

2017 Haywood NorAm Westerns

Teck Coast Cup #2 and #3

January 18-22, 2017

Hosted by:



AGENDA

- Roll Call
- Introduction of Jury/Officials
- Confirmation List (Jan 20)
- Event Schedule
- Weather Forecast
- Course
- Stadium
- Timing
- Competition Control
- Race Secretary
- Ski Testing
- Training/WarmUp
- Information from the TD
- Information from Race Organizer
- Next Meeting



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- General comments from the TD
- General comments from Race Director
- Comments from Event Chair
- Next Meeting



ROLL CALL

- British Columbia
- Alberta/NWT
- Saskatchewan
- Manitoba
- Ontario
- Quebec
- Newfoundland
- Northwest Territory
- Yukon
- International Teams
- Para Nordic
- NST



Introduction of Jury

Jury

Technical Delegate

Assistant TD

CCC Race Director

Chief of Competition

Shawn Sinclair

Claude Chabot

Mark Duperreault

Sherryl Yeager



Introduction of Race Officials

Competition Committee

Chief of Competition

Competition Secretary

Chief of Timing

Chief of Course

Chief of Stadium

Chief of Competition Control

Event Chairperson

Sherryl Yeager

Moira-Ann Handford

Lawrence Taylor

Theresa Oswald

Delores Franz Los

Len Apedaile

Margot Murdoch



Race Office

Race Office Hours 7-4 am daily

Bib Pickup

Start 8 am (no earlier!) for NorAm each day

Athletes collect bibs for sprint heats themselves, 30 mins before heat start time

10:30 for Coast Cup (Sat and Sun)

By Club or Team/University depending on selection at registration.



Confirmation List



Event Schedule

APPROX TIMES

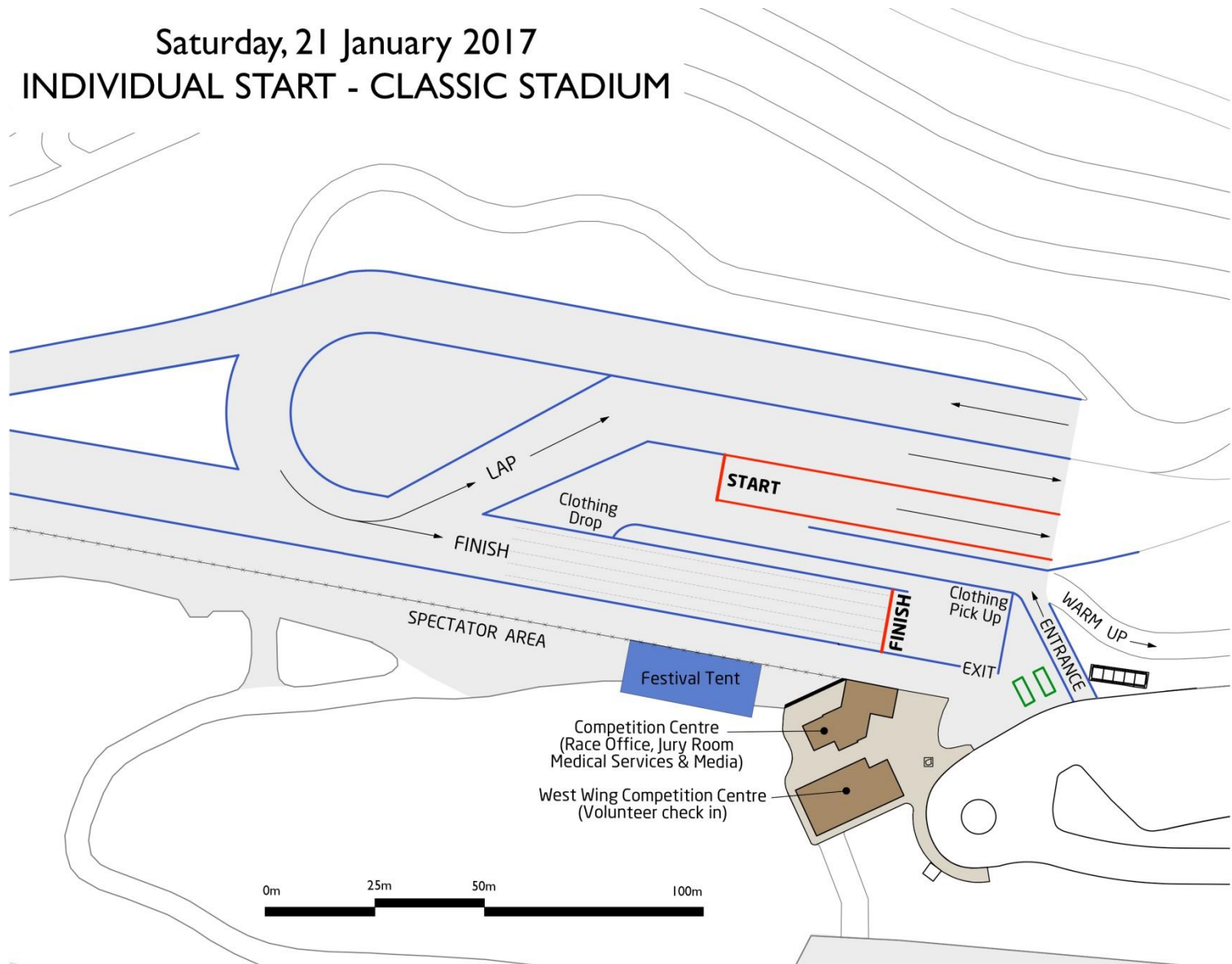
Open Men	9:00
Junior Boys	9:31
Open Women	9:51
Junior Girls	10:08
Juvenile Boys	10:22
Juvenile Girls	10:44
MASTERS MEN	11:17
MASTERS WOMEN	11:21
Midget Boys	12:25
Midget Girls	12:45



