



## CANDY CANE CUP

### 2021-22 EASTERN CANADA CUP SERIES RACE 1&2 Including Ontario Cup #1

Hosted by Événements Nordiques Gatineau Nordic Events

11-12 DECEMBER, 2021

Nakkertok Nordic Centre  
Gatineau/Cantley, Quebec





Dear Skiers and Coaches,

Of behalf of the entire Outaouais-Ottawa cross-country ski community, we would like to welcome you to the 4<sup>th</sup> edition of the Candy Cane Cup (CCC 2021).

The event will take place at the Nakkertok Nordic Centre, in Gatineau/Cantley, Quebec from Friday, December 10 to Sunday December 12, 2021.

The CCC 2021 is a FIS Eastern Canada Cup event that counts towards the selection of U20 athletes for two US SuperTour events in January-February 2022. The CCC 2021 is also part of the Ontario Cup series and the National Capital District race series.

The CCC 2021 is hosted by Événements Nordiques Gatineau Nordic Events (ENGNE), with the collaboration of major Outaouais-Ottawa cross-country ski community organizations, namely:

- Chelsea Nordiq
- Club Skinouk
- Gatineau Loppet
- Kanata Nordic
- Nakkertok Nordic

We look forward to seeing you.

**Jacques Dumont**

CCC 2021 Organizing Committee Chair

**Frédéric Forge**

Chief of Competition



## CANDY CANE CUP - SPONSORS AND PARTNERS

Événements Nordiques Gatineau Nordic Events (ENGNE) would like to thank the growing list of sponsors and partners supporting the Outaouais-Ottawa cross-country ski community at the Candy Cane Cup for 2021.





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## IMPORTANT INFORMATION REGARDING COVID-19

For all race events at the Nakkertok Nordic Centre, **Nakkertok Ski Association requires that all athletes, coaches, officials, volunteers, spectators and accompanying parents who are eligible to be vaccinated, demonstrate valid proof of vaccination.** This requirement extends to all individuals regardless of their domicile. The only exceptions that will be permitted are those of a medical nature, as determined by the provincial authorities. The obligation to enforce this policy extends to any party or organization that is renting or operating on Nakkertok property.

**Proof of vaccination:** Quebec residents must present a proof of vaccination (printed, electronic or via the VaxiCode application) along with an identification document.

Individuals who do not live in Québec and are travelling in Québec must present a valid photo ID with an address outside Québec, and a vaccine passport with a QR code or official proof of vaccination against COVID-19 issued by their country or province in Canada.

On the unofficial training day, athletes, coaches and team support must present themselves at the Chalet upon arrival on the site to have their proof of vaccination checked. They must do so before going to ski or preparing skis.

On official training and race days, the proof of vaccination will be checked at the different site entrances.

A wrist band will be given after verification and must be worn during the entire duration of the event. Anyone with a damaged wrist band will have to show its proof of vaccination again.

Note that this process may take time. Athletes and coaches should allow for extra time to complete it.

**Other measures:** Even with a proof of vaccination, guidelines to ensure the safety of all individuals associated with the race will be put in place and will be observed. These guidelines, in conformity with Public Health guidelines for outside activities and events, will be communicated no later than December 9, 2021 on the Zone 4 event page at <https://zone4.ca/event/2021/candycanecup/>.

Please note that spectators are strongly encouraged to register on the online site in Zone 4 so that the organizing committee can reach them in the event of an outbreak during the event.



## A. GENERAL INFORMATION

### LOCATION

Nakkertok Nordic Centre  
900 Gatineau Avenue, Gatineau, Quebec

[Access](#)

### PROGRAM

The competitions will run over three days as follows:

DAY	RACE	CATEGORIES	TECHNIQUE
Friday, 10 December	Official Training		Free Technique
Saturday, 11 December	Individual Sprint	Challenge (U14, U16 & U18) Open (U20, Senior & CCUNC) Para-Nordic	Free Technique
Sunday, 12 December	Interval Start	U14 to Senior CCUNC and Para-Nordic	Classic Technique

### SANCTION

The event is sanctioned by:

- [International Ski Federation](#) (FIS)
- [Nordiq Canada](#) (NC)
- [World Para Nordic Skiing](#) (WPNS)
- [Ski de fond Québec](#) (SFQ)
- [Cross Country Ski Ontario](#) (XCISO)
- [XCISO National Capital District](#) (NCD)

