue	Chris Alderson	venue.services.site@engne.ca
Waxing Facilities	Chris Alderson	fartage.waxing@engne.ca
Volunteers	Sue Holloway	sueholloway@rogers.com

SOCIAL MEDIA	
Facebook	https://www.facebook.com/CoursesENGNERaces
Twitter	https://twitter.com/CourseENGNERace
Instagram	https://www.instagram.com/coursesengneraces/?hl=fr

SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
Thursday, January 19, 2023		Deadline to Submit Request for Waxing Space	fartage.waxing@engne.ca
Thursday January 26, 2023	23:59	Regular registration closes	https://zone4.ca/event/2023/EasternChamps/
Sunday	23:59	Late registration closes	https://zone4.ca/event/2023/EasternChamps/



DATE	TIME	EVENT	LOCATION
January 29, 2023			
Tuesday January 31, 2023	23:59	Coaches' registration closes	https://zone4.ca/event/2023/EasternChamps/
Wednesday February 1, 2023	All day until 17:00	Unofficial training (Trail fees in effect)	Nakkertok South Trails.
	12:00	Correction to confirmation list due	registraire.registrar@engne.ca
	12:00-21:00	Waxing facilities open	Waxing area
	19:00	Distance and Sprint Seeding List available	https://zone4.ca/event/2023/EasternChamps/
	All night from 18:00	Security in force	Waxing area, chalet, garage
Thursday February 2, 2023	6:00-21:00	Waxing facilities open	Waxing area
	9:00-17:00	Race office open	Race office
	10:00-15:00	Official training	1K Sprint course 5K Distance Course
	12:00	Corrections to Distance and Sprint Seeding Lists due	Race office registraire.registrar@engne.ca
	15:00	Corrections to Start Lists due	Race office race.secretariat.epreuve@engne.ca
	17:00-18:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Friday February 3, 2023	6:00-21:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Garage
	9:00	Races (per start order) Award ceremonies (per schedule)	Sprint courses Plaza
	15:00	Corrections to Start Lists due	Race office race.secretariat.epreuve@engne.ca
	18:00-19:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage



DATE	TIME	EVENT	LOCATION
Saturday February 4, 2023	6:00-21:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Garage
	8:30	Races (per start order) Award ceremonies (per schedule)	Sprint courses Plaza
	15:00	Corrections to Start Lists due	Race office race.secretariat.epreuve@engne.ca
	18:00-19:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Sunday February 5, 2023	6:00-15:00	Waxing facilities open	Waxing area
	7:00-15:00	Race office open	Race office
	7:30	Bib pick-up	Garage
	9:00	Races (per start order) Award ceremonies (per schedule)	Distance courses Plaza

CONTINGENCY PLAN

Any change in the event location, courses or timing will be posted as early as it is known on the event website. If necessary, a decision on event cancellation due to weather or change of site will be made one week prior to the event, as recommended by the Jury.

VOLUNTEERING

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give during your stay with us, please register on iVolunteer at https://engne.ivolunteer.com/easterns_2023 or by contacting sueholloway@rogers.com



B. COMPETITION

CATEGORIES

CATEGORY	SUB CATEGORY	YEAR OF BIRTH
U14 Girls	U14 G1	2010
	U14 G2	2009
U16 Girls	U16 G1	2008
	U16 G2	2007
U18 Girls	U18 G1	2006
	U18 G2	2005
U20 Women	U20 W1	2004
	U20 W2	2003
Senior Women	Senior U23 Women Senior Women	2000 and after 2002 and before
CCUNC Women	N/A	N/A
Para-Nordic Sit Ski LW10-12 Women	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Women	N/A	N/A
U14 Boys	U14 B1	2010
	U14 B2	2009
U16 Boys	U16 B1	2008
	U16 B2	2007
U18 Boys	U18 B1	2006
	U18 B2	2005
U20 Men	U20 M1	2004
	U20 M2	2003
Senior Men	Senior U23 Men Senior Men	2000 and after 2002 and before
CCUNC Men	N/A	N/A
Para-Nordic Sit Ski LW10-12 Men	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Men	N/A	N/A