Para Nordic Women	14:20
Paranordic Sit Men	
Stand Women	

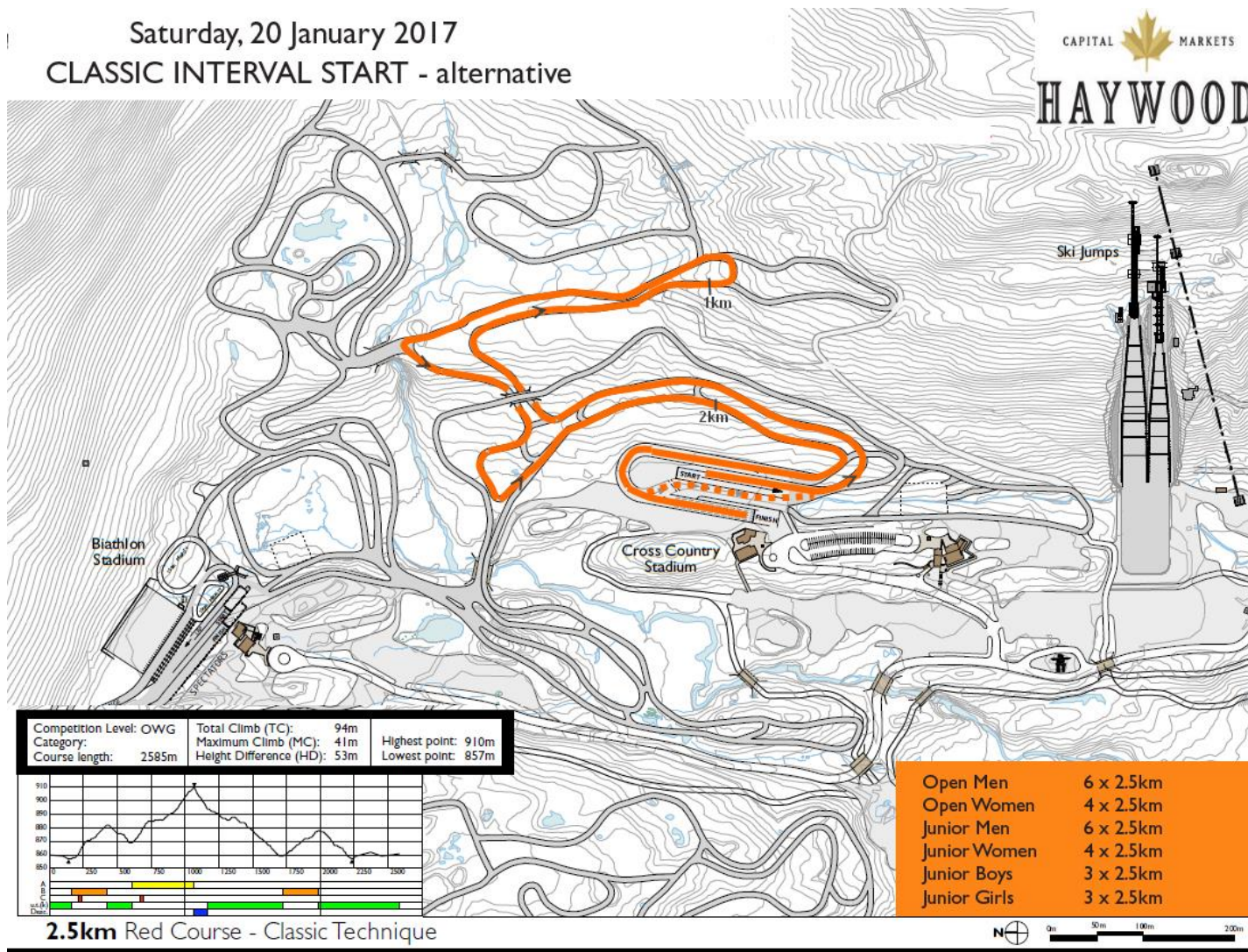
afternoon											
Fri 20 night		snow shwrs		1 cm	0 mm	-4°C	-6°C	-10°C	550m	-	-
Sat 21 morning		light snow		1 cm	0 mm	1°C	-2°C	-2°C	700m	8:00	-
Sat 21 afternoon		light snow		1 cm	0 mm	0°C	-6°C	-9°C	1100m	-	4:4
Sat 21 night		light snow		1 cm	0 mm	-2°C	-8°C	-12°C	800m	-	-