### STAKES

- [FIS Points](#)
- [Canadian Points](#)
- Money Awards
- [Super Tour U20 Selection](#) (Canadian athletes)
- Ontario Cup
- NCD Series



## TECHNICAL BACKGROUND

The event is guided by the following:

- International Competition Rules (ICR) - Canadian Competition Rules (CCR) with most recent Precisions,
- [World Para Nordic Skiing Rules and Regulations](#),
- Canada Cup Race Program Technical Package 2021-2022,
- [Competition Pathway](#),
- [Ontario and Quebec No-Fluoro Waxing Protocol](#)
- [Ontario Cup Technical Package](#), and
- NCD Race Series Technical Package

## ORGANIZING COMMITTEE

POSITION	NAME
Event Chair	Jacques Dumont
Event Vice-Chair	Lisa Allan
Treasurer	Yves Dupont
Secretary	Pierre Millette
Chief of Competition	Frédéric Forge
Fundraising & Sponsor	John Halvorsen
Communication and Media	Anton Scheier
Venue	Greg Smith
Volunteers	
Medical	
Awards and Protocol	Dave Dyer

## COMPETITION COMMITTEE

POSITION	NAME
Chief of Competition	Frédéric Forge
Competition Secretary	Pierre Millette
Chiefs of Stadium	Richard Turgeon / Jérôme Poulin
Chiefs of Course	Simon Mason / Charles Lacasse
Chief of Timing and Results	Philippe Daoust
Chief of Control and Security	Susan Halvorsen





## JURY

POSITION	NAME
Technical Delegate	Shawn Sinclair
Assistant Technical Delegate	Milaine Thériault
Nordiq Canada Race Director or Designate	
Chief of Competition	Frédéric Forge

At the discretion of the Jury, other experts may be invited to attend Jury meetings as observers. Observers do not have a vote in Jury decisions.

## INFORMATION AND COMMUNICATION

Communications during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive communications during the event must register on Zone4. All official communications will be done in Canada both official languages.

WEBSITES	
Event Website	<a href="https://coupecandycanecup.ca/">https://coupecandycanecup.ca/</a>
Zone4 Event Page	<a href="https://zone4.ca/event/2021/candycanecup/">https://zone4.ca/event/2021/candycanecup/</a>

EMAILS		
Event Chair	Jacques Dumont	<a href="mailto:evenements.events@engne.ca">evenements.events@engne.ca</a>
Chief of competition	Frédéric Forge	<a href="mailto:directeur.competition.director@engne.ca">directeur.competition.director@engne.ca</a>
Secretariat	Pierre Millette	<a href="mailto:info@engne.ca">info@engne.ca</a>
Registrar	Caroline Forest	<a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>
Venue	Greg Smith	<a href="mailto:venue.services.site@engne.ca">venue.services.site@engne.ca</a>
Waxing Facilities		<a href="mailto:fartage.waxing@engne.ca">fartage.waxing@engne.ca</a>
Volunteers		<a href="mailto:benevoles.volunteers@engne.ca">benevoles.volunteers@engne.ca</a>

SOCIAL MEDIA	
Facebook	<a href="https://www.facebook.com/CoursesENGNERaces">https://www.facebook.com/CoursesENGNERaces</a>
Twitter	<a href="https://twitter.com/CourseENGNERace">https://twitter.com/CourseENGNERace</a>
Instagram	<a href="https://www.instagram.com/coursesengneraces/?hl=fr">https://www.instagram.com/coursesengneraces/?hl=fr</a>



## SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
Friday, November 26, 2021		Deadline to Submit Request for Waxing Space	<a href="mailto:fartage.waxing@engne.ca">fartage.waxing@engne.ca</a>
Friday December 3, 2021	23:59	Regular registration closes	<a href="#">Zone4</a>
Monday December 6, 2021	23:59	Late registration closes	<a href="#">Zone4</a>
Wednesday December 8, 2021	23:59	Coaches' registration closes	<a href="#">Zone4</a>
Thursday December 9, 2021	All day until 17:00	Unofficial training (Trail fees in effect)	Nakkertok South Trails.
	12:00	Correction to confirmation list due	<a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>
	12:00-21:00	Waxing facilities open	Waxing area
	19:00	Distance and Sprint Seeding List available	<a href="#">Zone4</a>
	All night from 18:00	Security in force	Waxing area, chalet, garage
Friday December 10, 2021	6:00-21:00	Waxing facilities open	Waxing area
	9:00-17:00	Race office open	Race office
	11:00-15:00	Official training	Sprint course
	15:00	Corrections to Distance and Sprint Seeding Lists due	Race office <a href="mailto:registraire.registrar@engne.ca">registraire.registrar@engne.ca</a>
	17:00-18:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Saturday December 11, 2021	6:00-21:00	Waxing facilities open	Waxing area
	7:00-17:00	Race office open	Race office
	7:30	Bib pick-up	Garage below race office



DATE	TIME	EVENT	LOCATION
	9:00	Races (per start order) Award ceremonies (per schedule)	Sprint courses Plaza
	17:00- 18:00	Team Captains' Meeting	Zoom
	All night from 18:00	Security in force	Waxing area, chalet, garage
Sunday December 12, 2021	6:00-15:00	Waxing facilities open	Waxing area
	7:00-15:00	Race office open	Race office
	7:30	Bib pick-up	Garage below race office
	9:00	Races (per start order) Award ceremonies (per schedule)	Field of play Plaza

## CONTINGENCY PLAN

Any change in the event location or timing will be posted as early as it is known on the event website. If necessary, a decision on event cancellation due to weather or change of site will be made one week prior to the event, as recommended by the Jury.

## VOLUNTEERING

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give during your stay with us, please register on iVolunteer at <https://engne.ivolunteer.com/> or by contacting [benevoles.volunteers@engne.ca](mailto:benevoles.volunteers@engne.ca).



## B. COMPETITION

### CATEGORIES

CATEGORY	SUB CATEGORY	YEAR OF BIRTH
U14 Girls	U14 G1	2009
	U14 G2	2008
U16 Girls	U16 G1	2007
	U16 G2	2006
U18 Girls	U18 G1	2005
	U18 G2	2004
U20 Women	U20 W1	2003
	U20 W2	2002
Senior Women	Senior U23 Women Senior Women	2001, 2000 & 1999 2001 and before
CCUNC Women	N/A	N/A
Para-Nordic Sit Ski LW10-12 Women	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Women	N/A	N/A
U14 Boys	U14 B1	2009
	U14 B2	2008
U16 Boys	U16 B1	2007
	U16 B2	2006
U18 Boys	U18 B1	2005
	U18 B2	2004
U20 Men	U20 M1	2003
	U20 M2	2002
Senior Men	Senior U23 Men Senior Men	2001, 2000 & 1999 2001 and before
CCUNC Men	N/A	N/A
Para-Nordic Sit Ski LW10-12 Men	N/A	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Men	N/A	N/A



## RACES

CATEGORY	DECEMBER 11 SPRINT – FREE*		DECEMBER 12 INTERVAL START - CLASSIC
U14 Girls	1 km Qualifier	1 km Heats (Challenge)	2.5 km
U16 Girls	1 km Qualifier	1 km Heats (Challenge)	5 km
U18 Girls	1 km Qualifier	1 km Heats (Challenge)	5 km
U20 Women	1.3 km Qualifier	1.3 km Heats (Open)	10 km
U23 Women	1.3 km Qualifier	1.3 km Heats (Open)	10 km
Senior Women	1.3 km Qualifier	1.3 km Heats (Open)	10 km
CCUNC Women	1.3 km Qualifier	1.3 km Heats (Open)	10 km
PN Sitting LW10-12 Women**	800 m Qualifier	800 m Hunting Sprint	2.5 km
PN Standing LW2-9, B1-3 Women**	1.25 km Qualifier	1.25 km Hunting Sprint	5 km
U14 Boys	1 km Qualifier	1 km Heats (Challenge)	2.5 km
U16 Boys	1 km Qualifier	1 km Heats (Challenge)	7.5 km
U18 Boys	1 km Qualifier	1 km Heats (Challenge)	7.5 km
U20 Men	1.4 km Qualifier	1.4 km Heats (Open)	15 km
U23 Men	1.4 km Qualifier	1.4 km Heats (Open)	15 km
Senior Men	1.4 km Qualifier	1.4 km Heats (Open)	15 km
CCUNC Men	1.4 km Qualifier	1.4 km Heats (Open)	15 km
PN Sitting LW10-12 Men**	800 m Qualifier	800 m Hunting Sprint	2.5 km
PN Standing LW2-9, B1-3 Men**	1.25 km Qualifier	1.25 km Hunting Sprint	5 km

Notes: (1) U18, U16, and U14 will be seeded together in the qualifier with the top 30 advancing to the Challenge Heats.



U20, U23, Senior, and CCUNC will be seeded together in the qualifier with the top 30 advancing to the Open Heats.

Sprint heats will be timed in accordance with section 3.1 of the Canada Cup Race Program Technical Package. No B Final.

(2) Para-Nordic distances and format are tentative and will be confirmed with registered participants.

## **NOTICE OF DOPING CONTROL**

Athletes and coaches must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. For more information, please see section 7.5 of the Canada Cup Race Program Technical Package.

## **ELIGIBILITY**

To participate in the open category of a Canada Cup event, a skier must have a valid racing license issued by FIS, Nordiq Canada or a Supporting Member Day License (SMDL) issued by Nordiq Canada.

Non-Canadian skiers without a FIS license can buy a Nordiq Canada Associates license to earn Canadian points.

A FIS License is required to be eligible for the Canada Cup awards.

Skiers must also hold a FIS license to be eligible for international development trip selections.

For other Nordiq Canada-sanctioned races below this level, skiers must hold a Nordiq Canada and/or FIS license or purchase a SMDL to compete.

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada license or SMDL to compete.

Quebec resident skiers must also have an annual SFQ license or purchase online a SFQ day license with the registration for each day.

### **University and College Skiers**

CCUNC athletes must meet the varsity requirements of their institution, (USport member, CEGEP or College), be enrolled in a minimum of 3 courses /semester for two semesters in the most recent 12-month period Graduate students and cooperative education students are eligible. CCUNC skiers must also hold a Nordiq Canada racing license.



A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC awards. However, a skier, regardless of nationality may compete and earn CCUNC medals and score aggregate points if they are officially registered in a Canadian school.

### **Para-Nordic Skiers**

Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they should register on Zone4 and must sign the NC Waiver form at the Competition Office unless they hold a valid NC license.

Para-Nordic visually impaired competitors may purchase a transferable Guide license that can be used by multiple guides during the season. Multiple guides can be used by visually impaired competitors during a competition.

The Guide for a Para-Nordic Visually Impaired competitor need not be a member of the same club.

### **RACING UP**

Racing up must be done in accordance with section 2.4 of the Canada Cup Race Program Technical Package. When deciding to race up, athletes and coaches should consider the [Competition Pathway](#).

### **REGISTRATION**

Registration will open on November 8, 2021 on Zone4. All registration fees must be paid online on Zone4.

**Race Fees:** race fees will be \$35 per race per U14 racer and \$50 per race per person for all other categories. Race fees include a \$5 fee designated for snow enhancement. Regular registration closes on December 3, 2021 at 23:59 EST. Late registration closes on December 6, 2021 and is subject to a late fee of \$100 per registration. Registration after December 6, 2021 is at the discretion of the Jury and also subject to a late fee of \$100. Individuals registering after December 6, 2021 forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly.

**Sales Taxes:** sales taxes (GST and QST) and processing fees will be added to the race fees.

**Licenses:** FIS and Nordiq Canada licenses (and SFQ licenses for Quebec skiers) must be entered at the time of registration.

**Nordiq Canada Day License:** Racers who do not hold a valid FIS or Nordiq Canada license must purchase a \$5 SMDL for each race.



**Ski de Fond Quebec Day License:** Quebec resident racers who do not hold a SFQ racing license must purchase a \$5 Day License for each race.

**XCSO Ontario Cup Race Fees:** Member of Ontario clubs in U14, U16, U18, U20, Senior and Para-Nordic categories must pay a \$5 (\$2.5 for U14) Ontario Cup fee for each race.

Registrations will be reviewed against racers' Nordiq Canada license's province of registration for applicability of XCSO race fees. Improperly registered racers will be required to pay any outstanding fees owing with the Registrar online or at the race office before bibs are issued.

**Refund:** Refunds may be made at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made considering incurred expenses and Canada Cup Race Program Technical Package directives. There will not be any refunds if athletes do not turn up. Overpayments of XCSO fees or Nordiq Canada or SFQ day licenses will not be refunded.

**College or university skiers:** CCUNC racers must indicate that they are a college or university skier in the registration form. CCUNC awards will be presented based on information provided by the corrections deadline.

**Coaches and team support staff** are required to register on Zone4 by close of registration at 23:59 EST on Wednesday December 8, 2021. The Organizing Committee will then establish email and WhatsApp lists which will be used to communicate any changes, or any decisions taken over the course of the event.

**Corrections:** Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the registrar at [registraire.registrar@engne.ca](mailto:registraire.registrar@engne.ca) before noon EST Tuesday December 9, 2021.

The following table summarizes the various fees related to the registration

CATEGORY	RACE FEE UNTIL 2021/12/03 *	RACE FEE 2021/12/04 UNTIL 2021/12/06 *	NORDIQ CANADA SMDL	SFQ DAY LICENSE	XCSO RACE FEE
U14	\$35 per race	\$35 per race + \$100 per registration	\$5 per race	\$5 per race	\$2.5 per race
U16 to Senior	\$50 per race	\$50 per race + \$100 per registration	\$5 per race	\$5 per race	\$5 per race





CATEGORY	RACE FEE UNTIL 2021/12/03 *	RACE FEE 2021/12/04 UNTIL 2021/12/06 *	NORDIQ CANADA SMDL	SFQ DAY LICENSE	XCSO RACE FEE
Para-Nordiq	\$50 per race	\$50 per race + \$100 per registration	\$5 per race	\$5 per race	\$5 per race

Note: race fees include a \$5 snow enhancement fee.

## SEEDING

Seeding will be done according to section 5.7 of the Canada Cup Race Program Technical Package.

The starting positions of the Para-Nordic racers will be determined by double blind draw.

Seeding distance and sprint lists will be distributed on December 9, 2021 for review by the coaches. Please contact [info@engne.ca](mailto:info@engne.ca) before 15:00 EST, December 10, 2021, should any corrections be required.

## TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held virtually as follow:

- Sprint races: Friday December 10, 2021 at 17:00
- Distance races: Saturday December 11, 2021 at 17:00

Invitations with links to the virtual meeting will be sent to registered coaches. Agenda will be as per ICR 305.2.2.

Other communications with coaches will be done by WhatsApp, email, and through the event page on Zone4.

## START ORDER

Start order and heats schedule will be confirmed at the Teams Captain's Meeting.

## BIBS

Bib pick-up will take place from the large garage doors at the lower level of the Barn below the Competition Office. Bibs will be available for pick up at 7:30. Bibs will be sorted by Team or Club as identified during registration.



For sprint heats, bibs and leg bibs will also be picked up in the area behind the start area after the results of the qualifier have been posted.

Clubs, teams and training centres will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

## TRANSPONDERS

GoChip transponders will be used for all the distance races and the Sprint Qualifier. Transponders will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time. Clubs, teams and training centres will be charged a transponder replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

## TRAINING

The training schedule will be as follow:

DATE	TYPE	TIME	COURSES
December 9	Unofficial	Up to 16:00	All trails will be prepared for both techniques.
December 10	Official	11:00-15:00	Sprint – Free Technique Rest of the distance course will be prepared for classic technique

Note: Trail fees apply on unofficial training days.

## WAXING

The use of fluorinated wax or tuning products containing fluorine is only allowed for the FIS sanctioned races, i.e. the Open categories.

The use of fluoro products is prohibited for U18, U16, U14 and Para-Nordic categories. U18 and U16 will not be combined with older categories. Kick wax is exempt from the prohibition. See the Ontario and Quebec No-Fluoro Waxing Protocol and the [Wax Tech Resources](#) for more information.

Equipment testing may be performed on site (see Waxing Facilities).



## **WARM-UP**

As it is an early season race, there is a strong probability that the trail network used for the race will only be covered with artificial snow, with limited snow in other areas of the facility. The priority will be to prepare the best possible race trails and snow coverage of warm-up and ski testing areas might be limited. More details will be available at the Team Captains Meetings, however athletes and coaches should be prepared to use rock skis and/or prepare for running warm-ups.

Under normal conditions, the courses will be closed as follows before the races:

<b>DATE</b>	<b>FORMAT</b>	<b>CLOSING TIME</b>
December 11	Sprint Qualifier	8:20
	Sprint Heats	10:50
December 12	Interval Start	8:50

Racers can warm-up on the race course until 10 minutes before the start. Race course will then be closed until the end of the race. During the races, athletes can warm up on the trail along the upper parking lot, the chalet and the garage. Please bring your running shoes to warm up in case of low coverage of snow when the race course is closed.

All athletes on course should wear their race bibs. Bibs must be visible to officials. Skiers must ski in the direction of the race course when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned. On sprint days, the course will be opened after the sprint qualifier.

The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

The warm-up trails and the ski testing area will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions.

## **COURSE AND STADIUM MAPS**

Courses and stadia maps will be available on December 1, 2021 at the latest.

## **FEEDING**

There will be energy drink, water and packed food available on self-serve basis at the finish of every race.



## RESULTS AND PROTESTS

The official timing will be done with Summit Systems timers; the data will be managed by Zone4. Sprint heats will be timed. Live streaming of results will be provided on Zone4.

Unofficial and official results will be posted on Zone4. Protests must be submitted in accordance with CCR 361. A notification will be sent on the coaches What's app group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.

## SCORING

**USA U20 B-tour selection:** selection of athletes for the US SuperTour events in Lake Placid and Craftsbury will be done according to section 7 of the Nordiq Canada [Competition Trip Criteria 2021-2022](#)

The scoring for the different race series is available in the different technical packages as follow:

- Ontario Cup: 2021/2022 Ontario Cup Technical Package
- NCD Series: NCD Technical Package

## AWARDS

The awards schedule will be confirmed at the latest at the Teams Captain's Meeting. Prize winners must attend the ceremonies in order to receive their awards.

Information about Canada Cup awards is available in section 8 of the Canada Cup Race Program Technical Package 2021-2022.

Awards will be given as follows:

- Sprint Qualifier: Top three of U14, U16, U18, U20, CCUNC
- Sprint Finals: Top five Open, Top U23, Top three Challenge, PN Sit, PN Stand
- Distance: Top five Open, Top U23, and Top three of U14, U16, U18, U20, CCUNC, PN Sit, PN Stand



### Hall Mark of Excellence

In addition to the awards described in the TP, the Candy Cane Cup will award the “Hall Mark of Excellence to the top 3 skiers of the aggregates of the Senior Women’s and Senior Men’s categories, using results from the two races.

The prize amounts, in Canadian dollars, will be \$600 for first, \$300 for second and \$100 for third. To determine the sum of the scores of each race will be used. The FIS World Cup point system will be used for scoring each race (First place 100 points, second place 80 points, third place 60 points, etc.). In case of a tie, the result of the distance race will be used.



To be eligible, athletes must hold a valid FIS license from any nation and ski in the Open sprint finals and the 10k (women) / 15k (men) distance race.



## **C. FACILITY INFORMATION**

### **PARKING**

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for Para-Nordic participants and ambulance access.

Please be vigilant and respect the signage and the parking volunteers who will attempt to maximize the use of the available space.

### **ACCESS FEES TO SKI TRAILS**

On official training days and race days, access fees to the trails for registered athletes and coaches are included in the registration fees.

Non-Nakkertok members using the trails on other days must pay a day fee of \$15. Fees can be paid on Zone4 with registrations. The Zone4 receipt must be printed and presented as proof of payment. Note that there will be no access to the race trails on the unofficial training day after 18:00 (Thursday December 9)

The fees must be paid on training and race days by non-Nakkertok members other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted. The fee(s) can be deposited in any of the day use fee boxes at the main chalet.

### **SECURITY**

The site will be monitored at night by Garda from 18:00. to 6:00 from December 8 to 13, 2021.

