

2020 Haywood Westerns Canada CUP

January 16-19, 2020



Hosted by:

CALLAGHAN VALLEY
CROSS COUNTRY



Thank you to our sponsors

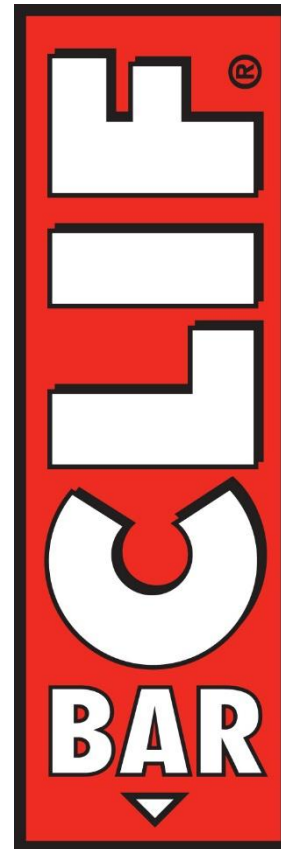
Nordic Ski
Grinds

We Make Skis Go Faster!



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
Paranordic start	9 am
Qualifications start (Open Women)	9:15
U14 Prologue 2.5	10:45
Sprint Heats	12 pm
Awards	asap after each category
TCM	6pm
Interval Start Classic	Saturday 10 am
Mass Start and Relay Free	Sunday 9 am

Race Office

Hours

- 7 - 4 Friday/Sunday
- 8 - 4 Saturday

Bib Pickup

- Starts 8 at (no earlier!) for NorAm each day
- Chips will be included with bibs
- By Club or Team/University depending on selection at registration.
- Athletes collect bibs for sprint heats themselves, 30 mins before heat start time

Weather Forecast

Day	Date	Forecast	Lo	Hi
Thursday	February 16	<i>Snow</i>	-9	
Friday	February 17	Light Snow 5-10 cm	-12	-7
Saturday	February 18	Snow 1 cm	-9	-4
Sunday	February 19	Mixed precipitation	0	2
Snow-forecast.com Yr.no Whistler Nordic Venue				

Sprint Schedule

Open Women	12:00	Quarter Finals
Open Men	12:20	Quarter Finals
Open Women	12:40	Semi Finals
Open Men	12:59	Semi Finals
Open Women	13:11	A Final
Open Men	13:23	A Final

