



RACE NOTICE - Revised Jan 05, 2020

Haywood Western Canada Cup

Jan 16-19, 2020

RACE EVENTS:	Thursday, January 16, 2020	10:00AM- 4:30PM	Official Training
	Friday, January 17, 2020	9:00AM	AltaGas Sprints – Free
	Saturday, January 18, 2020	10:00AM	Interval Start – Classic
	Sunday, January 19, 2020	9:00AM	Mass Start (Open) - Free Relays (U18-U14)- Free

LOCATION: [Whistler Olympic Park](#), Callaghan Valley, Whistler

HOSTED BY: [Callaghan Valley Cross Country](#) (CVXC)

SANCTIONED BY: FIS, Nordiq Canada

EVENT WEB-SITE: Information on all event details: <http://callaghanxcski.ca/events/westerns2020>

REGISTRATION: Registration and fee payment is online only at: www.zone4.ca . Coaches can register with no fee. Up to date information will be shared with coaches via Zone 4 so coaches are **STRONGLY encouraged to register**. If you experience any difficulties or have questions about registration please contact the Competition Secretary.

RACE ENTRY DEADLINE: **Regular deadline is: [Saturday, January 11th, 2020 AT 23:59 PST](#)**
Late deadline is: [Tuesday, January 14th, 2020 AT 23:59 PST](#).
*****LATE REGISTRATIONS ARE SUBJECT TO A \$10 fee increase per race*****

Relay team (U18-U14 only) entry deadline is 12 noon, Saturday, January 18, 2020. No late entries will be accepted.

RULES: [2019 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2019 Precisions highlighted](#) - November 2019

TECHNICAL GUIDELINES: **The NorAm Westerns Technical Package:**
[Haywood NorAm Canada Cup Series Technical Package - 2019-20 Season](#)



COMPETITION	Chief of Competition:	Sherryl Yeager sherryl@callaghanxcski.ca Tel:778-887-7669
COMMITTEE:	Chief of Course:	Andrew Horembala
	Chief of Stadium:	Delores Los
	Chief of Timing:	Lawrence Taylor
	Chief of Competition Control:	Andreas Sandell
	Competition Secretary:	David J. Hay secretary@callaghanxcski.ca Tel: 604-789-7212
	FIS Technical Delegate:	Len Apedaile
	Assistant Technical Delegate:	Scott Puskas
	Nordiq Canada Race Director:	Jeff Ellis
JURY:	The Jury members are: the Technical Delegate - who is the chair of the jury, the Chief of Competition, the Nordiq Canada Race Director, and the Assistant Technical Delegate. At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote on the jury.	
LICENSES:	All competitors skiing in U14, U16, U18, U20 and Open categories must have at least one of the following licenses:	
	<ul style="list-style-type: none"> • Nordiq Canada Racing License, • FIS License • Supporting Member Day License (SMDL) issued by Nordiq Canada (may be purchased with on-line registration) • Associate Race License, issued by Nordiq Canada, for foreign skiers who don't have an active FIS license. 	
SEEDING:	Competitors in the Senior Men and U23 Men categories and those in the Senior Women and U23 Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into Open and Junior for results and awards/prizes. The current Canada Points List (CPL) as of 28/12/2019 for both distance and sprint competitions will be used.	
REFUNDS:	A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification, WITH medical documentation, prior to the registration deadline of January 14, 2020 .	
SPRINTS:	Senior Men and Junior Men categories and the Senior Women and Junior Women categories will be combined in the Qualification race for seeding purposes and run as a single open class but will be separated into Junior and Senior for heats and awards. The top 30 Junior M/W and Senior M/W will advance to quarterfinal heats. Unless the Competition Secretary receives notice of an athlete's intent at the start of the Team Captains' Meeting on Thursday, January 16, 2020, all qualifying Junior M/W will be entered into the Junior quarterfinal heats. No changes will be allowed on race day.	

U18 B/G, U16 B/G will complete a sprint qualification followed with heats.
U14 B/G and Para Nordic athletes will ski the prologue only.

INTERVAL CLASSIC: As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole. Poles may be measured prior to the race start. Racers are reminded to give additional time for this to occur.

RELAY: Each relay team is comprised of 3 skiers from the same Division
(U18-U14 only)

RELAY RULES: Points will be awarded by Division down to top 3 per division.

RELAY TEAM: Relay team registration for pre-registered athletes will be open on Wednesday, January 15th until noon Saturday, January 18th. **NO LATE ENTRIES.**

The link to the no-fee, on-line relay registration will be e-mailed to all registered coaches and it will be available on the event web-site.

Unofficial teams are allowed to race but will not be counted for aggregate points purposes.

