

2020 Haywood Westerns Canada CUP

January 16-19, 2020



Hosted by:

CALLAGHAN VALLEY
CROSS COUNTRY



Thank you to our sponsors

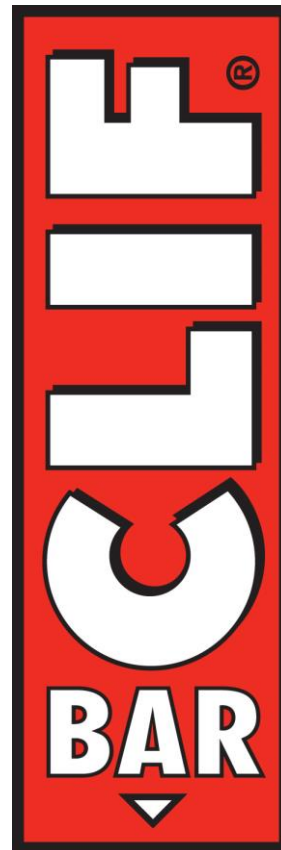
Nordic Ski
Grinds

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Nordic Racers Ski Club
Vancouver, BC

**WHISTLER
BREWING CO.**



EXECUTIVE SUITES
Hotel & Resort, Squamish



AGENDA

- Introduction of Jury/Officials
- Confirmation List
- Event Schedule
- Weather Forecast
- Course
- Stadium
- Race Secretary
- Ski Testing
- Training/Warmup
- Information from the TD/RD

Introduction of Jury

Technical Delegate
Assistant TD
CCC Race Director
Chief of Competition

Len Apedaile
Scott Puskas
Jeff Ellis
Sherryl Yeager



Competition Committee

Chief of Competition

Competition Secretary

Chief of Timing

Chief of Course

Chief of Stadium

Chief of Competition Control

Event Chair

Sherryl Yeager

DJ Hay

Lawrence Taylor

Andrew Horembala

Delores Franz Los

Andreas Sandell

Dirk Rohde



Confirmation List

Event Schedule

Gate opens	6 am
Open Men 3 x 5k	9
Open Women 3 x 5k	9:35
RELAYS U18 M/W 3 x 3.3k	10:20. 10:50
U16 M/W 3 x 3.3k	11:25 11:55
U14 B/G 3 x 2.5k	12:30 1:00 pm