Saturday, 21 January 2017
INDIVIDUAL START - CLASSIC STADIUM



Open M/W and Junior B/G

Saturday, 20 January 2017
CLASSIC INTERVAL START - alternative



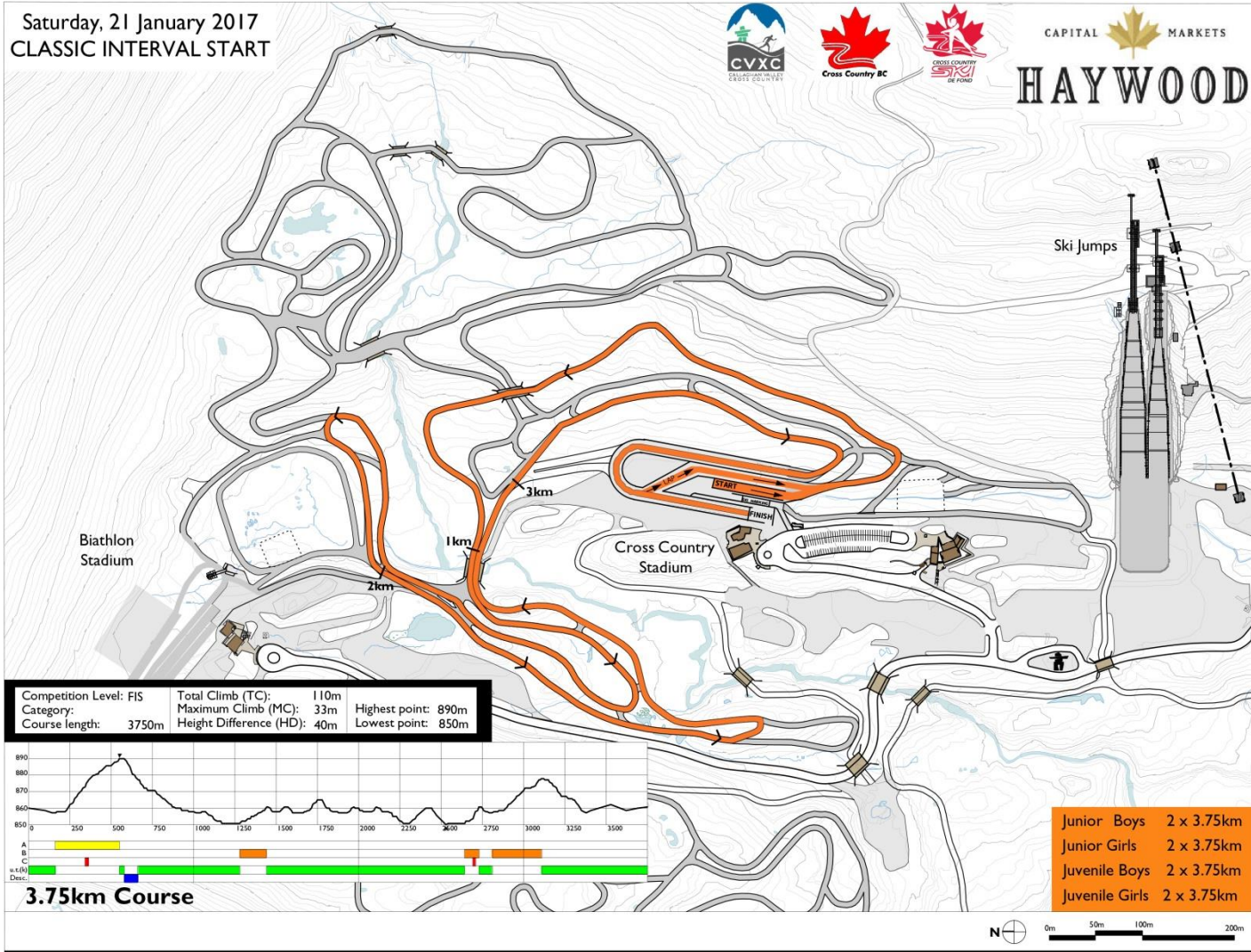