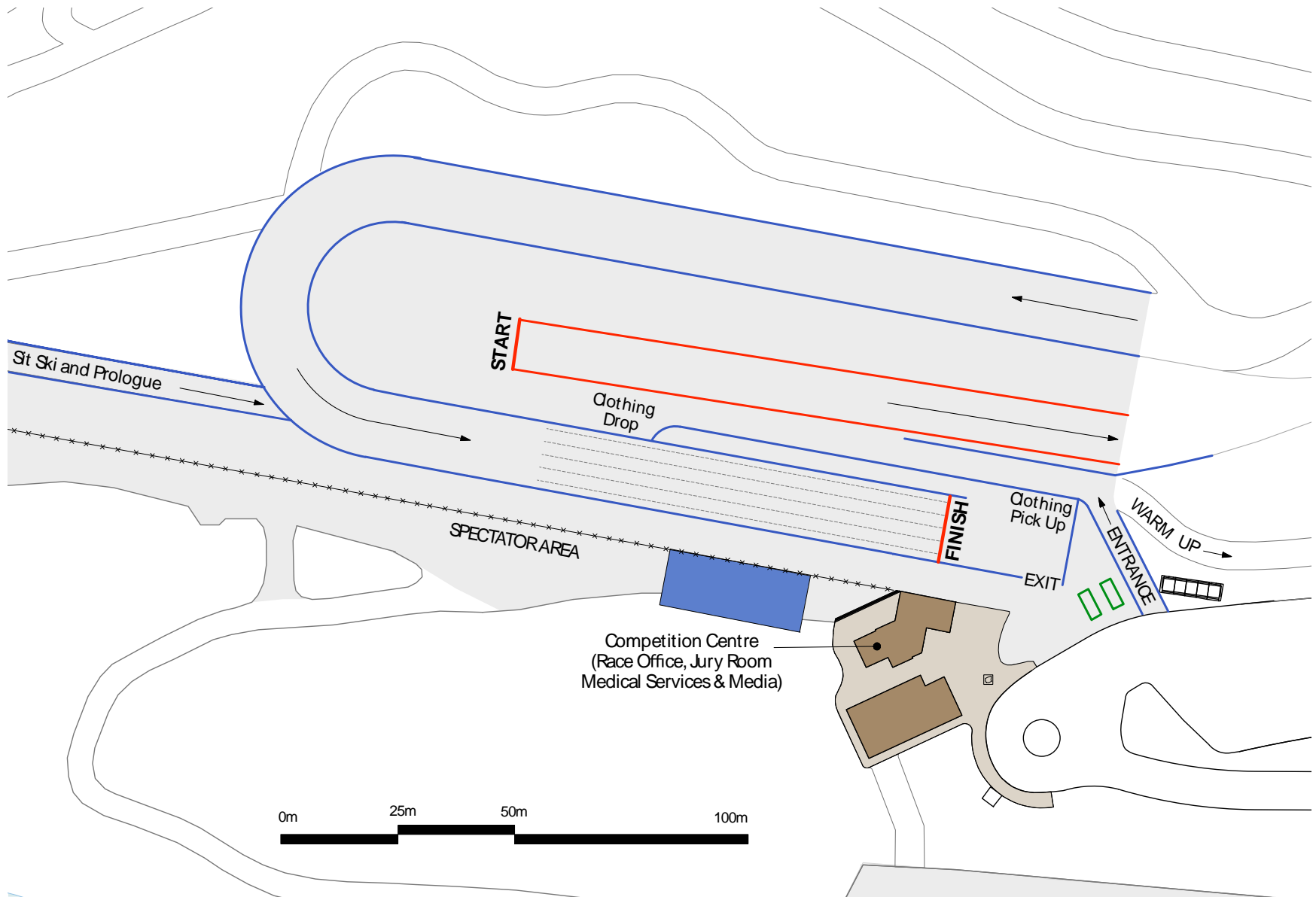
Sprint Schedule

U18 Men	Quarter Finals	13:28
U18 Women	Quarter Finals	13:43
U18 Men	Semi Finals	13:59
U18 Women	Semi Finals	14:14
U18 Men	A Final	14:24
U18 Women	A Final	14:34

Sprint Schedule

U16 Men	Quarter Final	14:37
U16 Women	Quarter Final	14:52
U16 Men	Semi Final	15:07
U16 Women	Semi Final	15:19
U16 Men	A Final	15:29
16 Women	A Final	15:39