Race Office

Bib Pickup

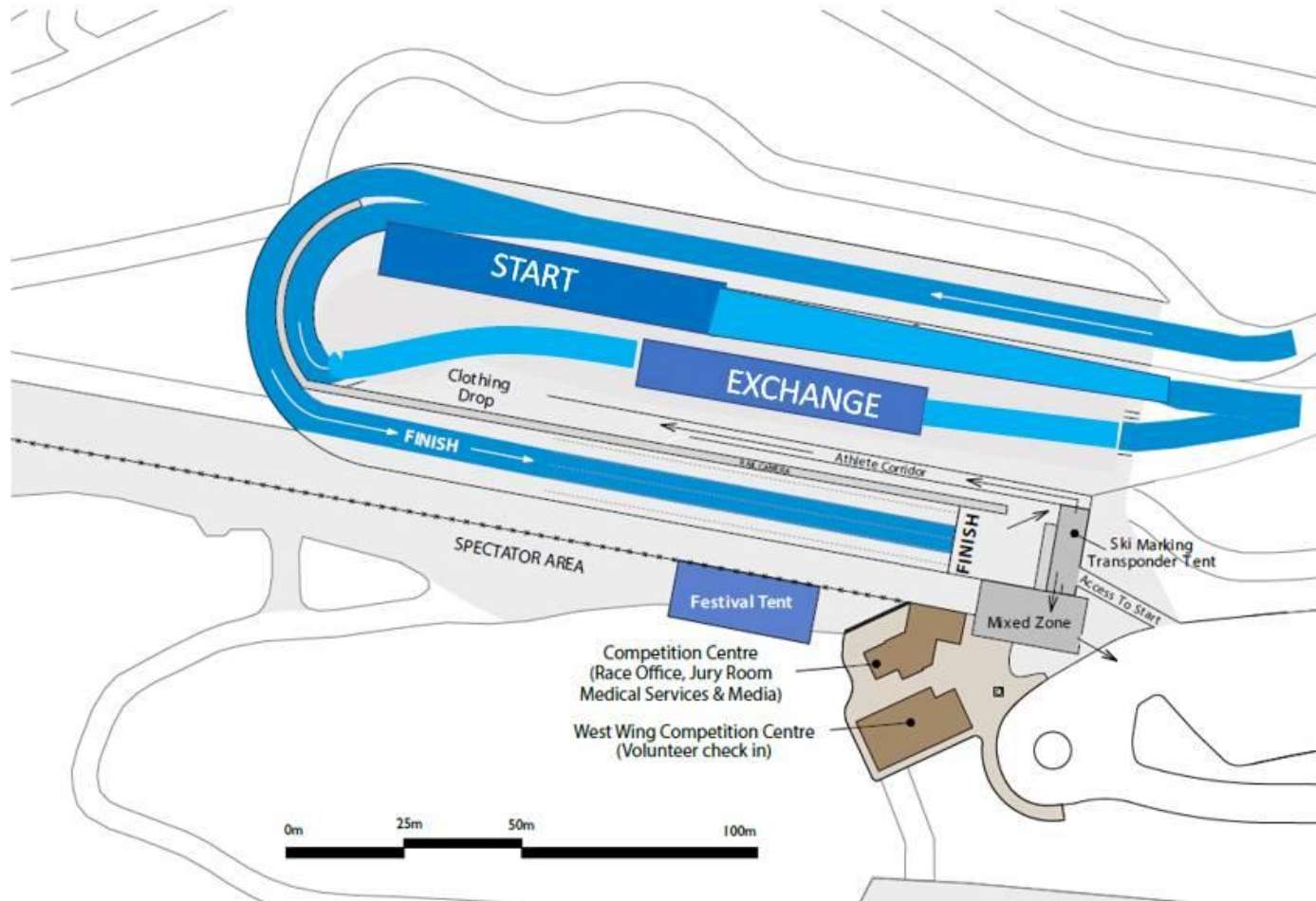
- Starts 7:45 for OPEN ONLY PLEASE
- Chips will be included with bibs
- For RELAY – please send athletes by TEAM to pickup 45-30 minutes prior to THEIR start.

Weather Forecast

Day	Date	Forecast	Lo	Hi
Sunday	February 19	Snow overnight – turning to rain approx. 14 cm	-3	0
Yr.no for Whistler Nordic Centre				

