

2020 Haywood Westerns Canada CUP

January 16-19, 2020



Hosted by:

CALLAGHAN VALLEY
CROSS COUNTRY



Thank you to our sponsors

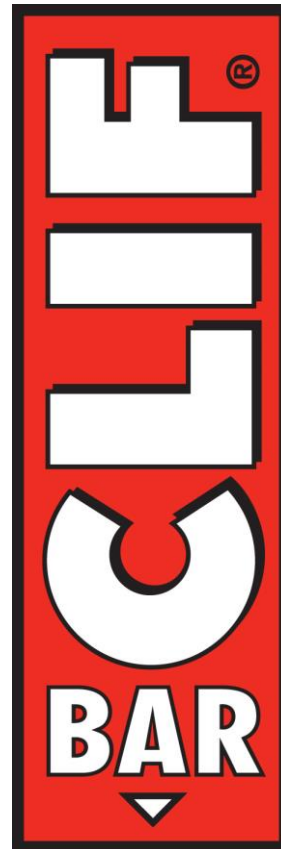
Nordic Ski
Grinds

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	7 am
Paranordic start	10 am
Open Men	10:15
Open Women	10:252
U18 Boys	11:00
U18 Girls	11:35
U16 Boys	12:15
U16 Girls	12:50
U14 Boys /Girls	1:15 / 1:45

Race Office

Hours

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

Bib Pickup

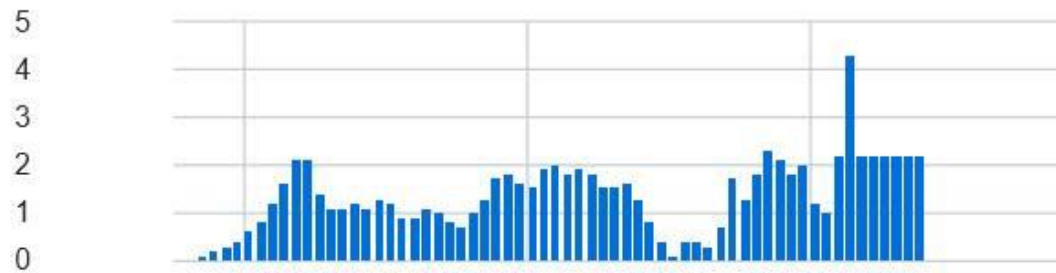
- Starts 9 at (no earlier!) for NorAm each day
- Chips will be included with bibs
- By Club or Team/University depending on selection at registration.
- Athletes collect bibs for sprint heats themselves, 30 mins before heat start time

Weather Forecast

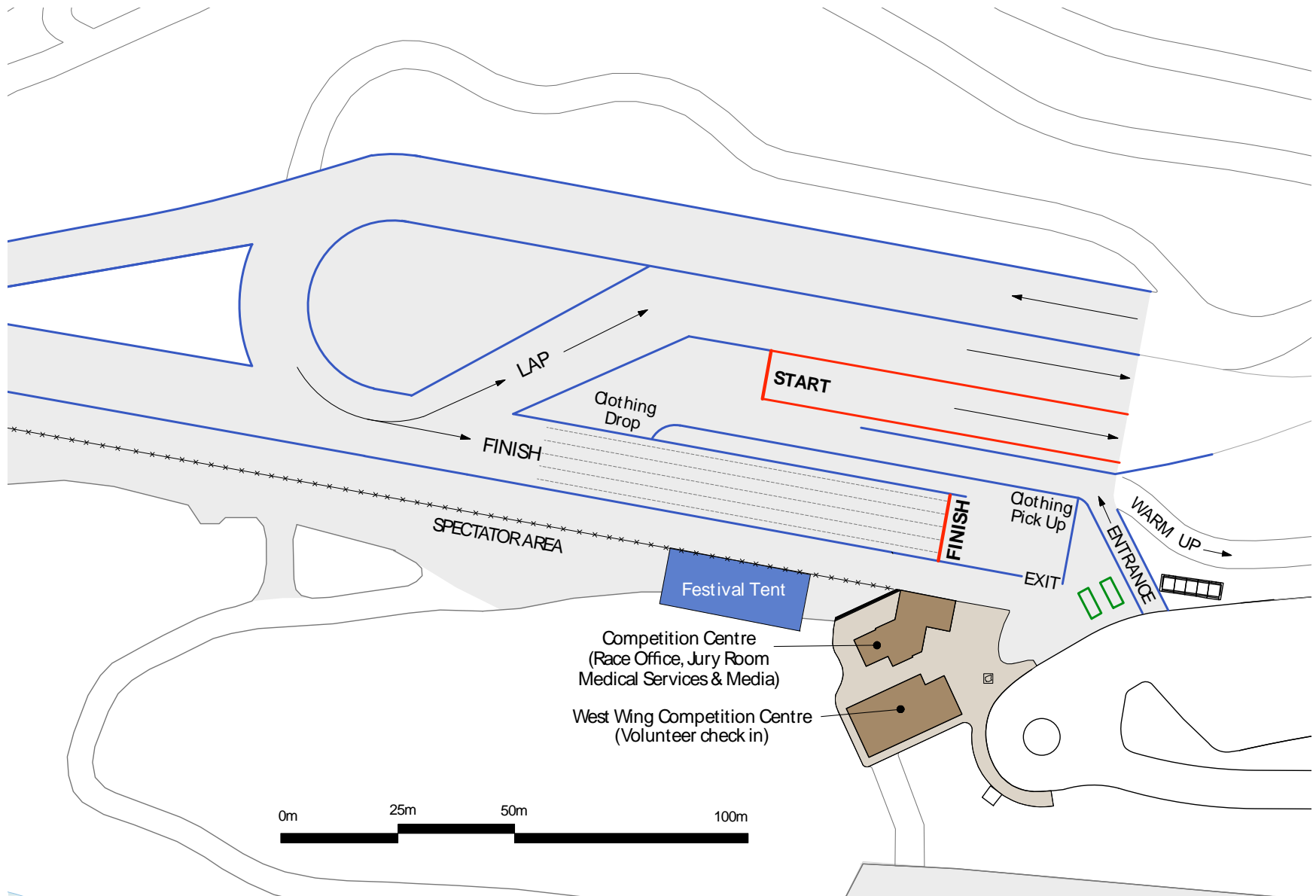
Day	Date	Forecast	Lo	Hi
Saturday	February 18	Snow 25-30 cm	-11	-5
Sunday	<i>February 19</i>	<i>Mixed precipitation</i>	<i>0</i>	<i>2</i>
Snow-forecast.com				