Friday, 24 January 2020
WESTERN S FRIDAY SPRINTS RACE

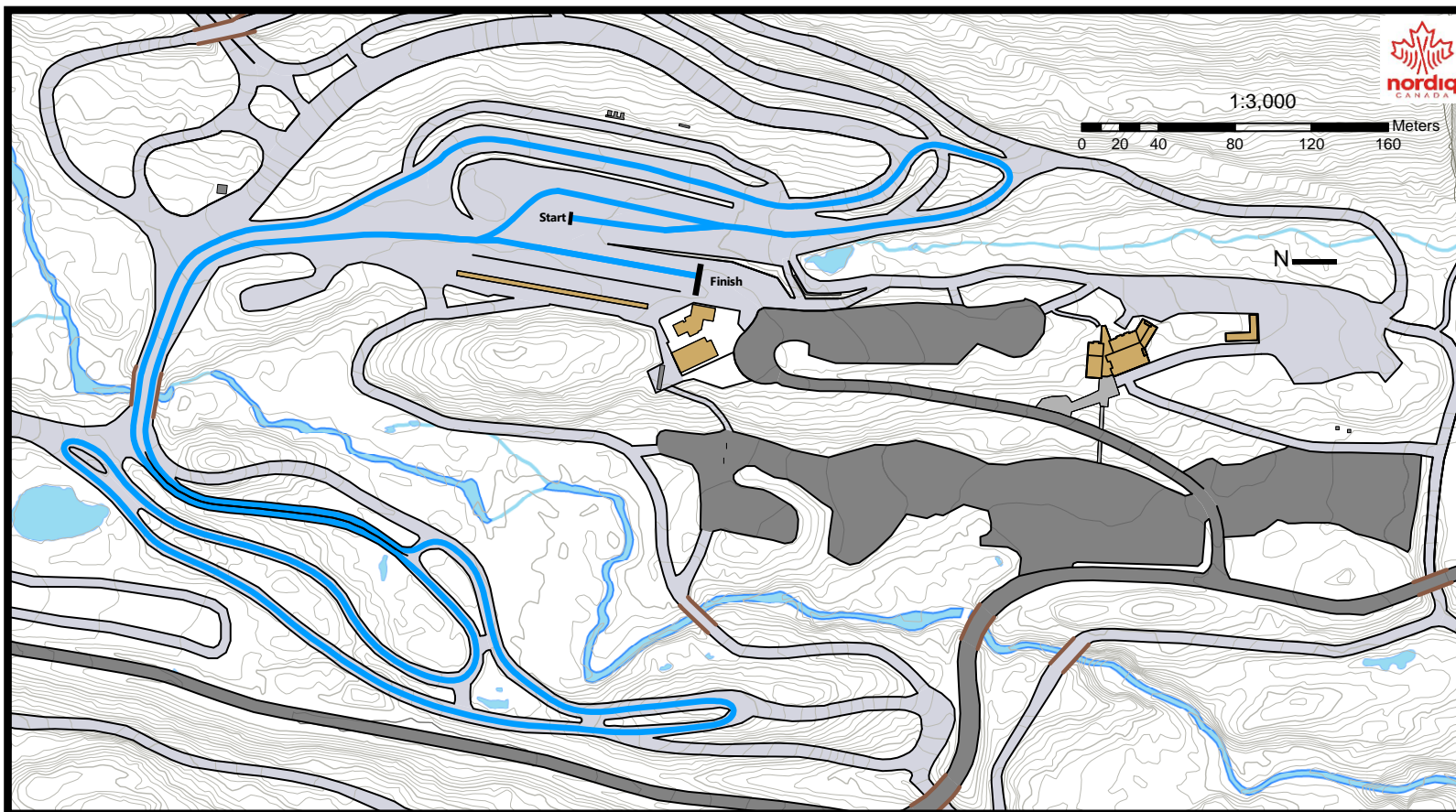


Haywood / AltGas Sprint Series
Western Canada , Jan 17, 2020

Whistler Olympic Park

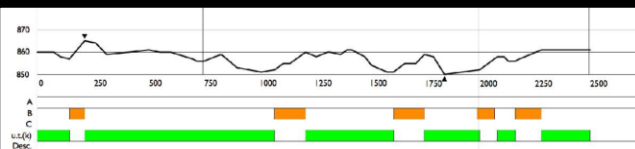


AltaGas



2.5km Blue G Course

Terrain Profile



FIS Homologation Statistics

Competition Level: FIS	Total Climb (TC): 47m
Course Length: 2505m	Maximum Climb (MC): 8m
Highest Point: 866m	Height Difference (HD): 15m
Lowest Point: 850m	Category: D

Race Categories + Info

Jan 17, 2020
Free Technique
Interval Start

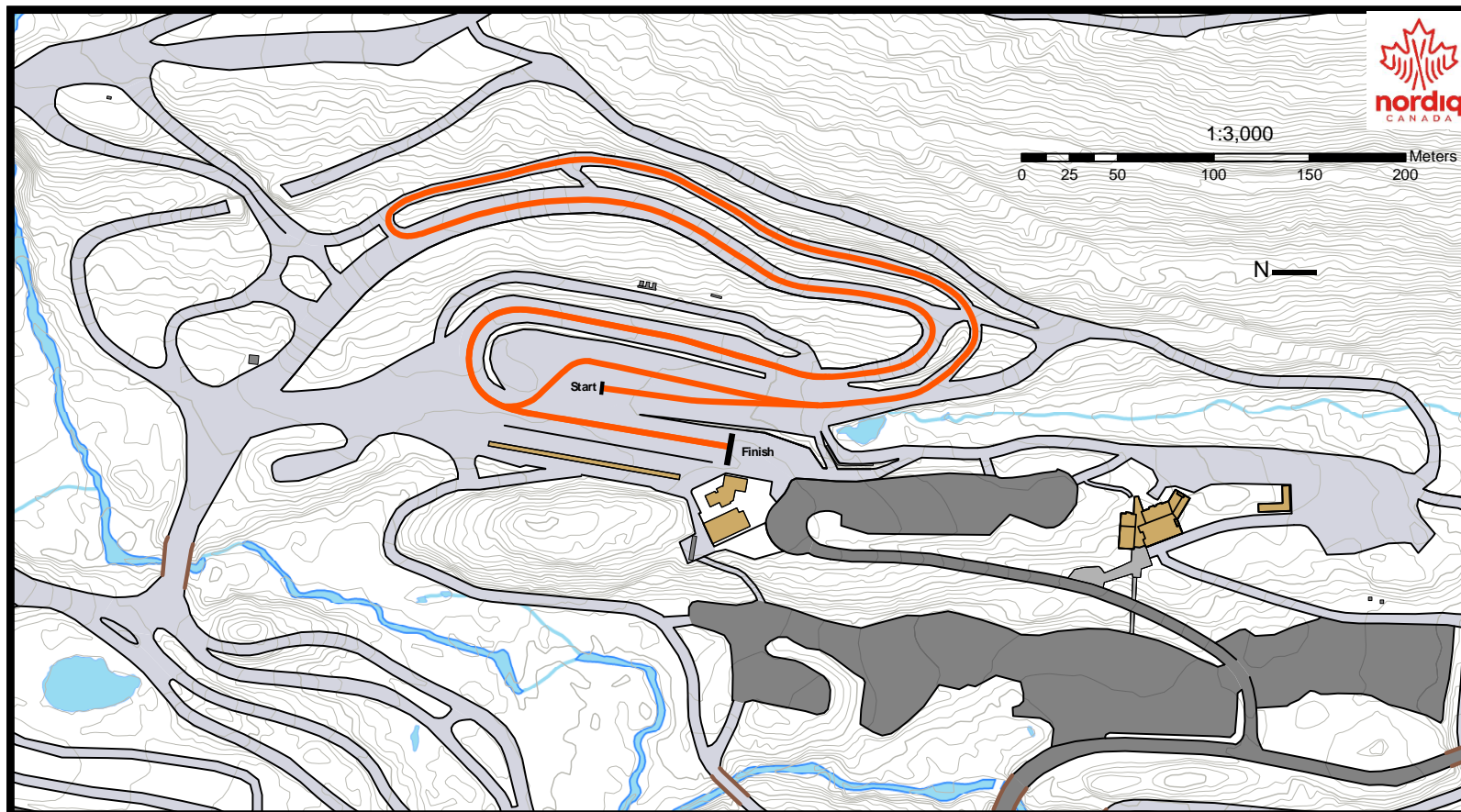
Sit Ski 1 x 2.5Km Blue Sit Ski

Haywood / AltGas Sprint Series
Western Canada Cup, Jan 17, 2020

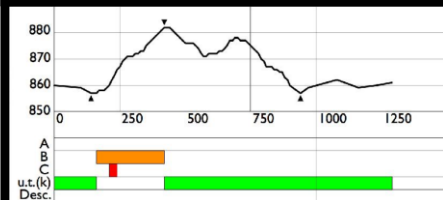
Wistler Olympic Park

CAPITAL MARKETS
HAYWOOD
SECURITIES INC.