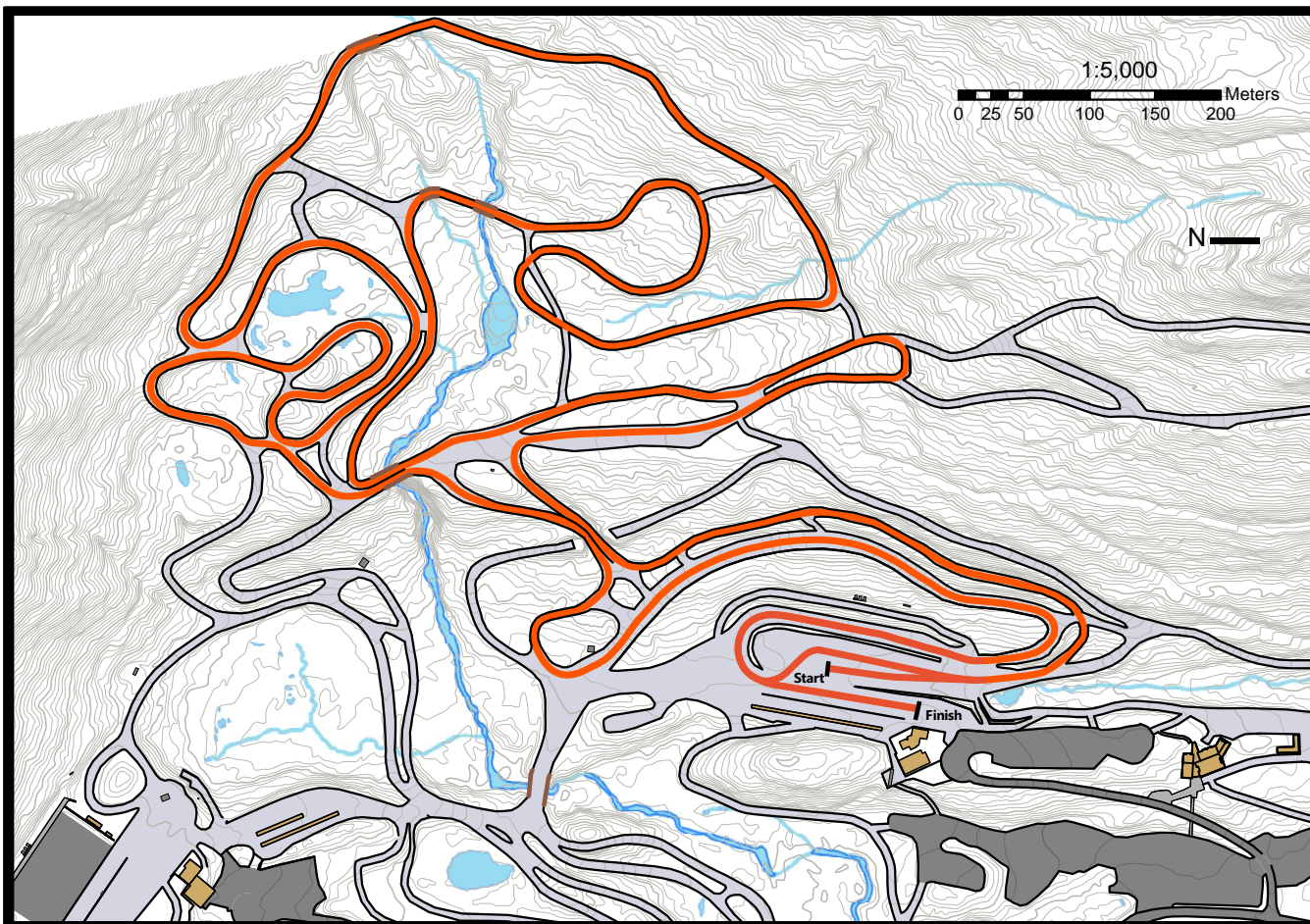
Sunday, 19 January 2020

WESTERNS MASS START FREE + RELAY RACES



Haywood Western Canada Cup
January 18, 2020

Whistler Olympic Park

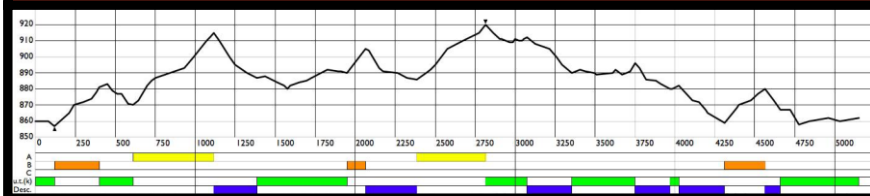


FIS Homologation Statistics

Competition Level: FIS
Course Length: 5150m
Highest Point: 920m
Lowest Point: 857m
Total Climb (TC): 178m
Maximum Climb (MC): 45m
Height Difference (HD): 63m
Category: D

5.0km Red B Course

Terrain Profile



Race Categories + Info

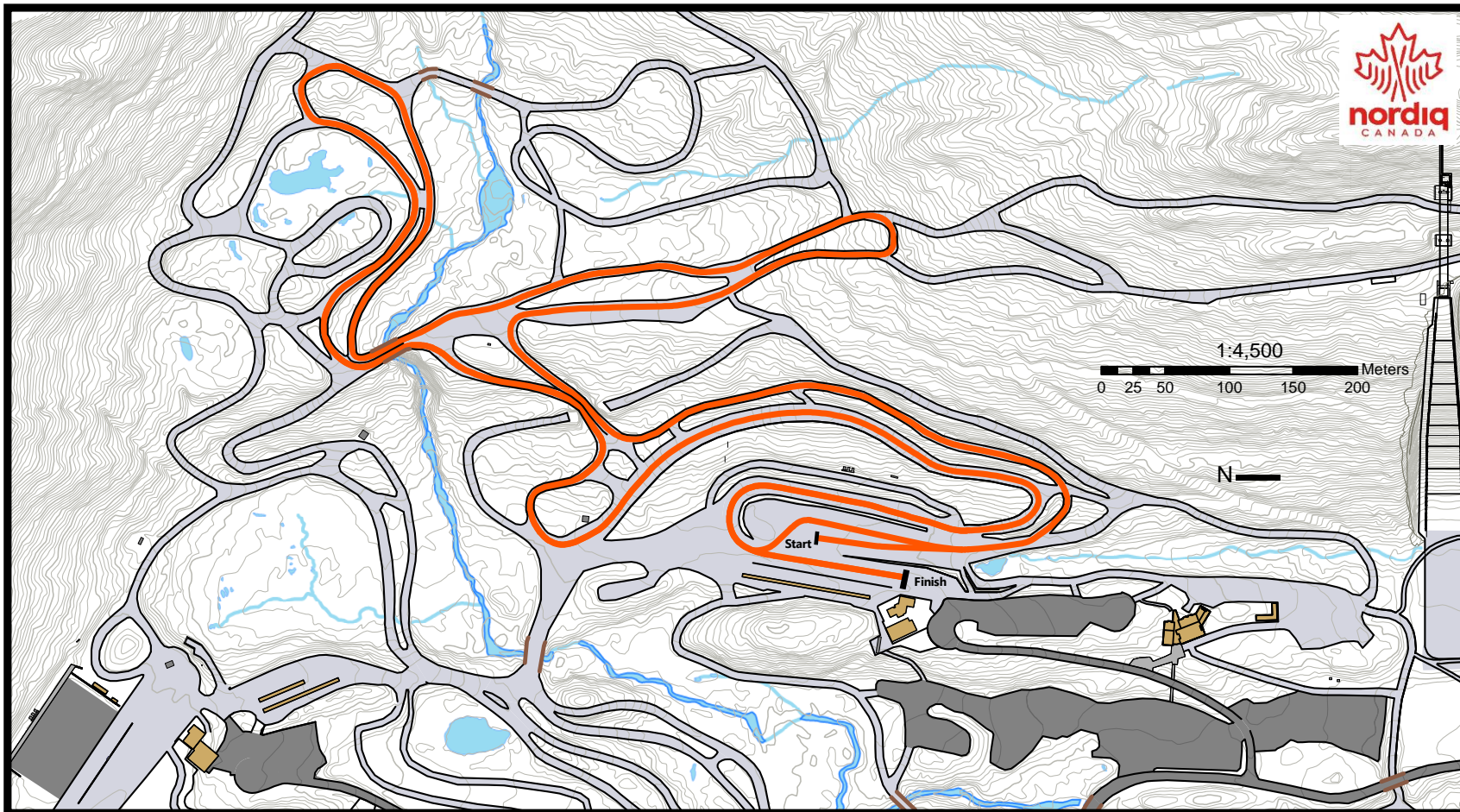
January 18, 2020 Interval Start, Classic Technique

Open Men	3 x 5Km Red
Open Women	2 x 5Km Red
U18 Boys	2 x 5km Red

Haywood Western Canada Cup
January 19, 2020

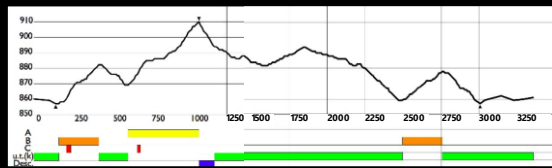
Whistler Olympic Park

CAPITAL MARKETS
HAYWOOD
SECURITIES INC.



3.3km Red A Course

Terrain Profile



FIS Homologation Statistics

Competition Level: COC	Total Climb (TC): 105m
Course Length: 3290m	Maximum Climb (MC): 40m
Highest Point: 909m	Height Difference (HD): 52m
Lowest Point: 857m	Category: D