RACES

CATEGORY	February 3 Interval Start – Free Sprint - Free		February 4 Sprint - Free Interval Start – Free		February 5 Mass Start - Classic
U14 Girls	1 km Qualifier	1 km Heats	3 km		5 km (2X2.5 km)
U16 Girls		U14/16	5 km		
U18 Girls		1km Heats U18			
U20 Women	5 km		1.3 km Qualifier	1.3 km Heats U20	
U23 Women				1.3 km Heats Senior	
Senior Women				N/A	
CCUNC Women					
PN Sitting LW10-12 Women	n/a		800 m Qualifier	800 m Hunting Sprint	10 km (8X1.25 km)
PN Standing LW2-9, B1-3 Women			1.25 km-Qualifier	1.25 km Hunting Sprint	9 km (3X3 km)
U14 Boys	1 km Qualifier	1 km Heats	3 km		5 km (2X2.5 km)
U16 Boys		U14/16	5 km		
U18 Boys		1km Heats U18			
U20 Men	5 km		1.3 km-Qualifier	1.3 km Heats u20	
U23 Men				1.3 km Heats Senior	
Senior Men				N/A	
CCUNC Men					
PN Sitting LW10-12 Men	n/a		800 m Qualifier	800 m Hunting Sprint	10 km (8X1.25 km)
PN Standing LW2-9, B1-3 Men			1.25 km-Qualifier	1.25 km Hunting Sprint	9 km (3X3 km)

Notes:

- (1) As per FIS recommendations, men and women will ski the same distance on the same course on any given day. Distances for Open Men and Women and Paralympic have been recommended by Nordiq Canada.
- (2) U18, U16, and U14 will be seeded together in the qualifier but there will be separate U18 Heats and U14/U16 Heats
- (3) U20, U23, Senior, and CCUNC will be seeded together in the qualifier. There will be separate U20 Heats and Senior Heats, U20 will need to choose whether they want to participate in Senior heats should they qualify.

NOTICE OF DOPING CONTROL

Athletes and coaches must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. For more information, please see section 7.5 of the Canada Cup Race Program Technical Package

ELIGIBILITY



To participate in the open category of a Canada Cup event, a skier must have a valid racing license issued by FIS, Nordiq Canada or a Supporting Member Day License (SMDL) issued by Nordiq Canada.

Non-Canadian skiers without a FIS license can buy a Nordiq Canada Associates license to earn Canadian points.

A FIS License is required to be eligible for the Canada Cup awards and Hall Mark of Excellence awards.

For other Nordiq Canada-sanctioned races below this level, skiers older than 14 must hold a Nordiq Canada and/or FIS license or purchase a SMDL to compete.

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada license or SMDL to compete.

Quebec resident skiers in categories U16 to Senior must also have an annual SFQ license. Quebec U14 category skiers may have an annual SFQ license or purchase a day license for each of the races they participate in.

University and College Skiers

CCUNC athletes must meet the varsity requirements of their institution, (USport member, CEGEP or College), be enrolled in a minimum of 3 courses /semester for two semesters in the most recent 12-month period Graduate students and cooperative education students are eligible. CCUNC skiers must also hold a Nordiq Canada racing license.

A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC awards. However, a skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points if they are officially registered in a Canadian school.

Para-Nordic Skiers

Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they should register on Zone4 and must sign the NC Waiver form at the Competition Office unless they hold a valid NC license.

Para-Nordic visually impaired competitors may purchase a transferable Guide license that can be used by multiple guides during the season. Multiple guides can be used by visually impaired competitors during a competition.

The Guide for a Para-Nordic Visually Impaired competitor need not be a member of the same club.