AltaGas



1.2km A Course Terrain Profile



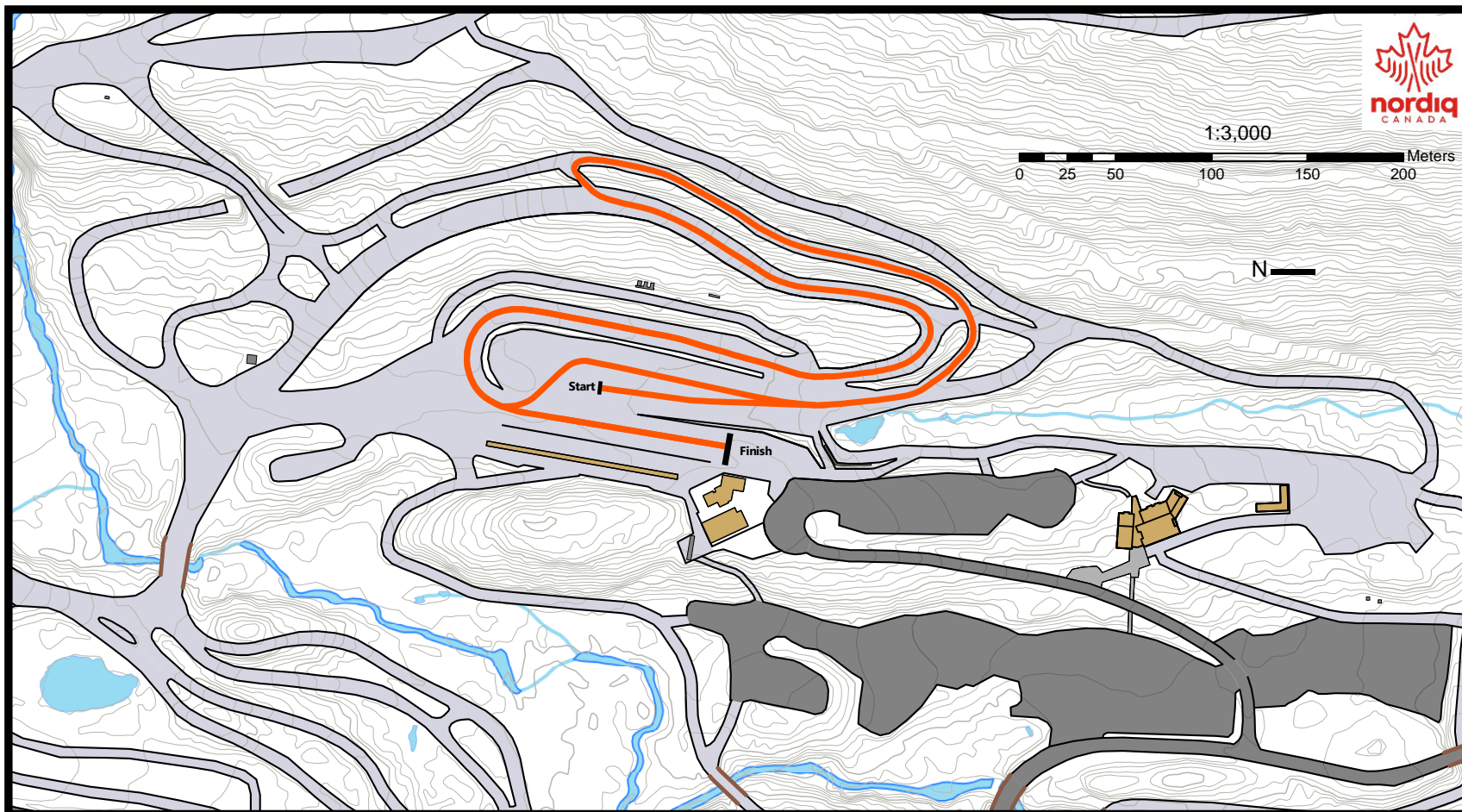
FIS Homologation Statistics

Competition Level: OWG	Total Climb (TC): 39m
Course Length: 1290m	Maximum Climb (MC): 25m
Highest Point: 882m	Height Difference (HD): 25m
Lowest Point: 857m	Category: D

