



Chelsea Nordiq Super Sprints  
March 7th, 2020.  
Chalet des Erables  
(Camp Fortune), Chelsea, QC



## RACE NOTICE



## **Chelsea Super Sprint Jeunesse Saturday, March 7<sup>th</sup>, 2020.**

Dear Skiers,

Chelsea Nordiq extends a warm invitation to all skiers to compete at its 7th Chelsea Super Sprints.

Location this year: the event will take place on March 7th, 2020 at the cross-country ski trails at Chalet des Erables (Camp Fortune) in Chelsea (Québec).

The race is part of the National Capital District (NCD) Series.

With so much snow, the jumps, bumps and snow features will make this event fantastic. The course will be approximately 700m long so you can expect something fun and challenging.

We welcome skiers of all ages 8 and over as of Dec.31, 2019. For those under the age 8 who are not eligible to race, we will open the course during the breaks to offer a chance to experience the fun of the obstacles.

We look forward to welcoming athletes, coaches, officials, and their families.

Carolyn Raab  
Chelsea Nordiq President

Maurice Samm  
Chief of Competition



<b>GENERAL INFORMATION</b>	
<b>Event</b>	Chelsea Super Sprints
<b>Organization</b>	Chelsea Nordiq
<b>Date</b>	March 7th, 2020, 8:30am Race Start
<b>Site</b>	<p><u>Chalet des Erables, Camp Fortune, Chelsea, Québec</u></p> <p><b>or copy paste :</b>  <a href="https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&amp;ll=45.50626740347481%2C-75.86013359080465&amp;z=18">https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&amp;ll=45.50626740347481%2C-75.86013359080465&amp;z=18</a></p>
<b>Parking</b>	P9 with free shuttle service to race course. There is absolutely NO PARKING at Camp Fortune. Parking controllers will monitor Camp Fortune and violators will be towed at their own risk and expense.
<b>Sanction</b>	Ski de fond Québec (SFQ)
<b>Stakes</b>	NCD Series
<b>Race Format</b>	Kings Court Sprints
<b>Information and Communication</b>	<p>Email : <a href="mailto:sprint-coord@chelseanordiq.ca">sprint-coord@chelseanordiq.ca</a>            General information on the event:</p> <ul style="list-style-type: none"> <li>• Website: <a href="http://www.chelseanordiq.ca/event/chelsea-super-sprint-jeunesse/">http://www.chelseanordiq.ca/event/chelsea-super-sprint-jeunesse/</a></li> <li>• Registration, race notice, maps, start lists and other race specific information:</li> <li>• Race registration on Zone4:  <a href="https://zone4.ca/reg.asp?id=23438">https://zone4.ca/reg.asp?id=23438</a></li> </ul> <p>Other communications will be via email to coaches and participants directly.</p>
<b>Contingency Plans</b>	Any information regarding a change of site or date if necessary will be announced on March 1 <sup>st</sup> , 2020 on the Chelsea Nordiq Website.

**ELIGIBILITY**

**Age:** The event is open to skiers age 8 and over (8+) as of December 31, 2018. Younger skiers are invited to test out their skills during breaks. **All skiers 13+ of age must ski with a Gatineau Park ski pass.**

The following conditions apply:

Ski de Fond Québec License	Skiers residing in Quebec must have a Ski de Fond Quebec (SFQ) license or obtain a SFQ day license (\$5 per race) available with the online registration.
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**RACE FORMAT**

All Sprints are free or skate technique. All heats will be run in King’s Court format where the top two of each heat advance to the next heat. The 3rd and 4th stay in the same heat and 5th and 6th drop to the heat below. Skiers will have a qualifying round & 3 heats; there is no elimination. Final category results will be done based on the final ranking after the third heat.