Junior B/G and Juvenile B/G

Saturday, 21 January 2017
CLASSIC INTERVAL START



CAPITAL MARKETS

HAYWOOD



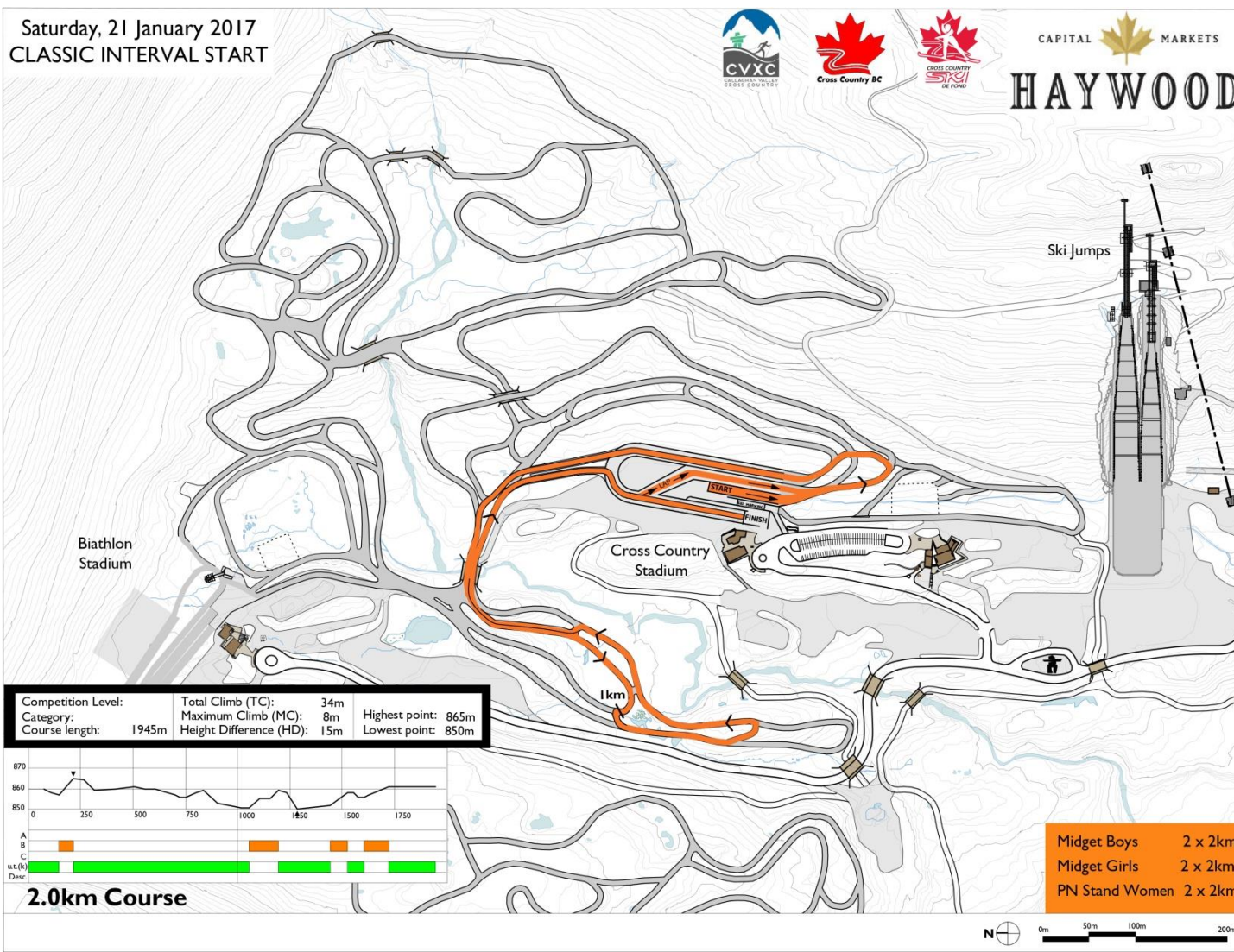
750 M Midget B/G Para Nordic Sit and Stand