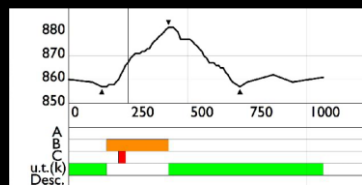
Race Categories + Info

January 17, 2020
Free Technique Sprints

Open Men 1 x 1.2Km
Open Women 1 x 1.2Km



1.0km A Course Terrain Profile



FIS Homologation Statistics

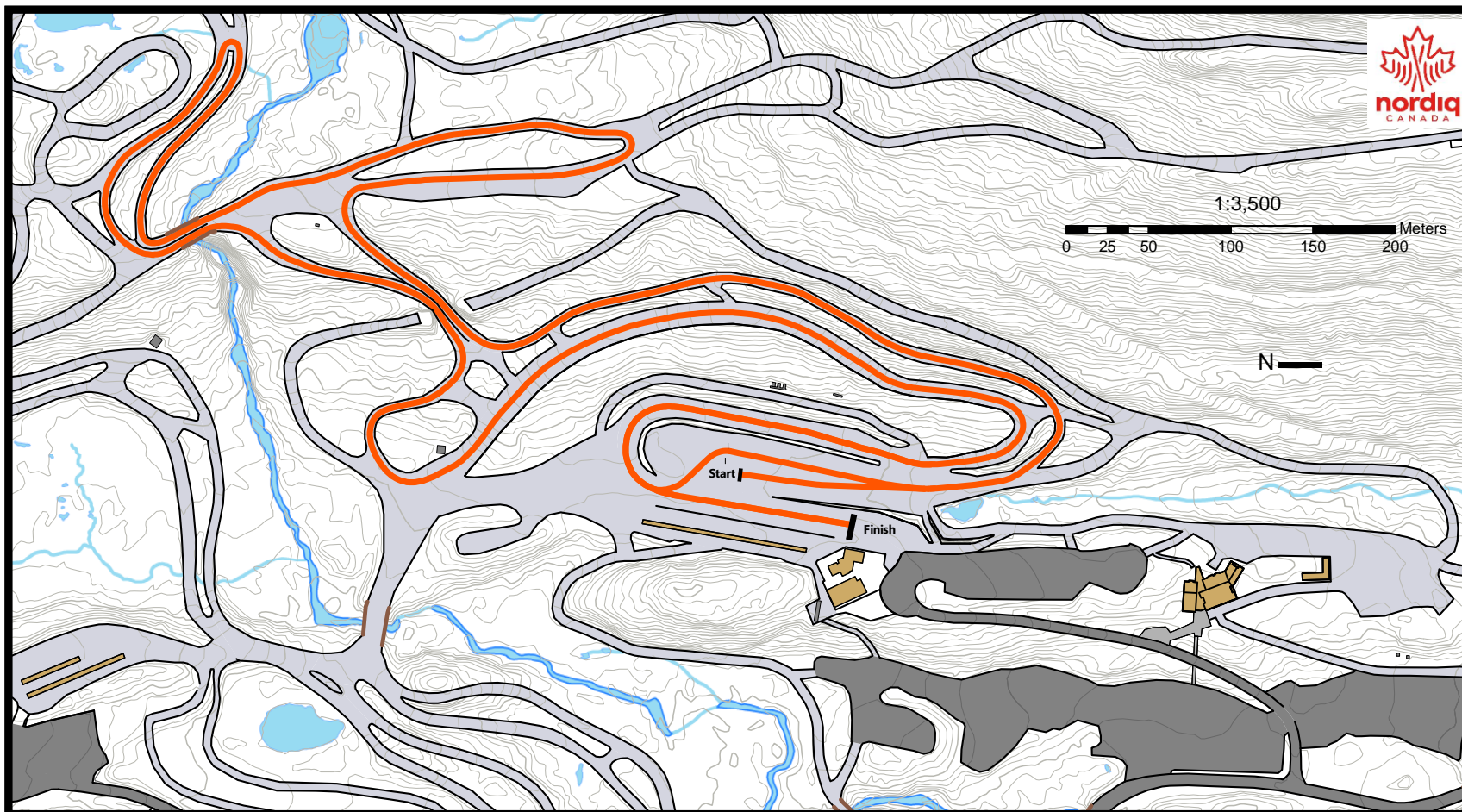
Competition Level: OWG	Total Climb (TC): 32m
Course Length: 1090 m	Maximum Climb (MC): 25m
Highest Point: 882m	Height Difference (HD): 25m
Lowest Point: 857m	Category: D

Race Categories + Info

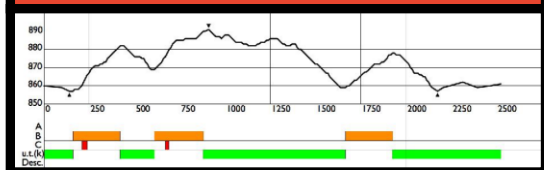
January 17, 2020
Free Technique Sprints
U18 Boys & Girls 1 x 1.2Km
U16 Boys & Girls 1 x 1.2Km