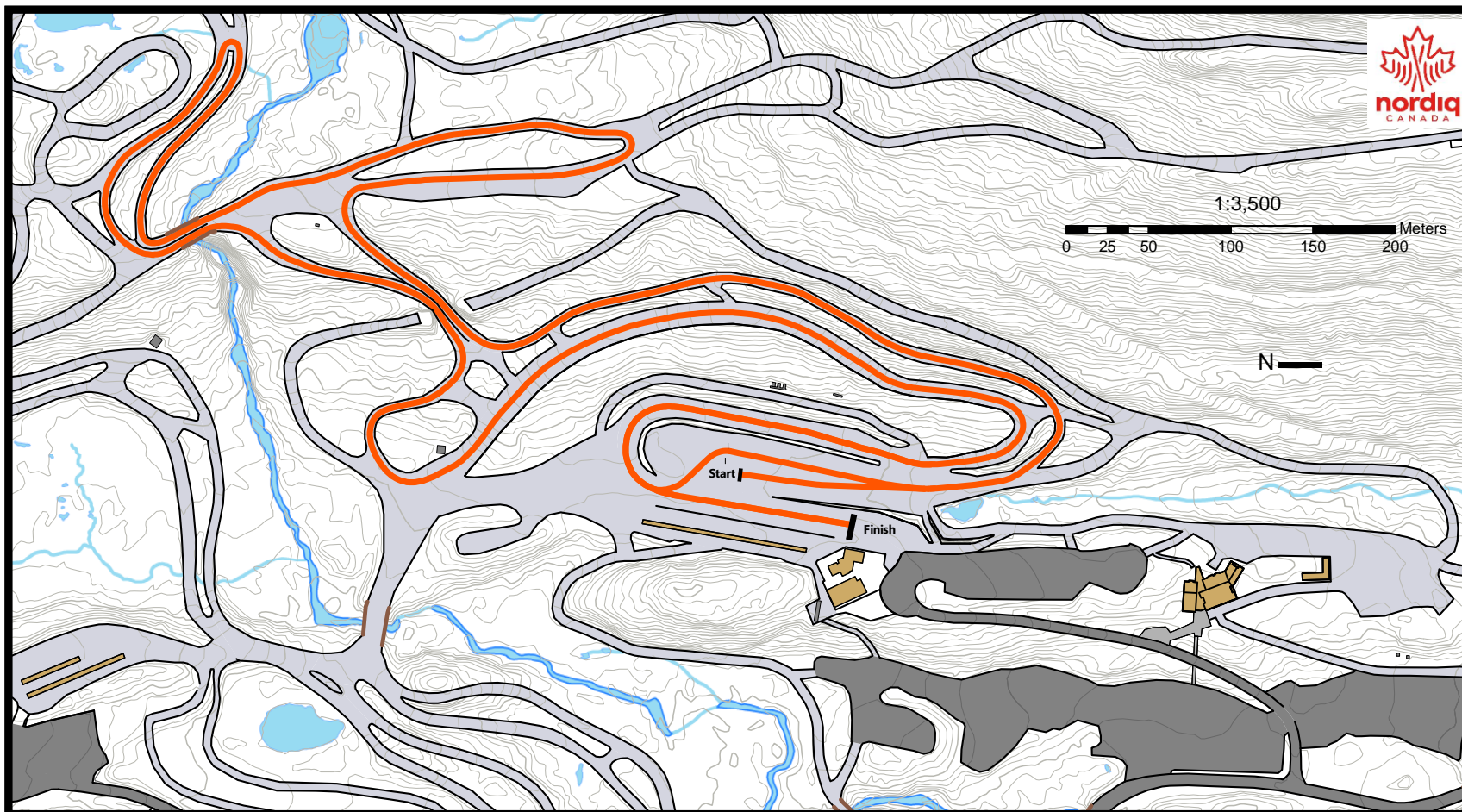
Race Categories + Info

January 19, 2020
Free Technique Mass Start Relay

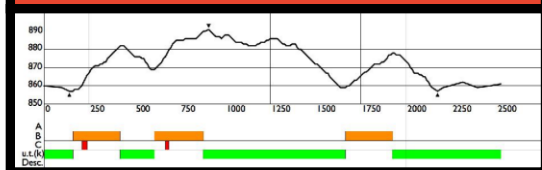
U16 Boys & Girls 3 x 3.3 Km
U18 Boys & Girls 3 x 3.3 Km

Haywood Western Canada Cup
January 18, 2020

Whistler Olympic Park



2.5km Red B Course Terrain Profile



FIS Homologation Statistics

Competition Level: FIS
Course Length: 2515m
Highest Point: 892m
Lowest Point: 857m

Total Climb (TC): 80m
Maximum Climb (MC): 25m
Height Difference (HD): 35m
Category: D