Saturday, 21 January 2017
CLASSIC INTERVAL START



CAPITAL MARKETS

HAYWOOD

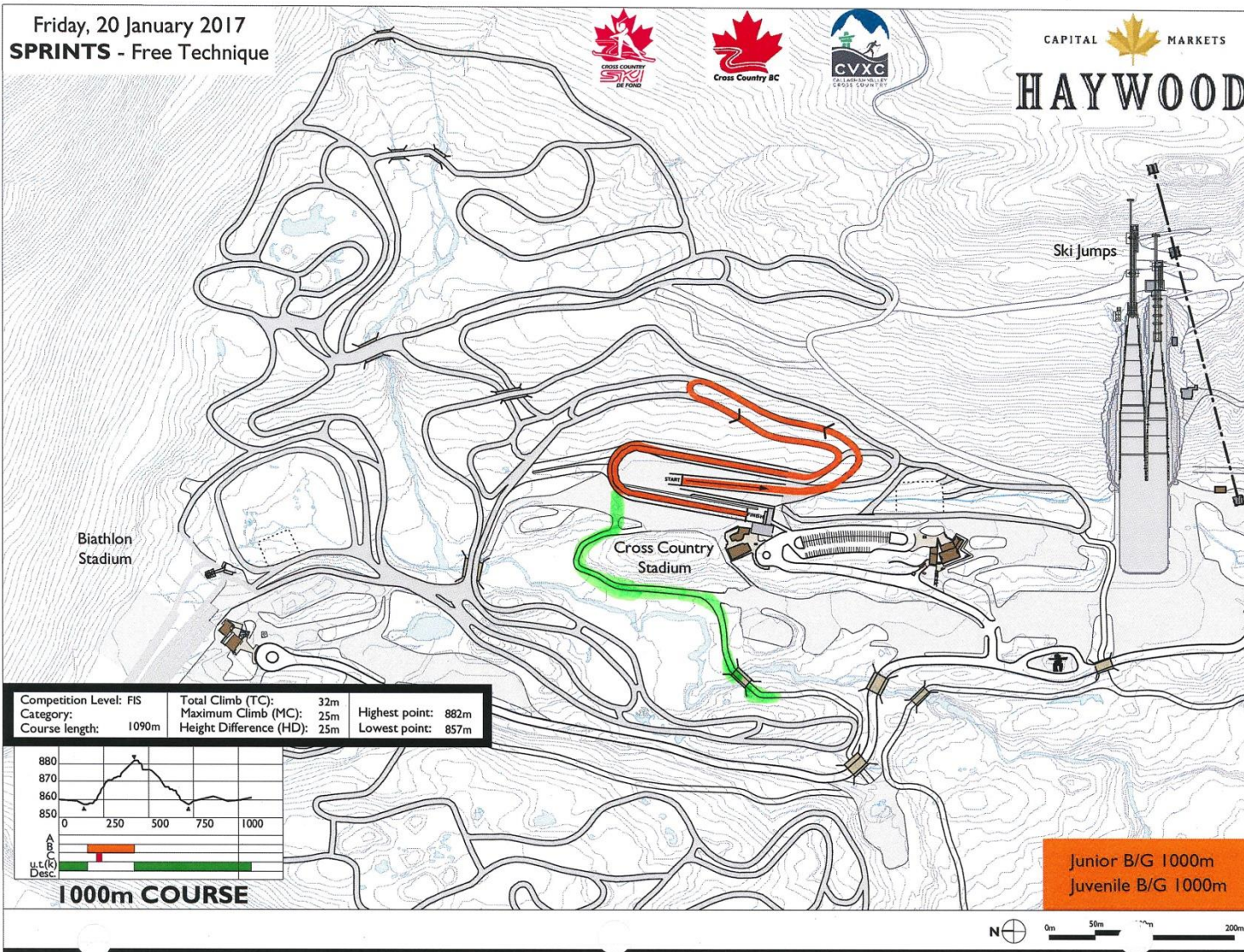


Friday, 20 January 2017
SPRINTS - Free Technique



CAPITAL  MARKETS

HAYWOOD



Ski Wax Testing

- Ski on the left hand side of the course – ski in a clockwise direction
- No skiing backwards on course.