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

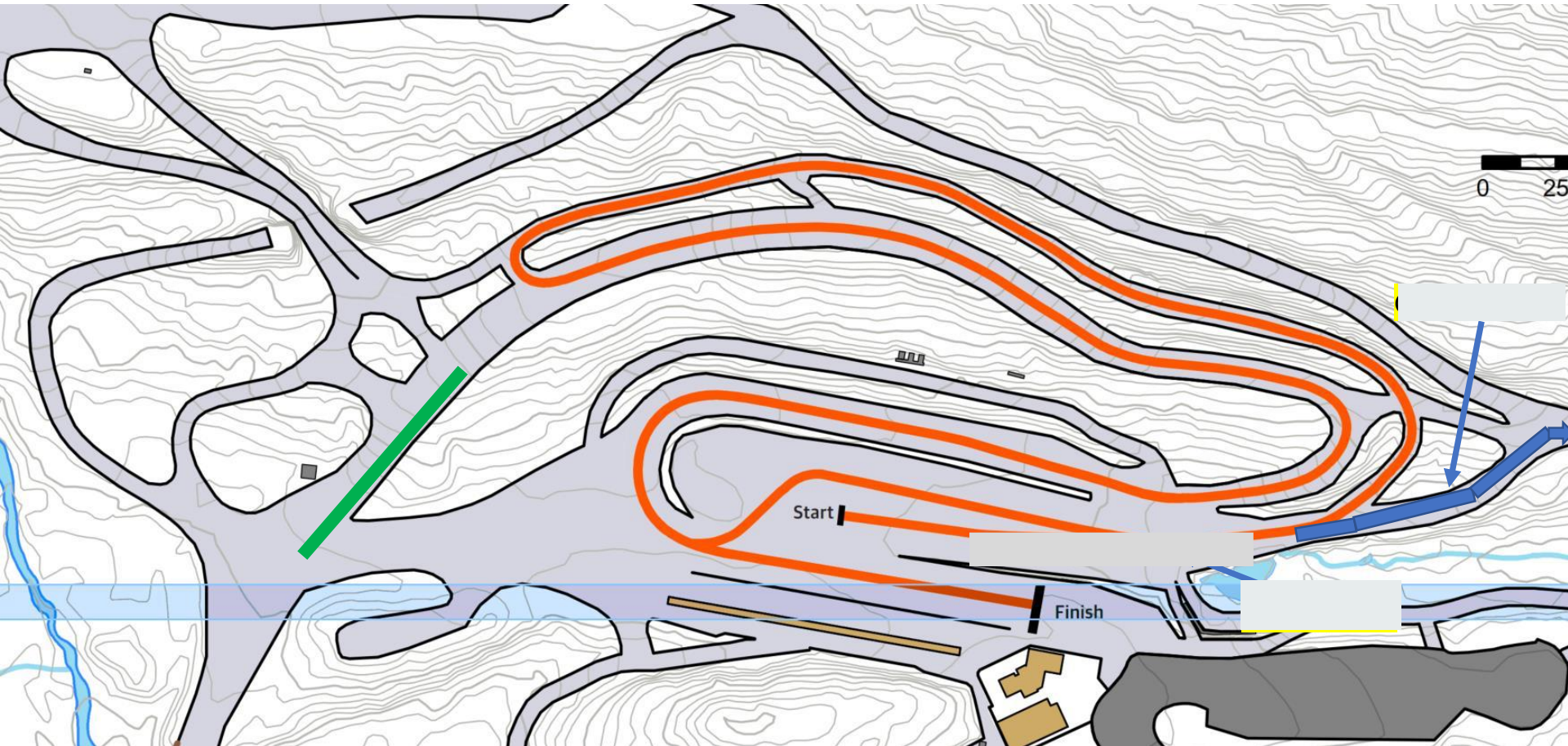
U14 Girls and Boys 2 x 2.5Km Red
U16 Girls and Boys 2 x 2.5Km Red
U18 Girls 3 x 2.5Km Red

Ski Wax Testing

- No testing on actual sprint course.
- 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