RACING UP

Racing up must be done in accordance with section 2.4 of the Canada Cup Race Program Technical Package. When deciding to race up, athletes and coaches should consider the [Competition Pathway](#).



In addition, racers in the U16 category who would like to compete in the sprint heats in the U18 category must register in this category. Racers who race up in this category who fail to qualify in the top 30 lose their right to compete in the U16/U14 qualifiers even if their qualifying time would allow them to finish in the top 30.

REGISTRATION

Registration will open on January 7, 2023 in <https://zone4.ca/event/2023/EasternChamps/>. All registration fees must be paid online on Zone4.

Race Fees: Race fees will be \$34 per race per U14 racer and \$49 per race per person for all other categories. Regular registration closes on January 26, 2023 at 23:59 EST. Late registration closes on January 29, 2023 and is subject to a late fee of \$100 per registration. Registration after January 29, 2023 is at the discretion of the Jury and also subject to a late fee of \$100. Individuals registering after January 29, 2023 forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly. Race fees include a \$4 per race snowmaking fee.

Sales Taxes: sales taxes (GST and QST) and processing fees will be added to the race fees.

Licenses: FIS and Nordiq Canada licenses (and SFQ licenses for Quebec skiers) must be entered at the time of registration.

Nordiq Canada Day License: Racers older than 14 who do not hold a valid FIS or Nordiq Canada license must purchase a \$5 SMDL for each race.

Ski de Fond Quebec License: Quebec residents in U16, U18, U20 and Senior categories must have a valid SFQ racing license. Those in other categories who do not hold a SFQ racing license must purchase a \$5 Day License for each race.

XCSO Ontario Cup Race Fees: Members of Ontario clubs in U14, U16, U18, U20, Senior and Para-Nordic categories must pay a \$5 (\$2.5 for U14) Ontario Cup fee for each race.

SFQ Coupe Quebec Race Fees: Quebec resident racers in U16, U18, U20 and Senior categories must pay a \$5 Coupe Quebec fee for the races on Saturday and Sunday only.

Registrations will be reviewed against racers' Nordiq Canada license's province of registration for applicability of XCSO and SFQ race fees. Improperly registered racers will be required to pay any outstanding fees owing with the Registrar online, any due amounts from improperly Registered racers will automatically be added by the Registrar on the credit card used by the registrant.

Refund: Refunds may be made at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made considering incurred expenses and Canada Cup Race Program Technical Package directives. There will not be any



refunds if athletes do not turn up. Overpayments of XC SO or SFQ fees or Nordiq Canada or SFQ day licenses will not be refunded.

College or university skiers: CCUNC racers must indicate that they are a college or university skier in the registration form. CCUNC awards will be presented based on information provided by the corrections deadline.

Coaches and team support staff are required to register on Zone4 by close of registration at 23:59 EST on Wednesday February 1, 2023. Coaches and team support staff can register to the FIS Eastern Canada Cup WhatsApp account at <https://chat.whatsapp.com/DiIVi2aKN3NDew2cj5XC9V> which will be used to communicate any changes, or any decisions taken over the course of the event.

Corrections: Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the registrar at registraire.registrar@engne.ca before noon EST Tuesday January 31, 2022.

The following table summarizes the various fees related to the registration

CATEGORY	RACE FEE UNTIL 2023/01/26 *	RACE FEE 2023/01/27 UNTIL 2023/01/29 *	NORDIQ CANADA SMDL	SFQ DAY LICENSE	XC SO RACE FEE	SFQ RACE FEE
U14	\$34 per race	\$34 per race + \$100 per registration	N/A	\$5 per race	\$2.5 per race	N/A
U16 to Senior	\$49 per race	\$49 per race + \$100 per registration	\$5 per race	N/A	\$5 per race	\$5 sat/sun
Para-Nordiq	\$49 per race	\$49 per race + \$100 per registration	\$5 per race	\$5 per race	\$5 per race	N/A

SEEDING

Seeding will be done according to section 5.7 of the Canada Cup Race Program Technical Package.