Race Categories + Info

December 18, 2020
Classic Technique Interval Start

U14 Girls and Boys 2 x 2.5Km Red
U16 Girls and Boys 2 x 2.5Km Red
U18 Girls 3 x 2.5Km Red

Ski Wax Testing

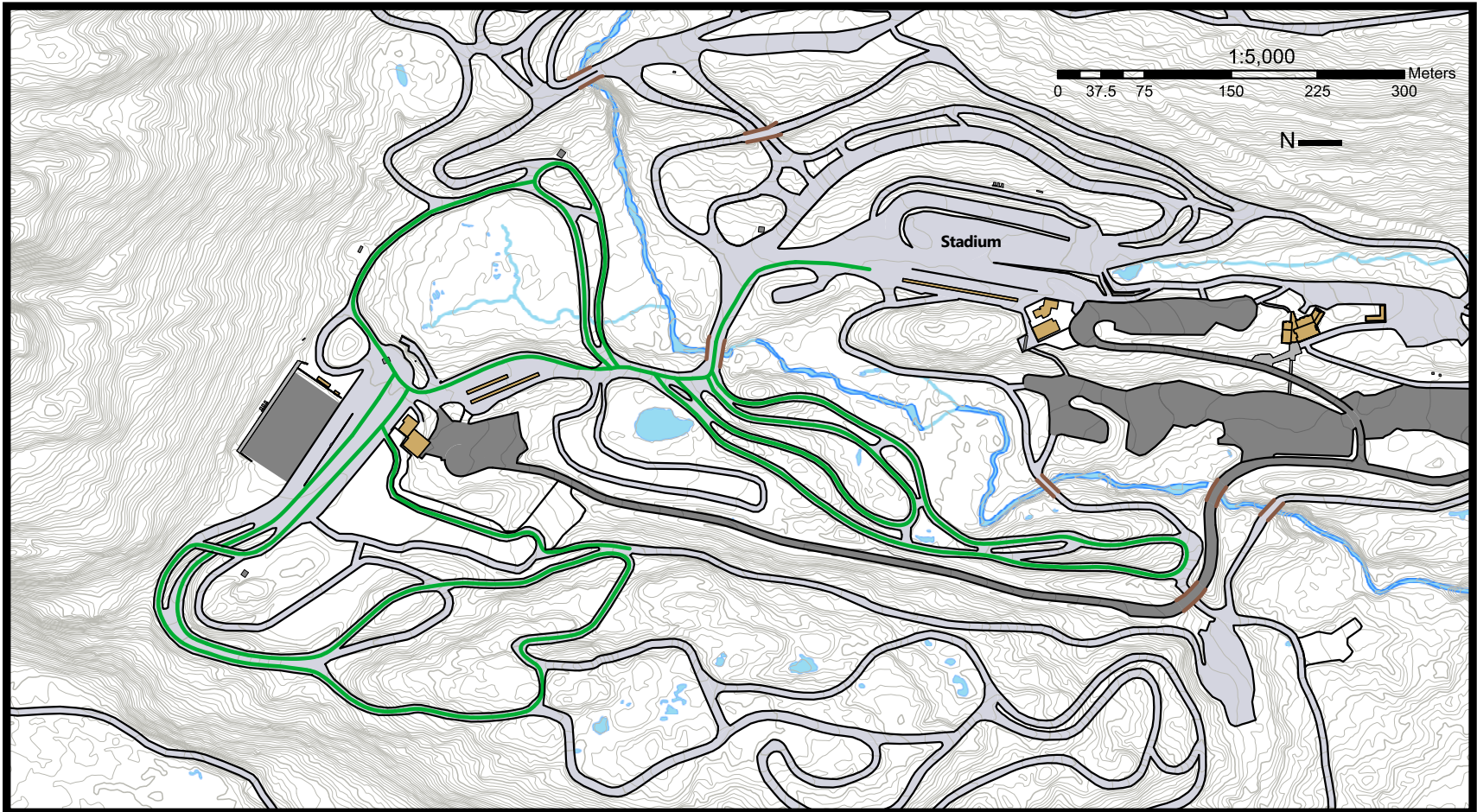
- Glide test as before
- No skiing backwards on course
- Coach bib allows coach to ski in direction of course, two per team, during event with exception of sprint course