START LISTS: Start lists for each day of racing will be posted at the WOP Race Office and available online at www.zone4.ca.

RACE OFFICE: The event race office will be in the WOP technical building by the XC stadium. Hours are as follows:

- Thursday 11AM-2PM
- Friday 7AM-4PM,
- Saturday 8AM-4PM
- Sunday 7AM-1PM

BIB PICK-UP: Bibs and timing chips for each day of racing will be distributed from the Race Office from 8:00 - 10:30 am except for Saturday when distribution will begin at 9:00 am

Bib pick up will be by Club or Team – please specify your preference upon registration

After the Sprint Qualifiers, the individual athletes will pick up their bibs from the race office.

TEAM CAPTAIN MEETINGS: Meetings will be held the night before each race day, Thursday through Saturday, at 6pm in the [Whistler Athletes' Centre, 1080 Legacy Way, Cheakamus Crossing](#).

AWARDS: Haywood Canada Cup Westerns Awards:



INDIVIDUAL: Cash Prizes will be given to the top five finishers in the Open Class.

Only skiers with FIS licenses are eligible for cash prizes.

Awards will also be presented to:

- the top 3 CCUNC Men and Women.
- the top 3 U20 Men and Women
- the top 3 by YoB for U14 thru U18 Boy/Girl races

RELAY: medals or prizing for top three teams in U18-U14.

DIVISION: The Swix-Fischer Divisional Trophy will be presented to the top division.

***** A schedule of daily awards presentations will be posted at the Race Office*****

WESTERN CANADIAN Official race categories, U16 through open senior, are eligible for the Championship rankings.

POINTS: The Division aggregate will be based on the top 3 racers per Division in each individual category and top 3 racers per Division in the relay category. The COC points system is used for scoring. Points will be awarded for all races. Skier affiliation will be with their host club.

PROTEST PROCEDURE: Protest forms will be available in the Race Office. Protests must be made in writing, submitted to the Competition Secretary within 15 minutes of posting of unofficial results and accompanied by a \$100 CAD cash fee.

CONCESSION: There is a full-service café at the WOP Day Lodge.

FACILITIES: The Flex Space at the race site will be available to athletes as shelter. There are showers in the daylodge. There are toilets there as well but several portable toilets will also be located close to the stadium area.

TRAIL FEES: Trail fees are included in race fees for athletes and registered coaches for the official training day, January 16, and all race days. Passes for all four days of skiing will be handed out at the WOP entry gate throughout the training day (Jan 16). Trail passes are REQUIRED to enter the gate each day. Trail fees and venue admission are not included for the unofficial training day, January 15, and are required in order to ski. Each athlete and coach requires a trail pass. If you forget or lose your pass you will be required to purchase a new one at regular price. If you do not get your trail passes on the training day, please arrive early on race day. There will be a dedicated lane for those who have their trail passes to facilitate ingress on race days but recommendations are to arrive early to allow for access and parking. **Venue closes at 4:30 pm daily**

[Park admission and trail fees apply to attendees not registered for the race.](#)

Regular trail pass rates and sightseeing rates are available. Contact Whistler Olympic Park for more information, 604-964-0059.

<https://www.whistlersportlegacies.com/whistler-olympic-park/tickets-passes>



WAX FACILITIES: Eligible teams will be assigned wax trailer space according to the NorAm Canada Cup Technical package. For larger teams, it may be advisable to bring a generator as outlets are limited within the wax trailers.

Wax trailers will be available from Wednesday Jan 18 to Sunday Jan 19. Allocation will be based on number of athletes registered by division, according to the NorAm Canada Cup Technical Package. A key deposit of \$40 is required for each cabin. Wax cabins will contain 2 chairs, table, garbage cans and broom. Users are responsible for maintaining their space during the event. Extra garbage bags, repair needs etc can be requested from athlete services through the race office. Depending on registration, some teams may be located at the biathlon venue, a short distance from the cross country stadium,. Any teams or clubs wishing to rent additional wax cabins may do so at a rate of \$40 per day, on a first come, first serve basis.

WAX TESTING: A wax testing/warm up area will be provided near the cross-country stadium. Wax testing on course will be at the discretion of the jury.