The starting positions of the Para-Nordic racers will be determined by double blind draw.

Seeding distance and sprint lists will be distributed on February 1, 2023 for review by the coaches. Please contact race.secretariat.epreuve@engne.ca before 12:00 EST, February 2, 2023, should any corrections be required.

TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held virtually as follows:



- Sprint/Interval Start races: Thursday February 2, 2023 at 17:00
- Sprint/Interval Start races: Friday February 3, 2023 at 18:00
- Mass Start races: Saturday February 4, 2023 at 18:00

Invitations with links to the virtual meeting will be sent to registered coaches. Agenda will be as per ICR 305.2.2.

Other communications with coaches will be done by WhatsApp, email, and through the event page on Zone4.

START ORDER

Start order and heats schedule will be confirmed at the latest on February 1, 2023. The start lists will be distributed electronically to the coaches the day before each race and the corrections to be made must be reported to the secretariat at race.secretariat.epreuve@engne.ca before 3 p.m. EST.

BIBS

Bib pick-up will take place in the Garage. Bibs will be available for pick up at 7:30. Bibs will be sorted by Team or Club as identified during registration.

For sprint heats, bibs and leg bibs will also be picked up in the area behind the start area after the results of the qualifier have been posted.

Clubs, teams and training centres will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

COACHES BIBS

Coaches who are testing wax in the testing areas are to wear their assigned coach bibs as space is limited, if you do not have your coach bib yet please go to the Race Office. Bibs for XCSO have been remitted for the entire season. Coaches' bibs from SFQ must be returned at the end of the races. Any coach from outside Quebec without a bib can borrow a SFQ bib.

TRANSPONDERS

GoChip transponders will be used for all the distance races and the Sprint Qualifier. Transponders will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time. Clubs, teams and training centres will be charged a transponder replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

TRAINING

The training schedule will be as follows:



DATE	TYPE	TIME	COURSES
February 1	Unofficial	Up to 16:00	All trails will be prepared for both techniques.
February 2	Official	11:00-15:00	Sprint/Distance – Free Technique Rest of the distance course will be prepared for free technique with a trackset track on the outside

Note: Trail fees apply on unofficial training days.

WAXING

As per the [Nakkertok Nordic Fluoro Wax Policy](#), the use of fluorinated wax or tuning products containing fluorine is not allowed for all categories **including kick waxes**. Equipment testing may be performed on site (see Waxing Facilities).

WARM-UP

Warm-up will be provided on the pond-loops weather permitting, see warm-up loops on the maps. They will be groomed as close as possible to the racecourse grooming and will be groomed to align to the race day technique.

Under normal conditions, the courses will be closed as follows before the races:

DATE	FORMAT	CLOSING TIME
February 3	Interval Start	8:50
February 4	Sprint Qualifier	8:20
February 5	Mass Start	8:50

Racers can warm-up on the race course until 10 minutes before the start. Race course will then be closed until the end of the race day. During the races, athletes can warm up on the warm-up loops.

All athletes on course should wear their race bibs. Bibs must be visible to officials. Skiers must ski in the direction of the race course when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned.

The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

The warm-up trails and the ski testing area will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

COURSE AND STADIUM MAPS

Courses and stadia maps will be available on January 24, 2023 at the latest.



RESULTS AND PROTESTS

The official timing will be done with Summit Systems timers; the data will be managed by Zone4. Sprint heats will be timed. Live streaming of results will be provided on Zone4.

Unofficial and official results will be posted on Zone4. Protests must be submitted in accordance with CCR 361. A notification will be sent on the coaches Whatsapp group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.

AWARDS

The awards schedule will be confirmed at the latest at the Teams Captain's Meeting. Prize winners must attend the ceremonies to receive their awards (both monetary and merchandise) only medals can be picked up by someone other than the recipient.