Example Round 2 and 3 (6 per heat)							
Heat	Start time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	lane 6
1	0m 30s	1H1	2H1	3H1	4H1	1H2	2H2
2	1m 0s	1H3	2H3	3H2	4H2	5H1	6H1
3	1m 30s	1H4	2H4	3H3	4H3	5H2	6H2
4	2m 0s	1H5	2H5	3H4	4H4	5H3	6H3

1H1 = First from Heat 1    2H1 = Second from Heat 1    1H2 = First from Heat 2, etc.

**SCHEDULE:**

<b>*These time are approximate the start list and corrected order of the day will be sent out after registration closes</b>		
<b>Time</b>	<b>Activity</b>	<b>Time allowed</b>
7:30	Race kit pick up & Warm-up	60m
8:30	Qualification Round	75m
9:45	Break	30m
10:15	Round 1 Heats	60m
11:15	Break	15m
11:30	Round 2 Heats	60m
12:30	Break	15m
12:45	3rd round heats	60m
13:45	Awards	30m
14:15	End of Event	

**REGISTRATION**

Fees                                  Until 1st of March 11:59pm: \$25  
  
   March 2<sup>nd</sup> – March 5th 11:59: \$30  
  
   SFQ license fees not included.

Registration

Beginning of registration: February 17<sup>th</sup> on Zone4.  
Registration fees must be paid online at Zone4.

**<https://zone4.ca/reg.asp?id=23438>**

**NO on-site registration on the day of the event.**

In the event of cancellation for reasons beyond its control, the Organizing Committee will attempt to postpone the event to another date. If a postponement is not possible, the Organizing Committee may consider a partial refund through the clubs based on the costs that have been incurred otherwise the registration fee will not be refunded.

Confirmation List

Registration lists will be posted on Zone4.ca. It is recommended that you review the list to check for any mistakes. In case of a mistake, you must contact the organizers no later than March 1, 2019 at 12 pm [sprint-coord@chelseanordiq.ca](mailto:sprint-coord@chelseanordiq.ca)

Registration Deadline

**Registration will ONLY be accepted on-line through the Zone 4 website until March 5th, 2020 (11:59 p.m.).**

<p><b>RACE INFORMATION</b></p> <p><b>Coaches Meeting</b></p>	<p>All registered skiers and coaches will receive a technical document with the relevant information no later than March 6<sup>th</sup>, 2020. This document will replace the Team Captains Meeting.</p>
<p><b>Course</b></p>	<p>All points on this map are interactive just click on all points and lines to get more information.  <a href="https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&amp;ll=45.50626740347481%2C-75.86013359080465&amp;z=18">https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&amp;ll=45.50626740347481%2C-75.86013359080465&amp;z=18</a></p>
<p><b>Stadium</b></p>	<p>All points on this map are interactive just click on all points and lines to get more information.  <a href="https://www.google.com/maps/d/edit?mid=1Ci1p_x3WAp-A0cmua5F1JCsJi7ro1vKb&amp;ll=45.50635220279581%2C-75.86025173186385&amp;z=20">https://www.google.com/maps/d/edit?mid=1Ci1p_x3WAp-A0cmua5F1JCsJi7ro1vKb&amp;ll=45.50635220279581%2C-75.86025173186385&amp;z=20</a></p>
<p><b>Waxing Protocol</b></p>	<p>For all races: The NCD Series only allows the use of non-fluoro (NF) or low fluoro (LF) glide waxes. The following products are not permitted:</p> <ul style="list-style-type: none"> <li>• High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids; and</li> <li>• Cold weather powder additives and hardeners.</li> </ul> <p>The adherence to this guideline is self-governed and is the responsibility of the coaches, parents and wax technicians.</p>
<p><b>Seeding</b></p>	<p>Interval start for the Qualifier and Heats of 6 athletes: Start positions for the qualifier will be randomly assigned within year of birth.</p>
<p><b>Start Lists</b></p>	<p>The draw will be done on 6 March 2020 on Zone 4. Start lists will be emailed to all registrants on Zone 4 on March 6<sup>th</sup>, 2020 at 4:00 pm.</p>