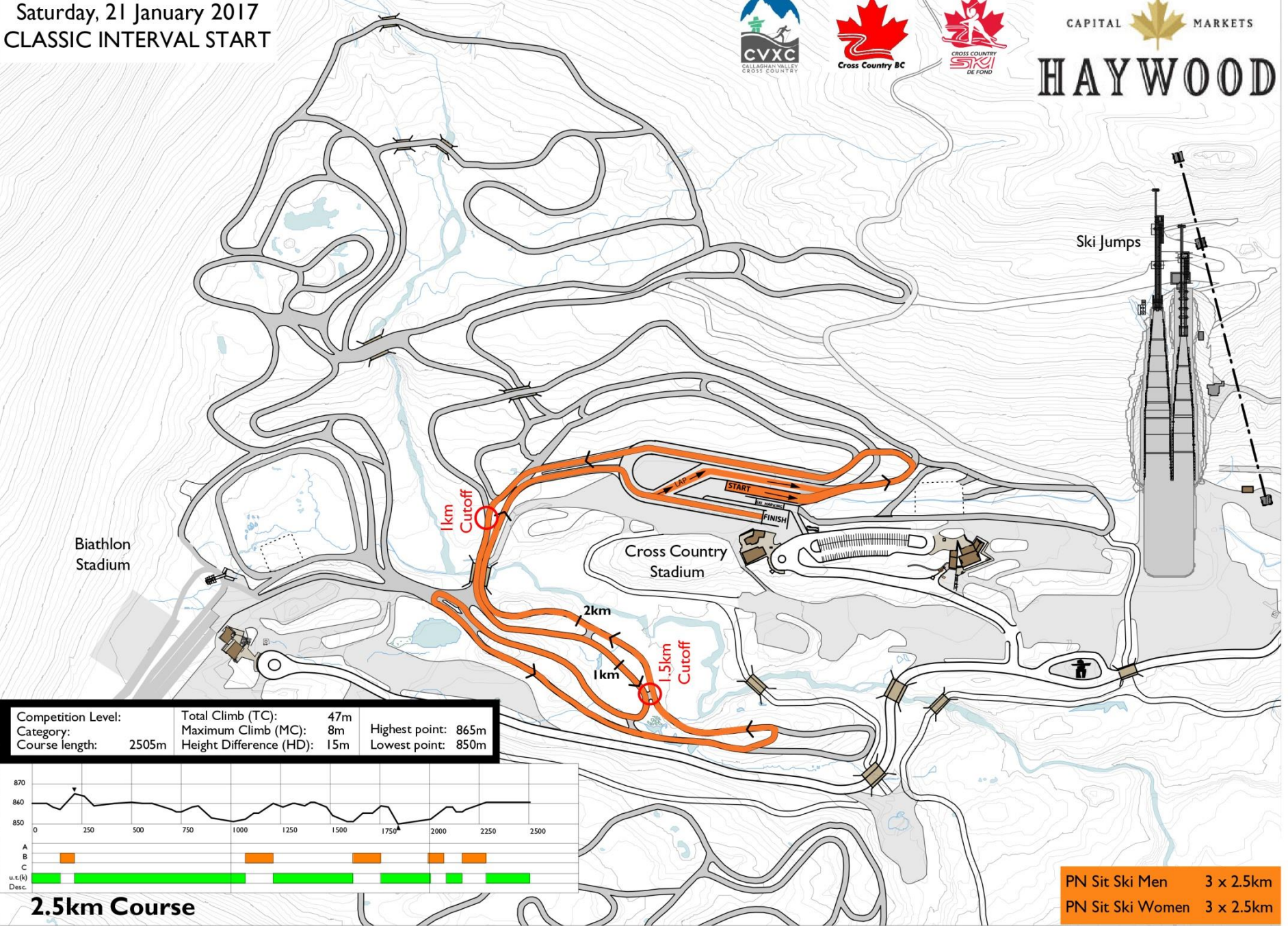


Saturday, 21 January 2017
CLASSIC INTERVAL START

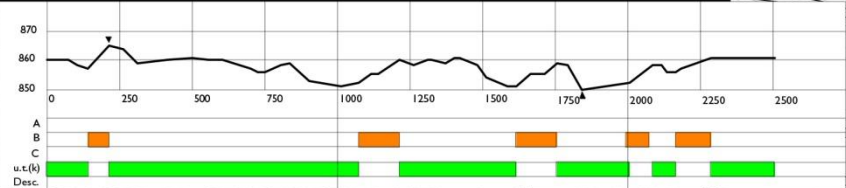


CAPITAL  MARKETS

HAYWOOD



Competition Level:	Total Climb (TC):	47m
Category:	Maximum Climb (MC):	8m
Course length:	Height Difference (HD):	15m
	Highest point:	865m
	Lowest point:	850m



2.5km Course

PN Sit Ski Men 3 x 2.5km
PN Sit Ski Women 3 x 2.5km



Saturday, 21 January 2017
CLASSIC INTERVAL START

Coast Cup



Cross Country BC

Teck



Ski Jumps

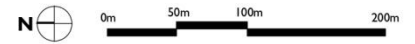
Biathlon Stadium

Cross Country Stadium

START
FINISH

2.0km

Bantam Boys 1 x 2.0km
Bantam Girls 1 x 2.0km



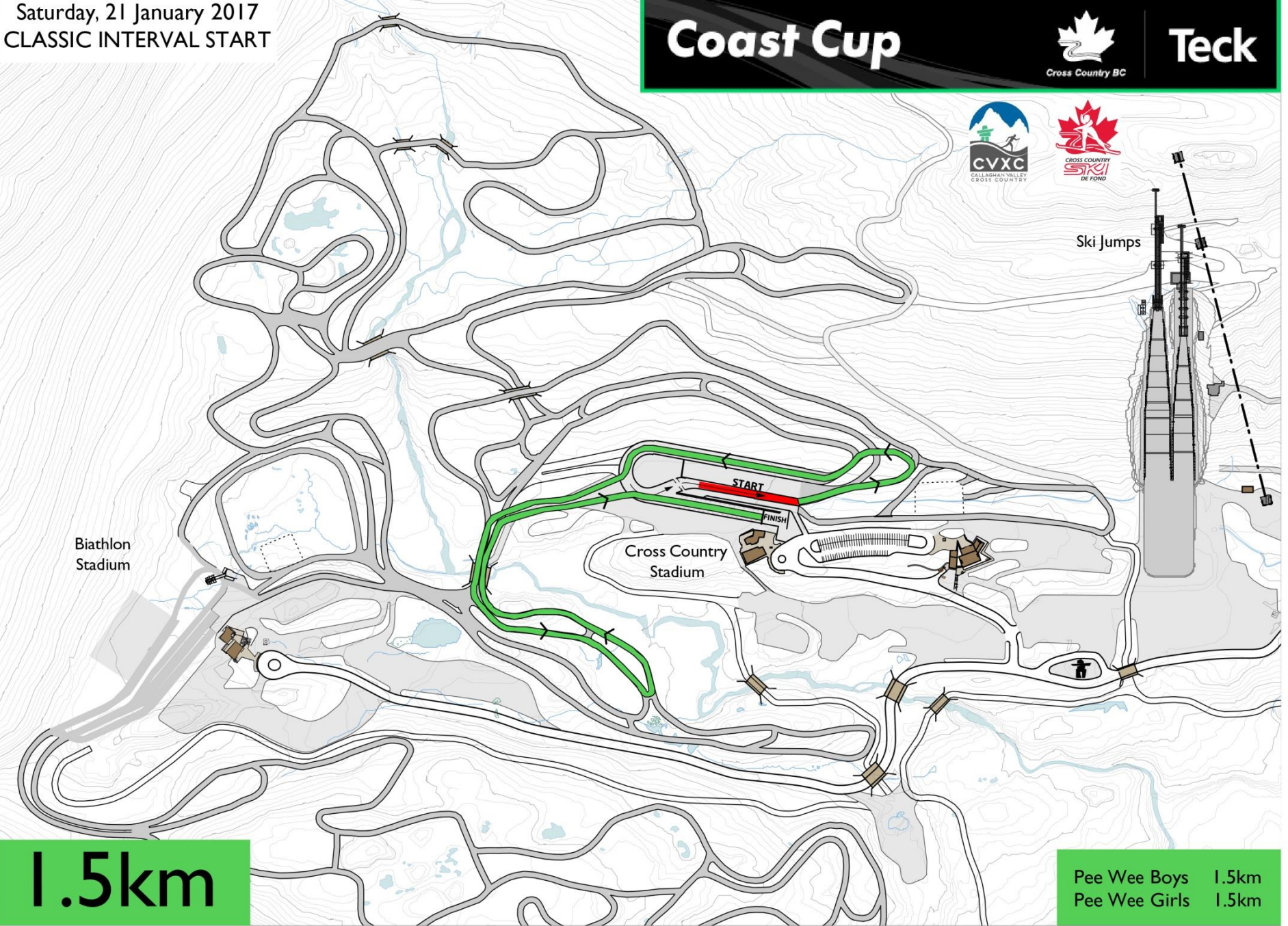
Saturday, 21 January 2017
CLASSIC INTERVAL START