Evening, Jan. 17 Sat., Jan. 18 Sun., Jan. 19 Mon., Jan. 20

18 00 06 12 18 00 06 12 18 00 10 16 2

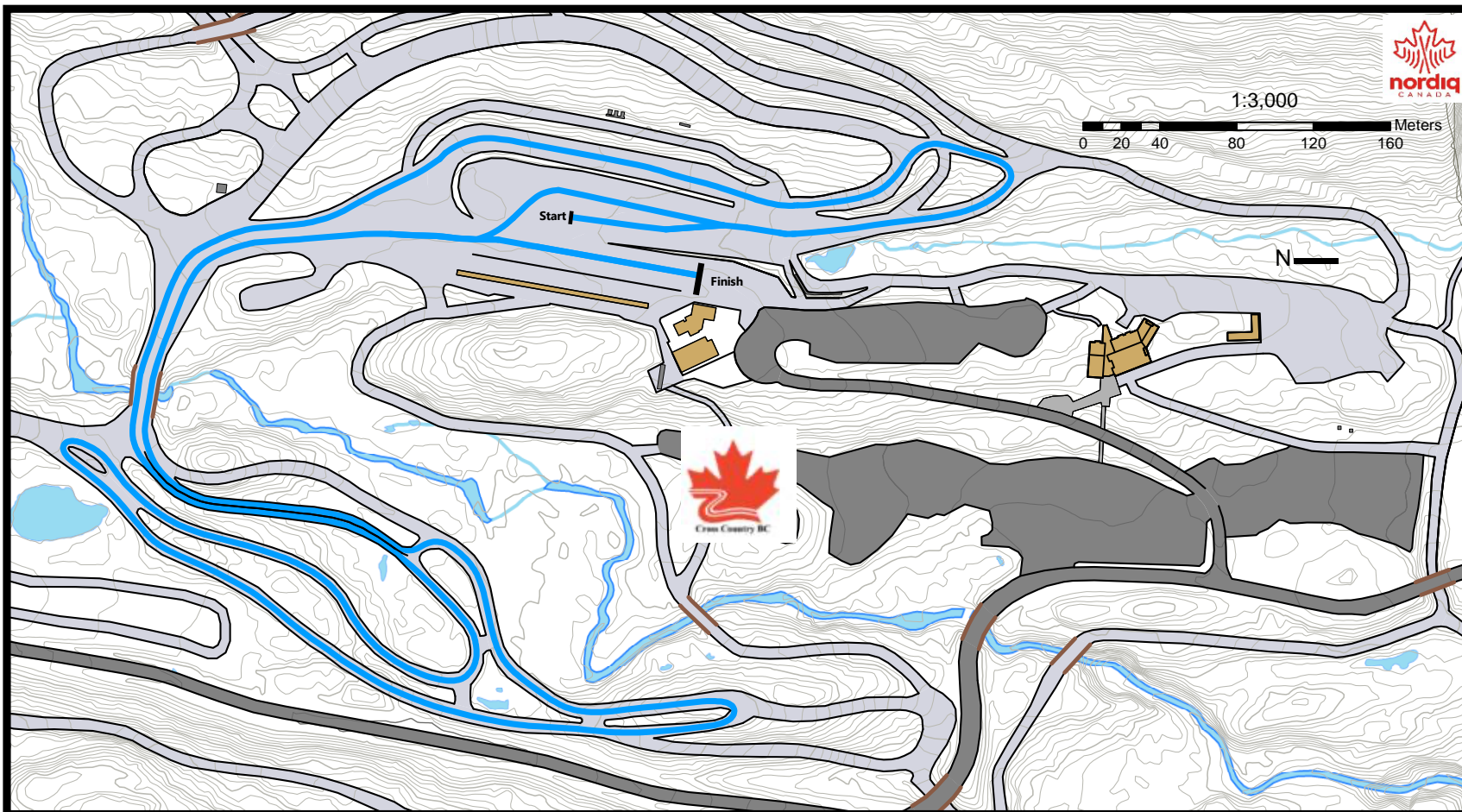


Saturday, 25 January 2020
INDIVIDUAL START RACE



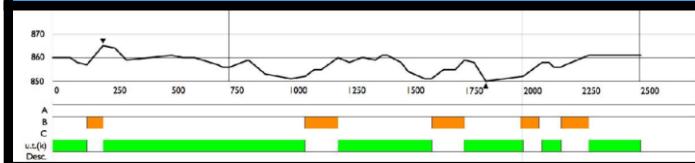
Haywood / AltGas Sprint Series
Western Canada , Jan 18, 2020

Whistler Olympic Park



2.5km Blue G Course

Terrain Profile



FIS Homologation Statistics

Competition Level: FIS
Course Length: 2505m
Highest Point: 866m
Lowest Point: 850m

Total Climb (TC): 47m
Maximum Climb (MC): 8m
Height Difference (HD): 15m
Category: D