Information about Canada Cup awards is available in section 8 of the Canada Cup Race Program Technical Package 2022-2023.

Awards will be given as follows:

- Sprint Qualifier: Top three of U14, CCUNC
- Sprint Finals: Top five Senior, Top U23, Top three U20, U18, Top 3 U16/U14, PN Sit, PN Stand
- 2 Distance races: Top five Senior, Top U23, and Top three of U14, U16, U18, U20, CCUNC, PN Sit, PN Stand

Monetary awards will be given to top-5 skiers and top U23 of the Open category of each race as follows:

1-\$250
2-\$175
3-\$125
4-\$100
5-\$75
U23-\$75

Hall Mark of Excellence

In addition to the awards described in the TP, Easterns will award the "Hall Mark of Excellence" to the top 3 skiers of the aggregates of the Open Women's and Open Men's categories, using results from the three races.

The prize amounts, in Canadian dollars, will be \$1,500 for first, \$1000 for second and \$500 for third. To determine the winners the sum of the scores of each race will be used. The old-FIS World Cup point system will be used as follows:





1st place	100 points
2nd place	80 points
3rd place	60 points
4th place	50 points
5th place	45 points
6th place	40 points
7th place	36 points
8th place	32 points
9th place	29 points
10th place	26 points
11th place	24 points
12th place	22 points
13th place	20 points
14th place	18 points
15th place	16 points

16th place	15 points
17th place	14 points
18th place	13 points
19th place	12 points
20th place	11 points
21st place	10 points
22nd place	9 points
23rd place	8 points
24th place	7 points
25th place	6 points
26th place	5 points
27th place	4 points
28th place	3 points
29th place	2 points
30th place	1 point

In case of a tie, the result of the mass start race will be used as the tie breaker.

To be eligible, athletes must hold a valid FIS license from any nation and ski in the Open sprint finals and both the Open 5k and 10k distance races.

XCSO/SFQ Aggregate Award

XCSO and SFQ are pleased to join together to offer additional money awards for the aggregates of the Open Women's and Open Men's categories individual races based on modified points system for top 10 as follows:

1st Place	25 Points	6th Place	8 Points
2nd Place	20 Points	7th Place	6 Points
3rd Place	15 Points	8th Place	4 Points
4th Place	12 Points	9th Place	2 Points
5th Place	10 Points	10th Place	1 Point

The amounts offered are \$250 for first place, \$150 for second place and \$100 for third place. In the case of a tie, athletes with equal points are awarded the same placing and will split the prize money awarded.



C. FACILITY INFORMATION

PARKING

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for Para-Nordic participants and ambulance access.

Please be vigilant and respect the signage and the parking volunteers who will attempt to maximize the use of the available space.

ACCESS FEES TO SKI TRAILS

On official training days and race days, access fees to the trails for registered athletes and coaches are included in the registration fees.

Non-Nakkertok members using the trails on other days must pay a day fee of \$17. Fees can be paid on Zone4 with registrations. The Zone4 receipt must be printed and presented as proof of payment. Note that there will be no access to the race trails on the unofficial training day after 16:00 (Wednesday February 1)

The fees must be paid on training and race days by non-Nakkertok members other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted. The fee(s) can be deposited in any of the day use fee boxes at the main chalet.

SECURITY

The site will be monitored at night from 18:00 to 6:00 from January 31 to February 6, 2022.

During the day, marshalls are responsible for the safety of skiers and others on or near the course. Their role is to prevent interference with skiers. Most marshalls will be positioned in the areas of greatest traffic: in the stadium, on Jackrabbit Hill and Dirk's Dive. Please follow their instructions.

ATHLETE'S LOUNGE / TEAM COMPOUND

Indoor space on site will be limited.

Teams are encouraged to bring their own tent for athletes to use for changing. Teams are requested to indicate their needs for space to fartage.waxing@engne.ca before January 19, 2023. Teams flying to Easterns may indicate their need for tents to fartage.waxing@engne.ca before January 19, 2023.



WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents/trailers. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to fartage.waxing@engne.ca by January 19, 2023 at the latest to ensure appropriate space allocation. Priority will be given to groups who have provided such a list.

Teams with their own waxing tents/trailers should contact fartage.waxing@engne.ca by January 19, 2023 to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

Waxing pits for individual sprints are only permitted in designated areas and will only be allowed after review by the Jury of the stadium size, competition format and size of the heats. Only one service team person and one wax bench per club is permitted. The location of the waxing pits will be confirmed at the TCM.

Coaches are asked to wear a bib while testing on the course or on the ski testing trail. If you do not have your bib already please go to the race office for an SFQ bib, limit 2/club from SFQ or outside Ontario.

Please note that the waxing area will be powered with generators following this schedule:

DATE	TIME
February 1	12:00-21:00
February 2	6:00-21:00
February 3	6:00-21:00
February 4	6:00-21:00
February 5	6:00-15:00

COMPETITION OFFICE

The competition office is located on the second floor of the Barn. Opening hours will be as follows:

DATE	TIME
February 2	9:00-17:00
February 3	7:00-17:00
February 4	7:00-17:00
February 5	7:00-15:00

NOTICE BOARDS

All communications will be done electronically.



WEATHER

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is <https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Trail conditions will be tweeted on a regular basis via the @nakkxc twitter account, updates will be available at the TCM and via email and WhatsApp to coaches registered on Zone4 should the need arise.

FIRST AID AND MEDICAL SERVICES ON SITE

In the unfortunate event of an accident or illness, the Canadian Ski Patrol (CSP) will be well prepared to handle both critical and non-critical cases. Advanced first aid services will be provided on site by the CSP that has all of the necessary equipment and will be set up in a tent behind the finish line for minor care. The CSP will also have a separate room in the Chalet to provide more serious care. If required, they will contact the Coopérative des paramédics de l'Outaouais to transfer a patient to more advanced medical care and to the hospital. The CSP will provide an appropriate number of patrollers based on meeting the needs as mutually agreed upon/outlined in the event safety plan. It will include patrollers at the finish line and at other sites appropriately located around the various courses.

COVID-19

Although the situation with Covid appears to be improving, the event will follow the [guidelines issued by the public health authorities](#).

LOST AND FOUND

Lost items are collected on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign-in desk. If you have lost an item please send an email to race.secretariat.epreuve@engne.ca.



D. TEAM SERVICES

TRAVEL AND TRANSPORTATION

The closest airport is the Ottawa International Airport (YOW) <https://yow.ca/en>

Car Rentals at the Ottawa International Airport:
<https://yow.ca/en/parking-transportation/car-rentals>

ACCOMMODATION

The Organizing Committee would like to urge any teams planning to attend our event to arrange their accommodations in Gatineau as soon as possible. There are a number of other activities taking place at the same time in this area. For accommodation options in Gatineau, please visit Tourism Outaouais at <https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>

FOOD / WATER

There will be no food or drinking water available on site except at the finish area. Teams are encouraged to bring their own water and food. Stores near the venue:

- Convenient store on Avenue Gatineau (5 km)
- Supermarkets: IGA and Metro on Boulevard Gréber (approx. 7 km)

ECO-FRIENDLY EVENT

ENGNE has the objective and mandate to present events that are as eco-friendly as possible. We ask all participants to reduce usage of single use plastics, styrofoam, packaging and containers they will bring on the competition site. We ask that you sort and dispose of all wastes in the proper recycling, composting and waste bins located at several locations on site to collect wastes. We thank you for helping make a greener planet.

HOSPITAL

The closest hospital to the venue is the Hôpital de Gatineau (approx. 8 km):

[909 Boulevard la Vérendrye O](#)

Gatineau, QC J8P 7H2

(819) 966-6100