Coast Cup



Cross Country BC

Teck



1.5km

Pee Wee Boys 1.5km
Pee Wee Girls 1.5km



Saturday, 21 January 2017
CLASSIC INTERVAL START

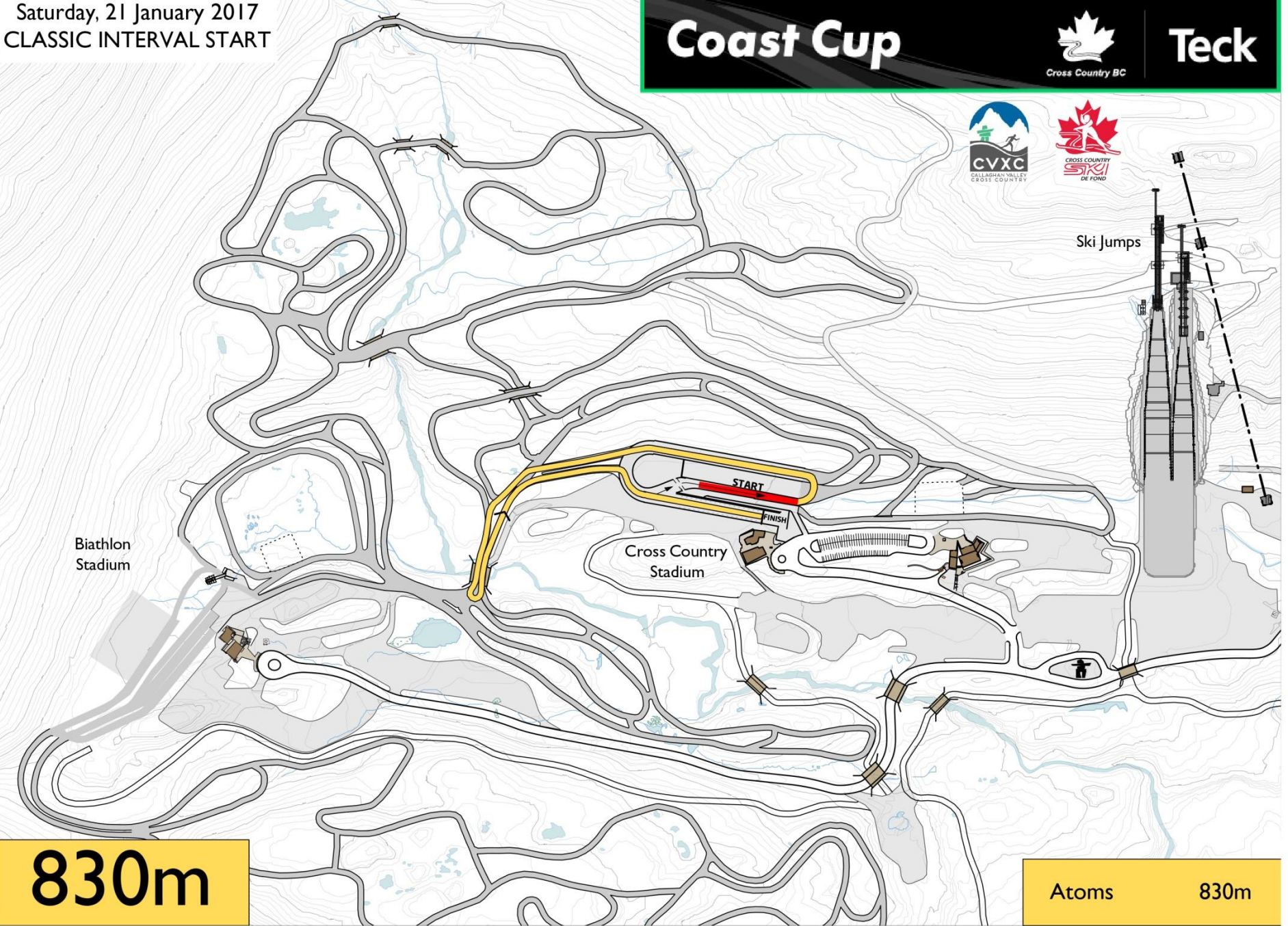
Coast Cup



Cross Country BC

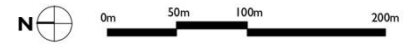


Teck



830m

Atoms 830m



Training/Warm-up

- Course closes 10 minutes before start
- Warmup in Biathlon or on rec trails



Missing Bib

326Griffin Terry

100 FINE for non-return

No Bib for Saturday start until returned

RELAY REMINDER

- Register online by 12 noon PST or you will not be allowed to enter
- REMEMBER – NORAM Categories must be same sex
- Coast Cup Male teams may have 1 female
- You CANNOT combine NorAm and Coast Cup athletes on the same team
- IF your athlete is Legitimately Unable to race you may substitute – You MAY NOT mix and match teams after you've registered

General Comments

TD

RD

Event Chair