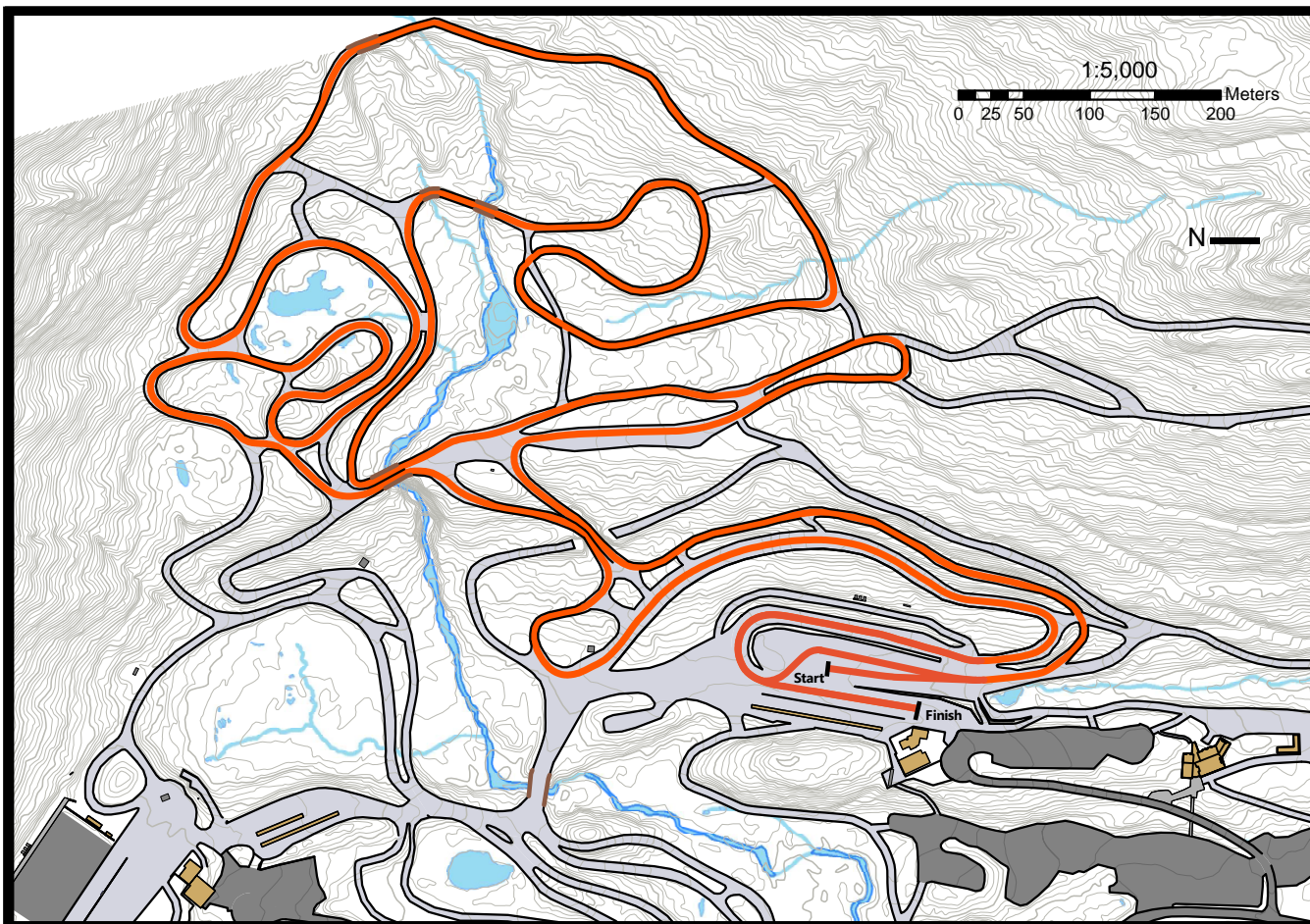
Race Categories + Info

Jan 18, 2020
Classic Technique
Interval Start

Sit Ski 2 x 2.5Km Blue Sit Ski

Haywood Western Canada Cup
January 18, 2020

Whistler Olympic Park

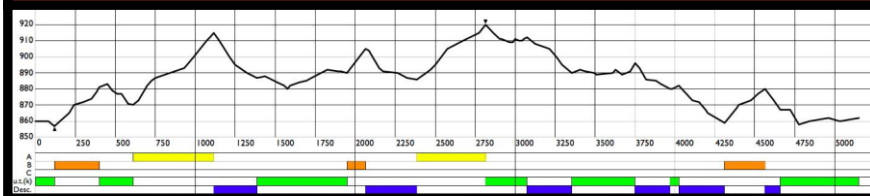


FIS Homologation Statistics

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