Western Canada Cup Jan 16-19, 2020

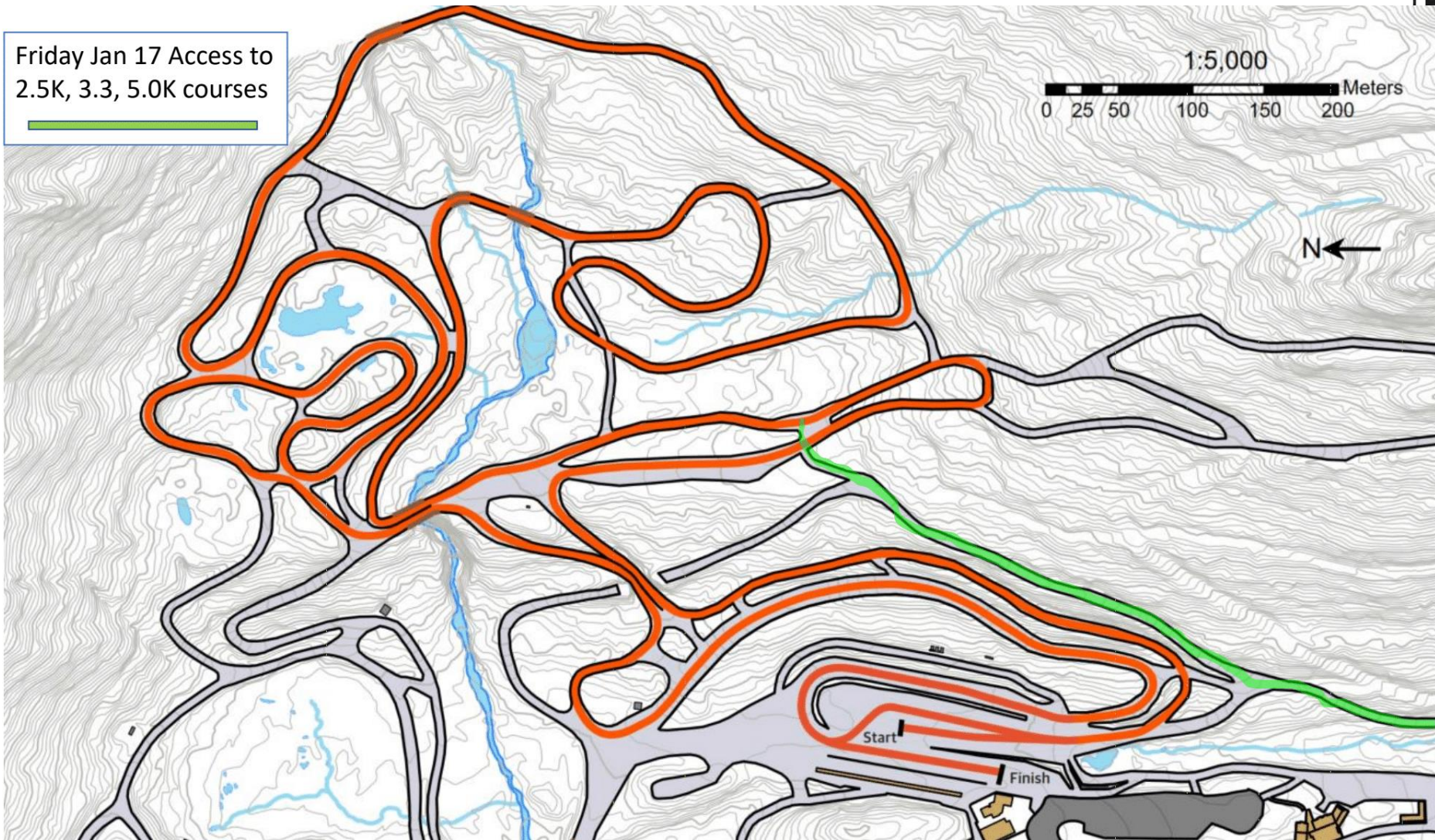
Glide Test Zone 



Training/Warm-up

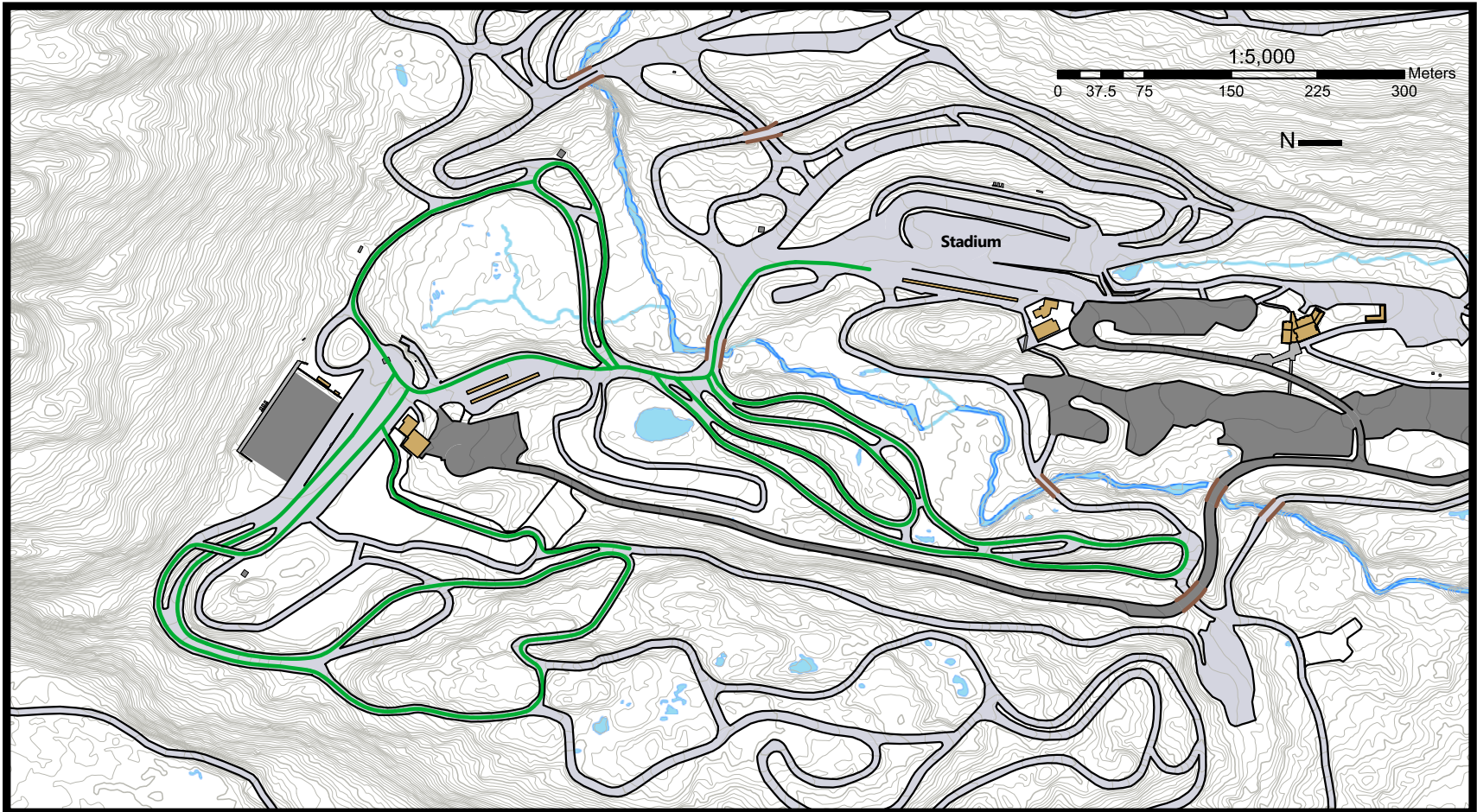
- Training and warm-up skiing must follow the competition course direction.
- Use recreational and biathlon trails
- Use marked route to access upper race trails

Friday Jan 17 Access to
2.5K, 3.3, 5.0K courses



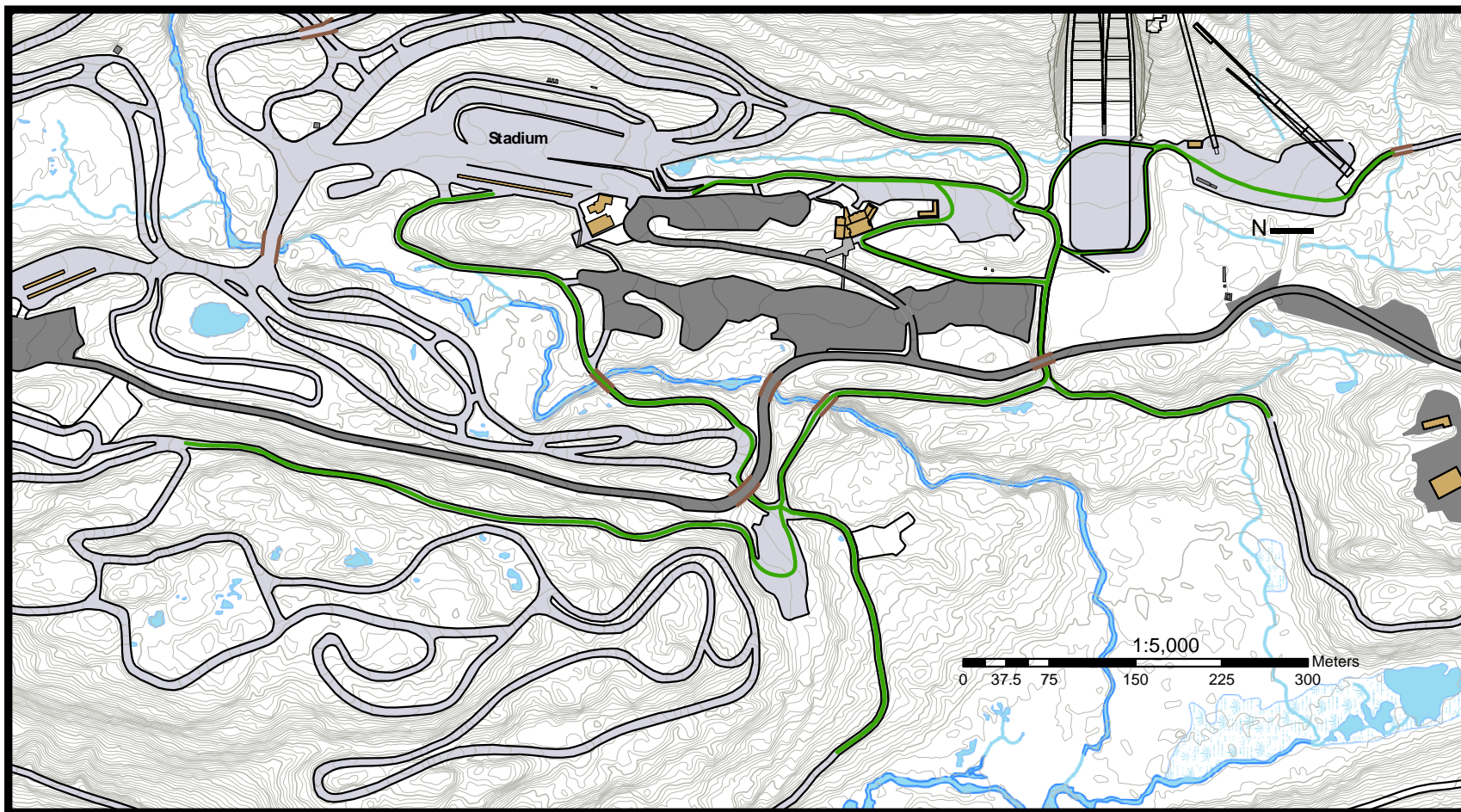
West WarmUp Trails

Whistler Olympic Park



Information





Information



Comments from TD – Len Apedaile

Comments from RD – Jeff Ellis