GLIDE WAX PROTOCOL: **Nordiq Canada** respectfully requests all coaches, wax technicians and parents abide by **the Nordiq Canada Fluoro Policy:**
<http://www.cccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-Policy-Final.pdf.aspx>

Nordiq Canada Allowable Wax List:
http://cccski.com/getattachment/Events/Technical-Packages/Allowable-Wax-List_EN_Revision_27-11-19.pdf.aspx

COURSE MAPS: Course maps are available on the event web-site: <http://callaghanxcski.ca/events/westerns2020>

WEATHER: For current conditions, visit:
<http://www.whistlersportlegacies.com/venues/whistler-olympic-park/weather>

MEDICAL EMERGENCY First Aid is provided by the event organizers in conjunction with WOP Ski Patrol.
Chief of First Aid: David Morris
WOP Ski Patrol 778-228-4586
Whistler Health Care Centre 604-932-4911

CANCELLATION: A decision to cancel or move this race to a different venue due to lack of snow will be made in consultation with the organizing committee, the Technical Delegate and Nordiq Canada. Race fees are refundable if the event is moved. Race fees will be refunded, minus a small administration fee, if the race is cancelled outright.

ACCOMMODATION

Closest accommodation to Whistler Olympic Park is at the Whistler Athlete Centre, however Squamish is also quite convenient. **The Executive Suites Hotel is the preferred accommodation in Squamish. Please mention the event when you book.**

[EXECUTIVE SUITES HOTEL & RESORT SQUAMISH](#)

Phone: 1-877-815-0048 or 1-604-815-0048

Email: info@executivesuitessquamish.com

Further accommodation information can be found at

<http://callaghanxcski.ca/events/westerns2020>

RACE DISTANCES AND FEES PER RACE (Start time are approximate. See start lists.)

CATEGORY Sub-category	YEAR OF BIRTH	Fees per Day		Friday, Jan 17 Start: 9 AM Individual Sprints (Open to U16) Free Technique & Individual Prologue (U14 & Para) Free Technique		Sat, Jan 18 Start: 10 AM Interval Start Classic Technique		Sunday Jan 19 Start: 9AM Mass Start (Open) - Free Technique & Relays (U18-U14)- Free Technique	
		Regular Sat Jan 11th	Late Tue Jan 14th	Distance (km)	Course	Distance (km)	Course	Distance (km)	Course
<u>Open Men</u> U20M-1 U20M-2 U 23 Senior	2001 2000 1999, 1998, 1997 1996-1990	\$45	\$55	1.2 k	1.2 k Red	15 k	3 x 5.0 k Red	15 k	3 x 5.0 k Red
<u>Open Women</u> U20W-1 U20W-2 U23 Senior	2001 2000 1999, 1998, 1997 1996-1990	\$45	\$55	1.2 k	1.2 k Red	10 k	2 x 5.0 k Red	15 k	3 x 5.0k Red
<u>U18 Boys</u> U18B-1 U18B-2	2003 2002	\$35	\$45	1.0 km	1 x 1.0 k	10.0 k	2 x 5.0 k Red	9.9 k	3 x 3.3k Red
<u>U18 Girls</u> U18G-1 U18G-2	2003 2002	\$35	\$45	1.0 km	1 x 1.0 k	7.5 k	3 x 2.5 k Red	9.9 k	3 x 3.3k Red
<u>U16 Boys</u> U16B-1 U16B-2	2005 2004	\$30	\$40	1.0 km	1 x 1.0 k	7.5 k	3 x 2.5 k Red	9.9 k	3 x 3.3k Red
<u>U16 Girls</u> U16G-1 U16G-2	2005 2004	\$30	\$40	1.0 km	1 x 1.0 k	5.0 k	2 x 2.5 k Red	9.9 k	3 x 3.3k Red
<u>U14 Boys</u> U14B-1 U14B-2	2007 2006	\$30	\$40	2.5 k	1 x 2.5 k Red	5.0 k	2 x 2.5 k Red	7.5 k	3 x 2.5k Red
<u>U14 Girls</u> U14G-1 U14G-2	2007 2006	\$30	\$40	2.5 k	1 x 2.5 k Red	2.5 k	1 x 2.5 k Red	7.5 k	3 x 2.5k Red
<u>Para Sit Ski Men</u>	-	\$45	\$55	2.5 k	1 x 2.5k Sit Ski	5.0 k	2 x 2.5 k Sit Ski	n/a	n/a
<u>Para Sit Ski Women</u>	-	\$45	\$55	2.5 k	1 x 2.5k Sit Ski	5.0 k	2 x 2.5 k Sit Ski	n/a	n/a
<u>Para Standing Men</u>	-	\$45	\$55	3.3 km	1 x 3.3 k Red	15 k	3 x 5.0 k Red	n/a	n/a
<u>Para Standing Women</u>	-	\$45	\$55	3.3 km	1 x 3.3 k Red	10 k	2 x 2.5 k Red	n/a	n/a

Ver1.3 Change Friday U18-U16 race format

Ver1.4 Adjust Friday race start time and race office hours