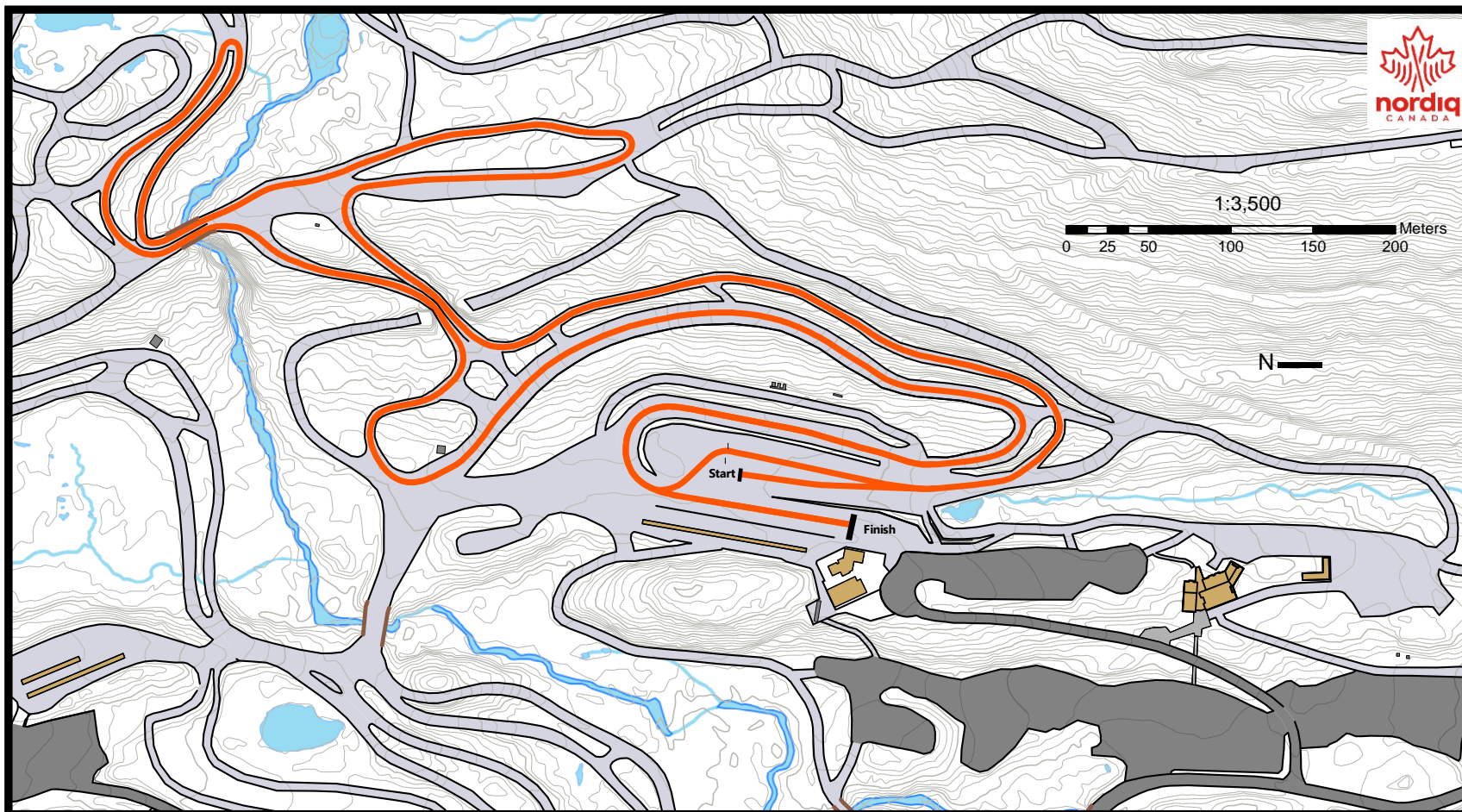
Race Categories + Info

January 18, 2020 Interval Start, Classic Technique

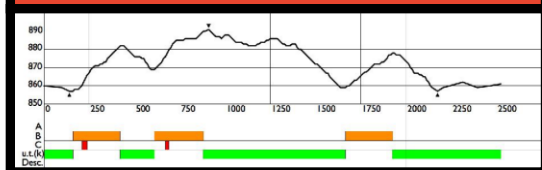
Open Men	3 x 5Km Red
Open Women	2 x 5Km Red
U18 Boys	2 x 5km Red

Haywood Western Canada Cup
January 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

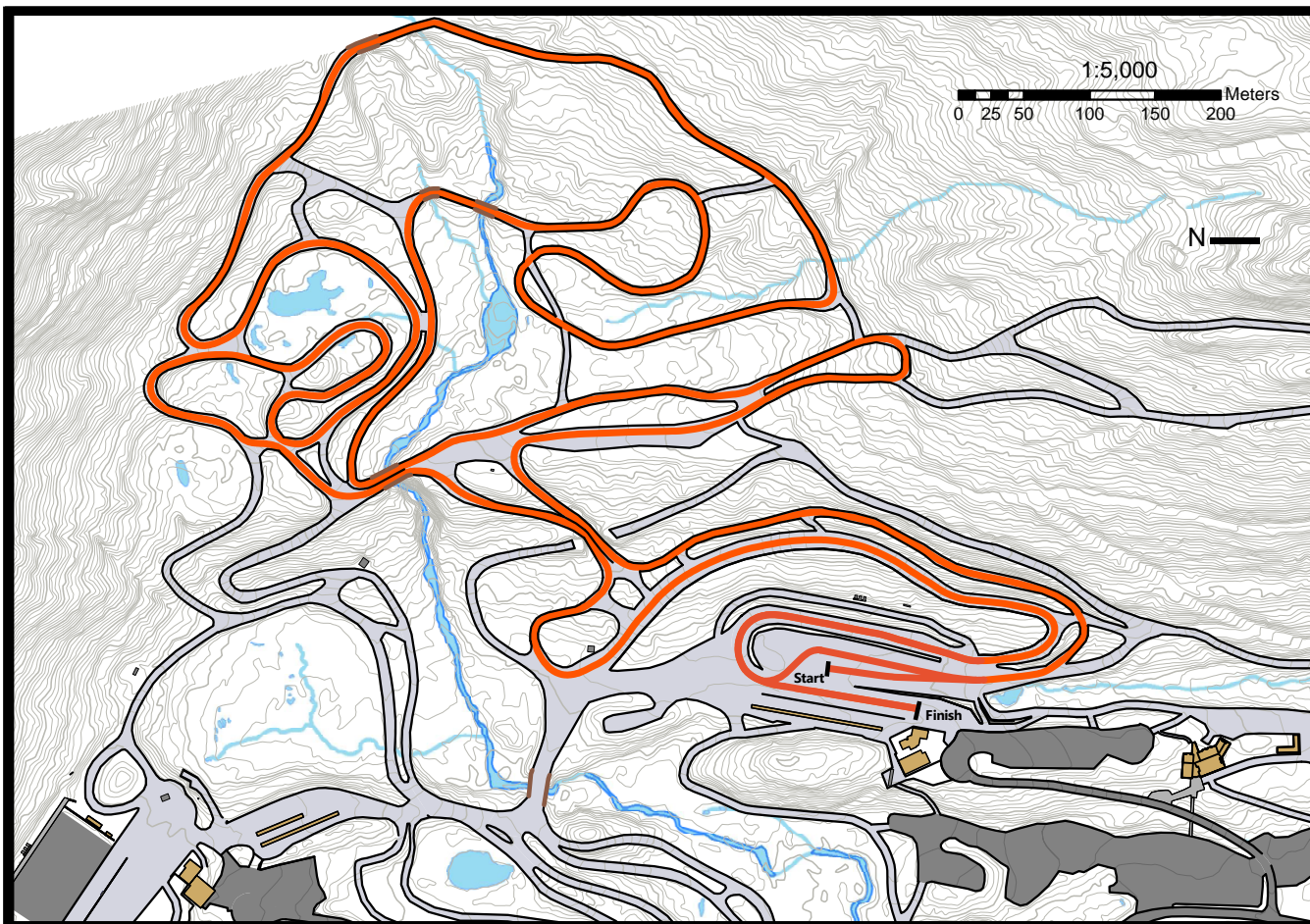
Race Categories + Info

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

Haywood Western Canada Cup
January 18, 2020

Whistler Olympic Park

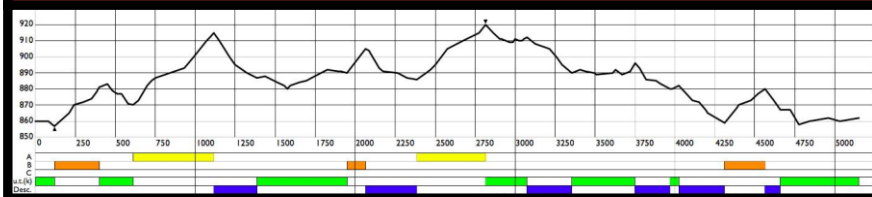


FIS Homologation Statistics

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