During the day, marshalls are responsible for the safety of skiers and others on or near the course. Their role is to prevent interference with skiers, and to ensure measures aimed at preventing the spread of COVID-19 are respected. Most marshals will be positioned in the areas of greatest traffic: in the stadium, on Jackrabbit Hill and Dirk's Dive. Please follow their instructions.

### **ATHLETE'S LOUNGE / TEAM COMPOUND**

To maintain physical distancing, indoor space on site will be limited. A team compound will be organized under the Powerline close to the lower parking lot.



Teams are encouraged to bring their own tent for athletes to use for changing. Teams are requested to indicate their needs for space to [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) before November 26, 2021. Teams flying to the CCC may indicate their need for tents to [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) before November 26, 2021.

## WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents/trailers. For clubs, teams and training centres using the on-site waxing facility, a list of registered skiers should be submitted to [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) by November 26, 2021 at the latest to ensure appropriate space allocation. Priority will be given to groups who have provided such a list.

Teams with their own waxing tents/trailers should contact [fartage.waxing@engne.ca](mailto:fartage.waxing@engne.ca) by November 26, 2021 to ensure space allocation. Teams bringing waxing tents are encouraged to provide their own power supply.

Waxing pits for individual sprints are only permitted in designated areas and will only be allowed after review by the Jury of the stadium size, competition format and size of the heats. Only one service team person and one wax bench per club is permitted. The location of the waxing pits will be confirmed at the TCM.

Please note that the waxing area will be powered with generators following this schedule:

DATE	TIME
December 9	12:00-21:00
December 10	6:00-21:00
December 11	6:00-21:00
December 12	6:00-15:00

## COMPETITION OFFICE

The competition office is located on the second floor of the Barn. Opening hours will be as follows:

DATE	TIME
December 10	9:00-17:00
December 11	7:00-17:00
December 12	7:00-15:00



## **NOTICE BOARDS**

All communications will be done electronically but there will be three notice boards on site for general information.

## **WEATHER**

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is

<https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

## **TRAIL CONDITIONS**

Trail conditions will be tweeted on a regular basis via the @nakkxc twitter account, updates will be available at the TCM and via email and WhatsApp to coaches registered on Zone4 should the need arise.

## **FIRST AID AND MEDICAL SERVICES ON SITE**

First aid will be provided by the Canadian Ski Patrol. They will be set up behind the finish line for immediate care, and in a heated tent near the Chalet to provide more serious care. If necessary, they will contact the Outaouais paramedics for access to more advanced medical care and/or transportation to the hospital.

The Canadian Ski Patrol will deploy eight patrollers around the course, including the finish line. Their daily hours of operations will be from 30 minutes before the start of the races and the official training to the times when the races are closed and the end of designated training times for competitors.

## **LOST AND FOUND**

Lost items are collected on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign-in desk. If you have lost an item please send an email to [info@engne.ca](mailto:info@engne.ca).





## D. TEAM SERVICES

### TRAVEL AND TRANSPORTATION

The closest airport is the Ottawa International Airport (YOW) <https://yow.ca/en>

Car Rentals at the Ottawa International Airport: <https://yow.ca/fr/parking-transportation/car-rentals>

Other transportation services available while in Gatineau:

SERVICES	PROVIDER	CONTACT
Local Bus	Société de transport de l'Outaouais	<a href="http://sto.ca/">http://sto.ca/</a>
Taxi	Bob Taxi	819-561-1512
Taxi	Crown Taxi	819-777-1645
Taxi	Loyal Taxi	819-663-5252 1-866-663-8422
Taxi	Regal Taxi	819-777-5231

### ACCOMODATION

The Organizing Committee would like to urge any teams planning to attend our event to arrange their accommodations in Gatineau as soon as possible. There are a number of other activities taking place at the same time in this area. For accommodation options in Gatineau, please visit Tourism Outaouais at

<https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>

### FOOD / WATER

There will be no food or drinking water available on site except at the finish area. Teams are requested to bring their own water and food. Stores near the venue:

- Convenient store on Avenue Gatineau (5 km)
- Supermarkets: IGA and Metro on Boulevard Gréber (approx. 7 km)

### HOSPITAL

The closest hospital to the venue is the Hôpital de Gatineau (approx. 8 km):

[909 Boulevard la Vérendrye O](#)

Gatineau, QC J8P 7H2

(819) 966-6100