Training/Warm-up

- Training and warm-up skiing must follow the competition course direction.
- warm up on sit ski course
- Use recreational and biathlon trails
- Use marked route to access upper race trails

West WarmUp Trails

Whistler Olympic Park



Information



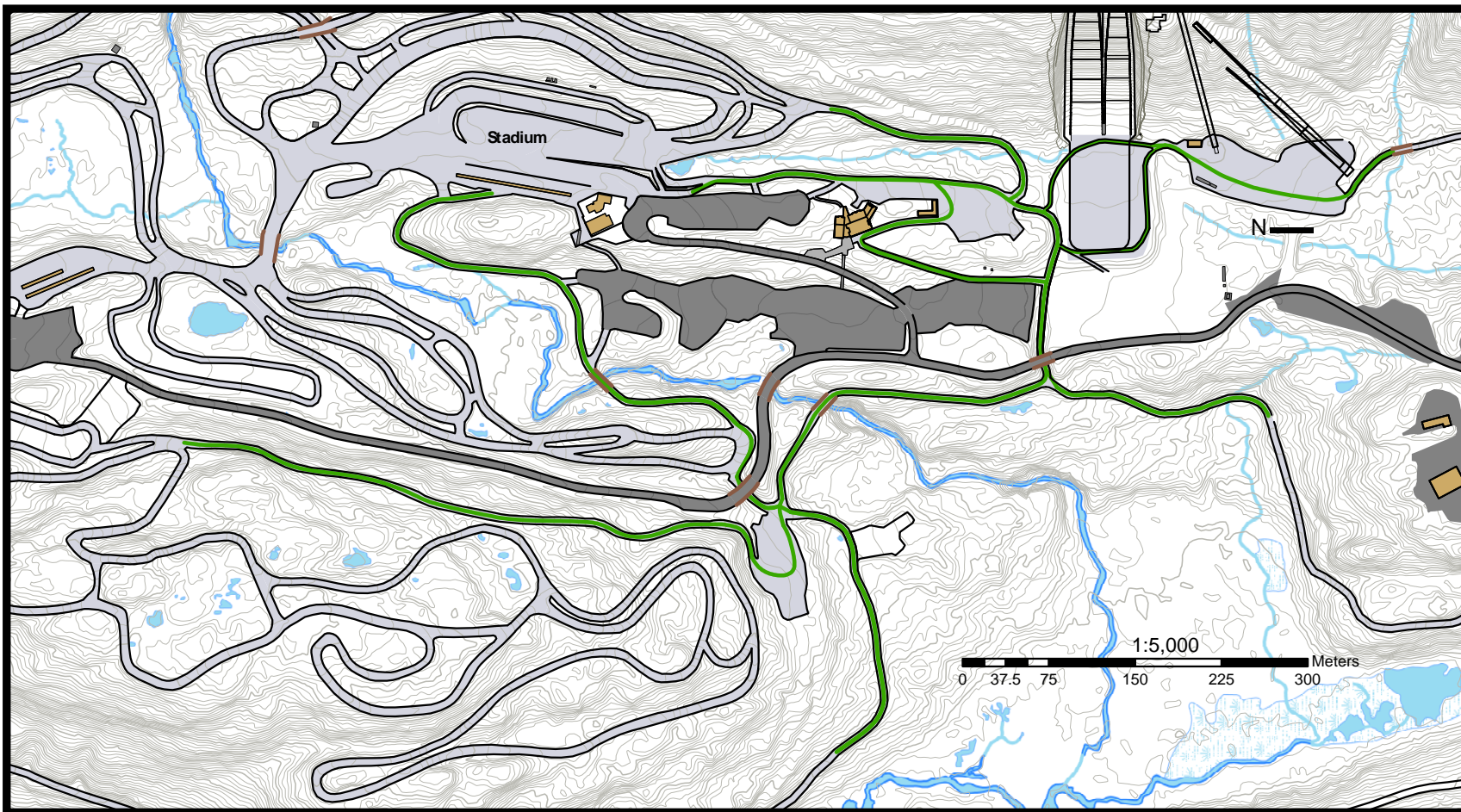
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East WinUp Trails

Wistler Olympic Park



Information



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Comments from TD – Len Apedaile

Comments from RD – Jeff Ellis