Ski Wax Testing

- Testing is permitted on 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

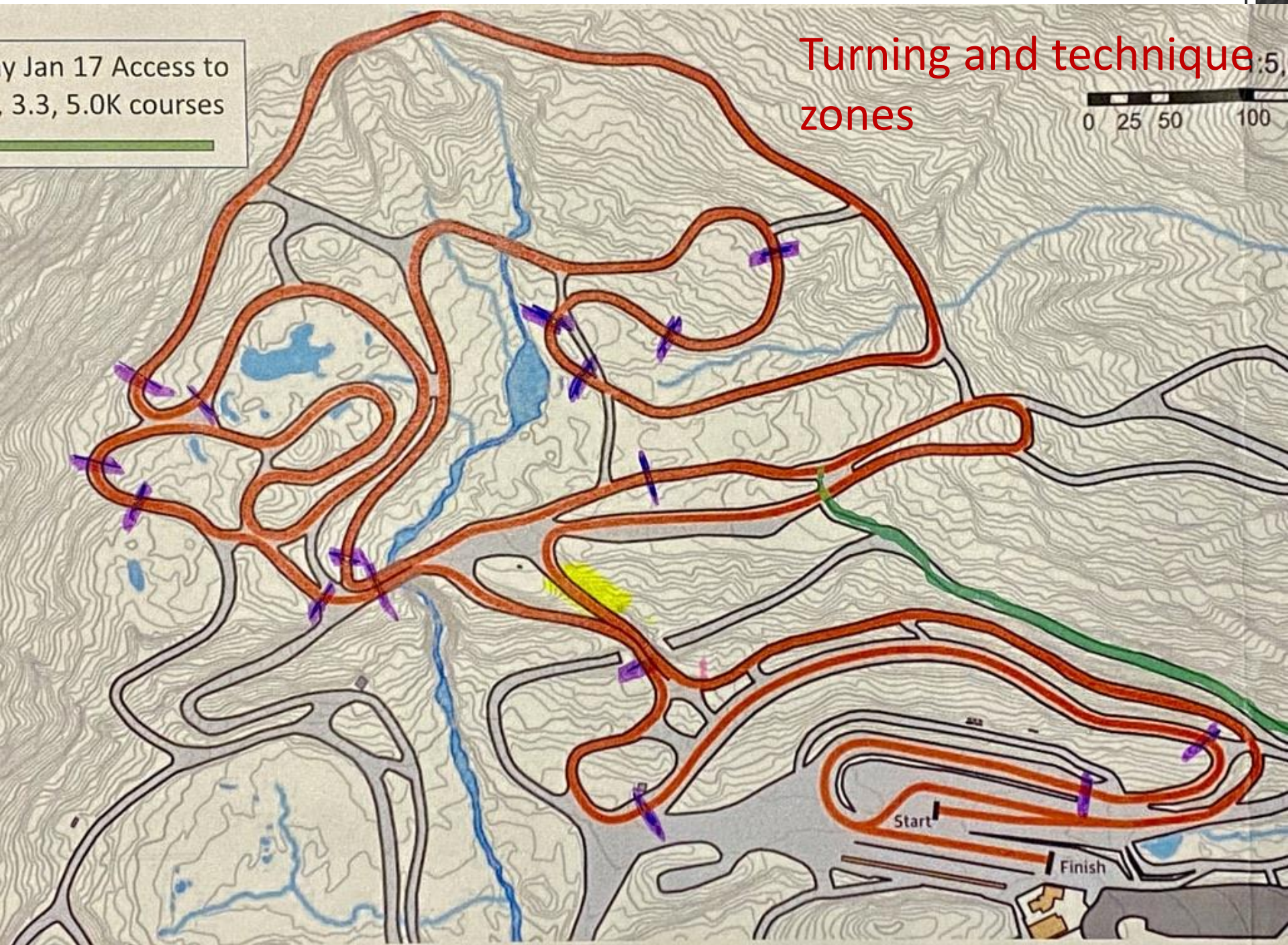
Training/Warm-up

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

y Jan 17 Access to
. 3.3, 5.0K courses

Turning and technique
zones

0 25 50 100

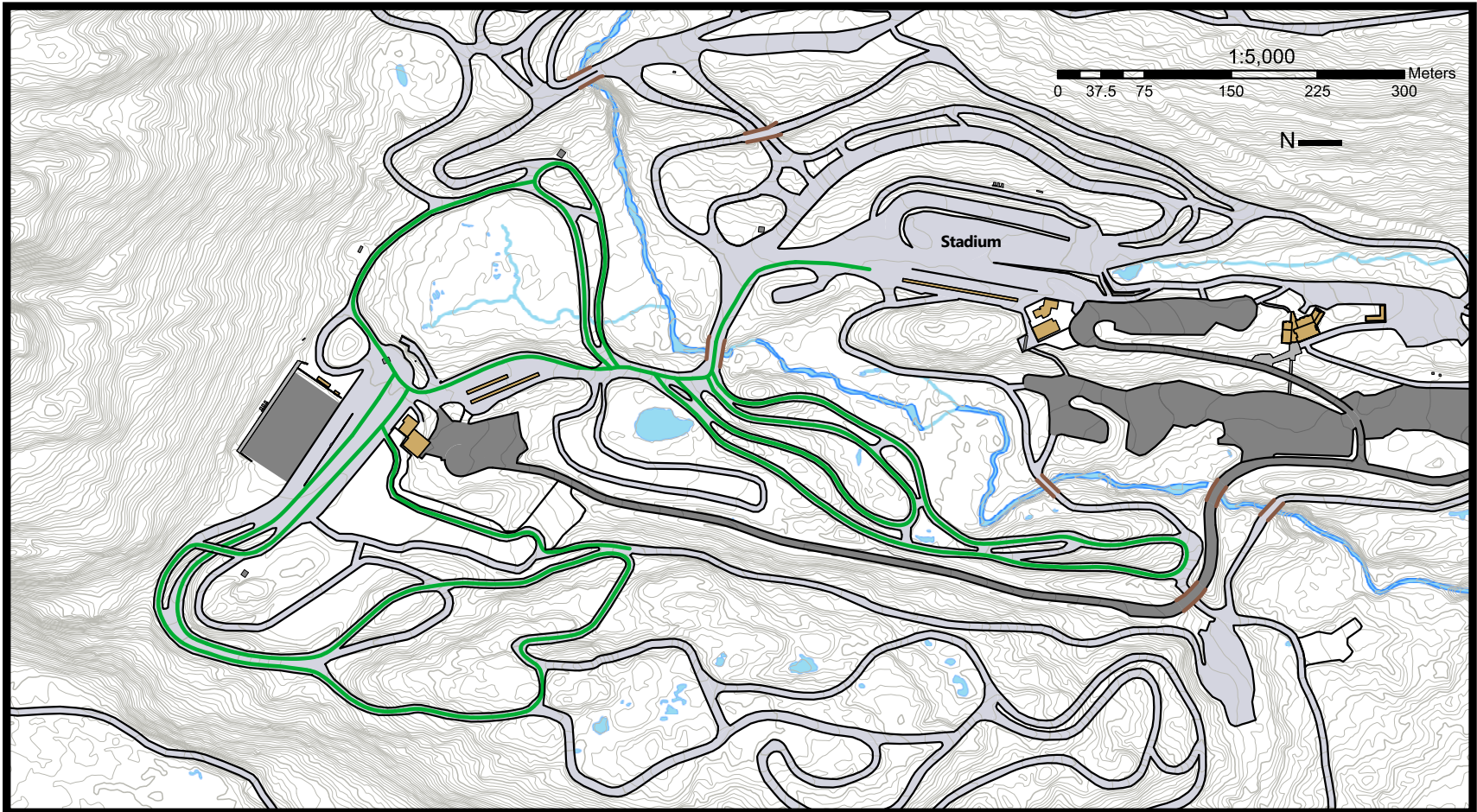


Diagonal Stride and Turning Zones

- 310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.
- 310.2.2.2 Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.
- 310.2.2.3 Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.

West WarmUp Trails

Whistler Olympic Park

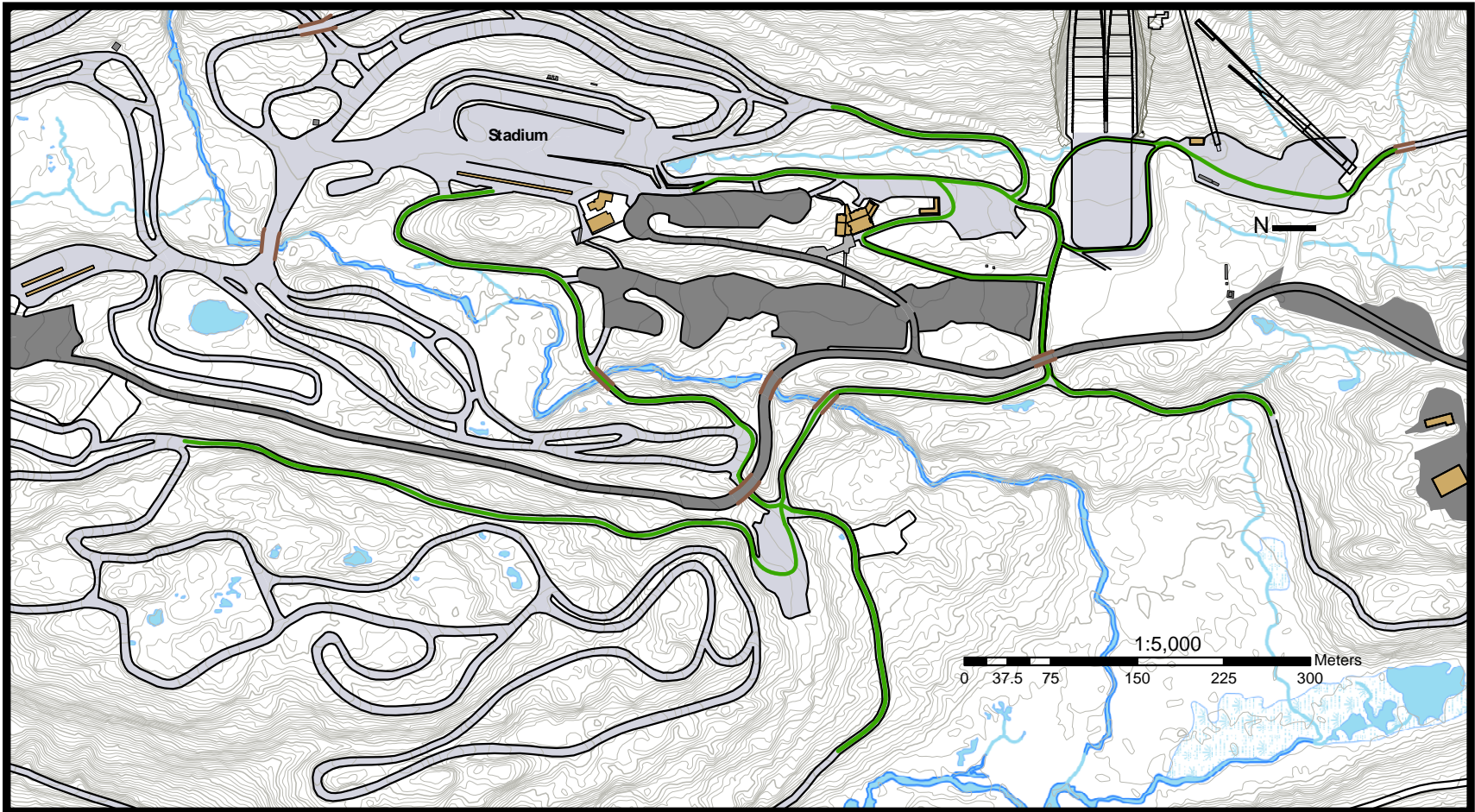


Information



AltaGas





Information



Comments from TD – Len Apedaile

Comments from RD – Jeff Ellis