<b>Bib Distribution</b>	Bibs will be distributed at Chalet des Erables from 7:30 am on race day. Club with racers who do not return their bib at the end of each race will be charged \$50 for their replacement.
<b>Warm-Up</b>	The Gatineau Park does not allow exclusive use of its trail system, and the organizers cannot close the course to other users. However, we encourage competitors warming up to stay out of the course after the first start and until the end of the races. Any competitor warming up on the course and causing interference with the race will be sanctioned.
<b>Start Time</b>	The first start will be at 8:30 am.
<b>Timing and Results</b>	Timing will be done with Webscorer and results will be available on Webscorer and on the results board at the race site.
<b>Awards</b>	Awards will be given 30 minutes after the final race of the final heat. Awards will be as follows: <ul style="list-style-type: none"> <li>• Presented to the top 3 female and male athletes for each year of birth ages of 8-17 and to the top 3 females and males 18+</li> </ul> Every effort will be made to keep awards ceremony to 30 minutes.





## ATHLETES SERVICES

### Secretariat

The Competition Secretariat will be located in Chalet des Erables. It will be open from 7:00 am to 2:00 pm. The scoreboard will be located outside the Chalet Des Erables.

### First Aid

First aid on-site will be structured as follows:

- Gatineau Park Patrollers on the trails during the race
- Demsis First Aid attendant with a snowmobile and a sled at Chalet des Erables
- First Aid attendant at Chalet des Erables.

### Food and Refreshment

Energy drink, water and food will be served at the finish line.

Help us reduce waste!

B.Y.O.x

Bring your own water bottle to fill up with Nuun for free

Bring your own bowl

Bring your own mug

... Then buy yourself some homebaked treats for a loonie each

### Parking

P9 on Meech Rd with shuttle service to the race site. **See Annex I.**  
**NO PARKING AT CAMP FORTUNE**

### Accommodation

For a list of accommodations in Gatineau, please visit [Tourisme Outaouais](#)



## Annex 1: Access and Parking

Start time for this race will be 8:30am. We know that this is early and adds extra challenge. However, this allows us to arrive on site before the alpine ski traffic arrives at Camp Fortune. The alpine ski traffic can be very heavy with wait times of 30mins or more if the weather is good. Being caught in this traffic will mean Sprint athletes missing their races.

Parking for this event will happen at P9 in the Gatineau Park. We are not allowed to park at Camp Fortune as we do not own nor have permission to use this parking lot and it is dedicated to alpine skiers.

There will be a shuttle service that goes from P9 to Camp Fortune. We encourage all people to **Car Pool** and to drop off athletes and equipment at Camp Fortune. The driver can return to P9 and be shuttled back to the race course. This keeps athletes on a direct path to the race site and minimizes shuttle wait times as we will have fewer people to move back and forth.

### Map with parking and Shuttle details -

<https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&ll=45.51061379355863%2C-75.85672844999999&z=14>

Once dropped off by the shuttle there is a 400m walk or ski to Chalet Des Erables to where the race will start.

We understand that this is a lot of logistics early in the morning, give yourself lots of time! It should all run smoothly.

## ANNEX II -COURSE

The trails used for the course are located in the Gatineau Park Camp Fortune sector. The following trails will be used:

- Rider's Roost Ski Loop
- Biathlon range loop



All points on this map are mark and have details if you click on them.

<https://www.google.com/maps/d/edit?mid=1Bp7HgdYgiAUuDa91R66jwpENm6A&ll=45.51061379355863%2C-75.85672844999999&z=14>

### **Grooming and Tracksetting**

Demsis will groom and trackset the course.

### **Trail Conditions**

For information on trail conditions, please visit Gatineau Park.

### **Safety on the race course**

The Gatineau Park does not allow exclusive use of its trail system, and the organizers cannot close the trails to other users. Course marking and Marshalls will be posted on the course at intersections with other ski and snowshoe trails to inform Park users to be cautious and to request they give way to racers..

### **Weather Conditions**

For information on local weather conditions, please visit Environment Canada



In support and collaboration with:

