

Canada Cups 2024
Canadian Eastern championships
PRESENTED BY PEMBROKE AT BISHOP'S UNIVERSITY

Welcome Skiers!

It is with great joy and with some experience from hosting the event in 2020 that the Club de ski de fond Parc du Mont-Orford is pleased to welcome you for the Eastern championships as part of the Canada Cups Series. Our team has been at work for the past months in order to provide you with a safe and challenging competition in order for you to live great racing moments.

In our desire to innovate and create a positive skiing environment, we have dedicated our energy in implementing a water network allowing us to mechanically produce snow with our brand new fan canon. We truly hope that this addition will allow you to discover our FIS homologated courses like you have never seen them before.

This year's racing menu is composed of sprints and short distances in interval starts on Friday and Saturday alternating the open and challenge categories. Sunday will see mass starts in free technique for all categories.

Our organisation is lucky to count a strong partner such as Bishop's University while being helped by daily sponsors. Friday will be all Subaru day while Saturday will be a Classic Pembroke day.

Some say marks in the snow go down as good memories. We hope that you leave our region with great racing ones!

Let's compete!

René Pomerleau
Organizing committee chair

Charles Saint-Jean
Chief of competition

Encourageons nos commanditaires



info@skidefondorford.qc.ca



A. GENERAL INFORMATION

DATES

February 2024

Friday 2nd, Saturday 3rd and Sunday 4th

January 2nd 2024, 12h00. Online Zone4 registrations open.

Friday January 26th 2024, 23h59. End of regular price registrations. From that moment, a 100\$/race fee will be added to the registration process.

Wednesday January 31st 2024, 23h59. End of all registrations.

Venue

Race Office, jury room, local organizing committee and volunteer meeting point
Old-Vieux Lennox golf & ski, 19 rue Du Golf, Sherbrooke, Québec, J1M 2E6

[Zone4](#)

Web site [2024 Easterns](#)

TRAIL ACCESS

Registration provides trail access for athletes and coaches for the official practice day, Thursday February 1st 2024 and the three competition days.

Anyone else wanting to use the trails must pay the required access fees at the club house.

WAXING FACILITY

Teams with a waxing trailer are invited to park them in a designated parking lot, on the right hand side of the main parking. Vehicles will be parked away from the designated parking lot. There will be no access to power in the waxing trailer parking. A large waxing tent with heat and access to electricity will be set up near the clubhouse. Teams must reserve a space with the race secretariat at secretariat@skidefondorford.qc.ca. Teams may also choose to install their own tent on site.

There will be no access to electricity in the start area. For sprint days, restrictions on waxing between heats may apply as determined by the jury.

There will be onsite surveillance between 18h00 and 6h00. However teams remain responsible for their belongings left on site.

TEST AND WARMUP LOOPS

There will be a test loop with classical tracks set in the middle near the waxing compound. Athletes can warm up or cool down there or on another loop set to the north-east of the start-finish area towards Bishop's University. Access to that loop will be indicated on site.

SAFE SPORT

Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the Abuse-Free Sport Helpline at 1-888-83SPORT or 1-888-837-7678 or the onsite SafeSport officer, Patrice Petelle, either at 514.618.0721 or patpetski@gmail.com. These individuals can connect you with support and help you file a complaint. For emergencies, call 911.

LOUNGE DES ATHLÈTES, TOILETTES, DOUCHES, AIRES DE REPOS ET D'ATTENTE ATHLETES' LOUNGE, BATHROOMS, SHOWERS AND WAITING AREAS

The Bishop's University [John H. Price Sports center](#) will be accessible to everyone at all time.

The main floor and basement of the clubhouse will be for volunteers only.

A large heated tent will be set up between the waxing compound and the clubhouse for athletes to change, heat and wait. There will be very restricted access to the clubhouse for athletes and coaches.

PROGRAM

Competitions will be held over 3 days :

- Friday February 2nd 2024: Free technique Sprints for U20 and open categories. As specified in section 6.3 of NC Technical package, positions 1 to 30 of the quakifier will be placed in the open eliminator bracket. The best U20 after the 30th position will be placed in another eliminator bracket. Free technique interval start distances for all other categories.
- Saturday February 3rd 2024: Classical technique interval start distances for U20 and open categories. Classical technique sprints for U18 et U16 categories. Classical technique prologue for the U14 categorie and sprints for para-nordique athletes standing and seated.
- Sunday February 4th 2024: Free technique mass start for all categories.

SANCTION

This event is sanctioned by :

- International Ski Federation (FIS)
- Nordiq Canada (NC)
- Ski de fond Québec (SFQ)
- Cross country Ontario (XCSO)

TECHNICAL BACKGROUND

This event will be governed by the rules edicted by FIS, NC, SFQ and XCSO.

- FIS, [ICR](#)
- NC, [ICR](#)
- NC, [Canada Cups Technical Package](#)
- SFQ, [Règlements CQ](#)
- XCSO, [Ontario Cup Techincal Package](#)

STAKES

- Prizes
- Prize money
- FIS Points
- Canadian Points
- Coupe Québec Ranking
- Ontario Cup Rankings
- Medals for U18 and younger categories

SUPPORT

- René Pomerleau, Organizing Comitte chair 819.571.0704 or rpomerleau@skidefondorford.qc.ca
- Charles Saint-Jean, Chief of competition 514.923.5250 or cosaintjean@hotmail.com
- Éric Beaulieu, Race Secretary and Registrar at secretariat@skidefondorford.qc.ca

ORGANIZING COMMITTEE	
Position	Name
Event chair	René Pomerleau
Communications et sponsorships	Jean Pinard
Volunteers	Véronique Genest
Food & beverages	Diane Bernard and Janick Brassard
Protocol	Julie Carrier

COMPETITION COMMITTEE	
Position	Name
Chiefs of competition	Charles Saint-Jean and Mario Champigny
Chiefs of timing	Isabel Dupont and Nicolas Doyon
Chief of course	André Bérubé
Chief of stadium	Angelo Cristofanilli
Competition secretary and Registrar	Éric Beaulieu
Results	Marie-Josée Grignon
Chief of control	Philippe Daoust

JURY MEMBERS	
Position	Name
Technical Delegate	Jennifer Tomlinson
Assistant technical Delegate	Pierre Millette
Chief of competition	Charles Saint-Jean
Chief of competition	Mario Champigny

PROJECTED EVENT SCHEDULE		
Eastern Time. May vary, please visit 2024 Easterns or Zone4 for updates.		
Date	Time	Event
Wednesday January 2 nd	12h00	Registration opens
Saturday January 27 th	23h59	Regular registration closes
Wednesday January 31 st	23h59	Late registration closes
Thursday February 1 st	12h00	End of correction to confirmation list. Release of seeding list.
Thursday February 1 st	13h00	Access to trails and courses. The 1,4 km sprint course will be groomed in free technique.
Thursday February 1 st	15h00	End of correction to seeding list and release of start lists for Friday's events.
Thursday February 1 st	18h00	TCM Zoom
Friday February 2 nd	7h30	Courses open for warmup. Stadium closed
	9h*	Sprint qualifier for open and U20 categories followed by the distance race for all other categories.
	12h15*	Courses open for warmup. Stadium closed
	12h45*	Course closes
	13h*	Vagues éliminatoires catégories Open homme et femme

	14h30*	Vagues éliminatoires M20 homme et femme
Saturday February 3 rd	15h00	End of correction to seeding list and release of start lists for Sunday's events.
Saturday February 3 rd	7h30	Courses open for warmup. Stadium closed
	8h30*	Distance race for Open and U20 categories followed by the sprint qualifier for U18 and U16 categories and U14 prologue.
	12h30*	Sprint course open for warmup. Stadium closed
	13h*	Course closes
	13h15*	Sprint heats for U18 categories
	14h30*	Sprint heats for U16 categories
Saturday February 3 rd	15h00	End of correction to seeding list and release of start lists for Sunday's events.
Sunday February 4 th	7h30	Courses open for warmup. Stadium closed
	9h30*	First start

*Final schedule will be available at the TCM and on [zone4](#) or [2024 Easterns](#)

B. PROGRAM AND REGISTRATION

Categories	Year of birth	Friday Feb 2 nd	Saturday Feb 3 rd	Sunday Feb 4 th
		Free technique Sprints and distances	Classical Technique Sprints and distances	Free technique Mass starts
Senior Women	2000-1994	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
Senior Men	2000-1994	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
U23 Women	2001-2003	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
U23 Men	2001-2003	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
U20 Women	2004-2005	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
U20 Men	2004-2005	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
U18 Girls	2006-2007	5 km (2 X 2,5)	1100 Meters	7,5 km (3 X 2,5)
U18 Boys	2006-2007	5 km (2 X 2,5)	1100 Meters	7,5 km (3 X 2,5)
U16 Girls	2008-2009	5 km (2 X 2,5)	1100 Meters	7,5 km (3 X 2,5)
U16 Boys	2008-2009	5 km (2 X 2,5)	1100 Meters	7,5 km (3 X 2,5)
U14 Girls	2010-2011	3 km (1x3)	3 km (1x3)	6 km (2x3)
U14 Boys	2010-2011	3 km (1x3)	3 km (1x3)	6 km (2x3)
U12 Girls	2012-2013	3 km (1x3)	3 km (1x3)	3 km (1x3)
U12 Boys	2012-2013	3 km (1x3)	3 km (1x3)	3 km (1x3)
Masters Women	< 1993	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
Masters Men	< 1993	1400 Meters	5 km (2 X 2,5)	10 km (3 X 3,3)
Paranordique				
PN standing LW 2-9 Women	NA	ND	1100 Meters	6 km (2x3)
PN standing LW 2-9 Men	NA	ND	1100 Meters	6 km (2x3)
PN sit ski LW 10- 12 Women	NA	ND	1100 Meters	7,5 KM (3 x 2,5)
PN sit ski LW 10- 12 Men	NA	ND	1100 Meters	7,5 KM (3 x 2,5)

Sprint heats will be timed but no B finals will take place.

Seeding

Athletes confirmation list will be available on [Zone4](#) event page. Coaches and athletes must verify its content and notify the registrar of any mistake by emailing secretariat@skidefondorford.qc.ca before Thursday February 1st 12h00.

The seed lists for all events will be available for correction at 12h00 the day before the race. Corrections will be accepted until 15h00 on the same day, either in person at the race office or by email at secretariat@skidefondorford.qc.ca.

Seeding will be done according to section 6 of the Nordiq Canada, Canada Cups Technical Package 2023-24.

The starting positions of the Para-Nordic racers will be determined by double blind draw. Seeding distance and sprint lists will be available online at 12h00 on Thursday February 1st, 2024, for review. Please contact the race secretary at secretariat@skidefondorford.qc.ca before 15h00 on February 1st 2024 should any corrections be required.

When deciding to race up, athletes and coaches should consider [NC Competition Pathway](#). Athletes wishing to race up must confer with their coaches and parents to choose the most appropriate category to compete in. For registration purposes, athletes who decide to race up should choose the first year of competition in the older category. Racing up will not be allowed if the athlete could not otherwise compete in his natural category.

LICENCES

- A. All athletes must hold a valid Nordiq Canada race license, either race, development, associate or tier 2 event for every competition day.
- B. All athletes living in the province of Québec must hold a valid SFQ, either annual or daily for every competition day. Only Masters and U14 athletes can compete with daily licenses.
- C. A FIS licence is required for athletes of the open categories in order to access FIS points, prize money and prizes.
- D. An annual SFQ licence is required to obtain a Coupe Québec ranking.
- E. CCUNC athletes must respect the previous obligation and meet their province requirements in order to qualify for CCUNC rankings. In Québec, the annexe A of the Règlements de la Coupe Québec applies.

USE OF FLUORINATED PRODUCTS

As per ICR–CCR 222.8, the use of fluorinated wax or tuning products containing fluorine including kick wax is not allowed for all categories.

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 11.7 of the Nordiq Canada, Canada Cups Technical Package 2023-24.

PRIZES AND MEDALS

Ceremonies will be based on unofficial results 45 minutes after completion of every race. An athlete must be present at the ceremony in order to receive his/her prizes.

- There will be prize money and prizes but no medals for open, senior, CCUNC and para-nordique categories.
- The top 6 athletes of the open categories will receive prizes.
- The top 6 athletes of the U20 categories will receive prizes. For the sprint event, the results of U20 athletes competing in the open category will precede the results of the U20 category.
- The top U23 performance will be recognized for each event.
- The OC wishes to award prizes to the top 6 athletes of the CCUNC category in order to recognize the importance of athletic performances in a scholar environment. For the sprint event, qualification rankings will be used.
- For U14, U16 and U18 categories, the first three athletes will receive prizes and medals. Athletes ranked 4th and 5th will be invited to join the podium but will not get prizes.

Prize money for every day of competition for the open category will be:

- 1st.** 150\$
- 2nd.** 125\$
- 3rd.** 100\$
- 4th.** 75\$
- 5th.** 50\$
- 6th.** 25\$
- 1st U23.** 50\$
- 1st CCUNC.** 50\$
- Best qualification time in the sprint.** 75\$

Winning athletes will be wired their prize money Sunday February 4th 18h00.

REGISTRATION

Registration and paiements must be done online through [Zone4](#) starting Tuesday January 2nd 2024 at 12h00. Regular registrations close on Friday January 26th 2024 23 h 59 HNE. After that date, an extra 100\$ CAD fee will be charged per race. The fees will be payable at the race secretariat and all registrations will have to be authorized by the jury. Please adress your request to secretariat@skidefondorford.qc.ca.

Athletes and coaches must verify the confirmation list online before Thursday February 1st 2024 12h00 and the seed list before 15h00 on the same day. For any problems, please coontact the race secretary adn registrar at secretariat@skidefondorford.qc.ca. All FIS, NC and SFQ licenses will be validated and required athletes will have until Wednesday January 31st 2024, 23h59 to remedy all issues oulined by the race secretariat.

Coaches and team members must register on [Zone4](#) to allow the OC to create an email list and what'sapp group to be used for all cionmunication purposes during the event. The [Zone4](#) event page and event web site, [2024 Easterns](#), will also be used for all communication purposes.

The OC has absolutely no intention to refund any subscription fees. Sickness, injuries, infection and other badlucks are unfortunately part of our sport. Participants wishing to ask a refund can however do so by detailing their request to secretariat@skidefondorford.qc.ca. The OC will answer all requests after the event to it's own discretion.

Student athletes from other Canadian provinces or American institutions must meet the requirements of their teaching authority and provide a written confirmation of their status in order to access the CCUNC prizes.

Should an event be cancelled for other reasons than cold or adverse weather conditions, some costs could be refunded by the OC according to the NC guidelines and taking into account the OC obligations.

There will be no refund for unduly purchased licenses or SFQ or XCSO fees.

REGISTRATION FEES

Item	Fee per race
U16 and older categories, including paranordique athletes	50\$
U14 and younger categories	35\$
Snow enhancing fee, applicable to all races	5\$
NC Tier 2 license, per race	5\$
SFQ daily license, per race	5\$
SFQ fee for Québec residents U16 and older	5\$
XCSO fee for Ontario residents U16 and older	7\$
XCSO fee for Ontario resident U14	3,50\$

Applicable sale taxes will be added to these fees.

BIBS

Bibs will be given per club as showing in the registration form. Distribution will take place on the first floor of the clubhouse on the morning of every race. For a distribution per team, captains must address a request to the race office at secretariat@skidefondorford.qc.ca. A 75\$ fee will be charged for any missing bib.

CHIPS

Transponders will be distributed to athletes in the start area. A 125\$ fee will be charged for any missing transponder.

C. VENUE

ACCESS

Competitions will take place at the Old - Vieux Lennox Golf & Ski located at 19 rue Du Golf, Sherbrooke, QC J1M 2E6.

PARKING

The Golf club parking lot offers a very limited number of parking spots. There is a largely sufficient number of parking spots on the adjacent Bishop's University campus. The campus is about 600 Meters away from the race site. Street parking in the Lennoxville burrough of the city of Sherbrooke is forbidden, namely on du golf, Winder and Massawipi streets. Municipal police is never far on special event days, please act accordingly.

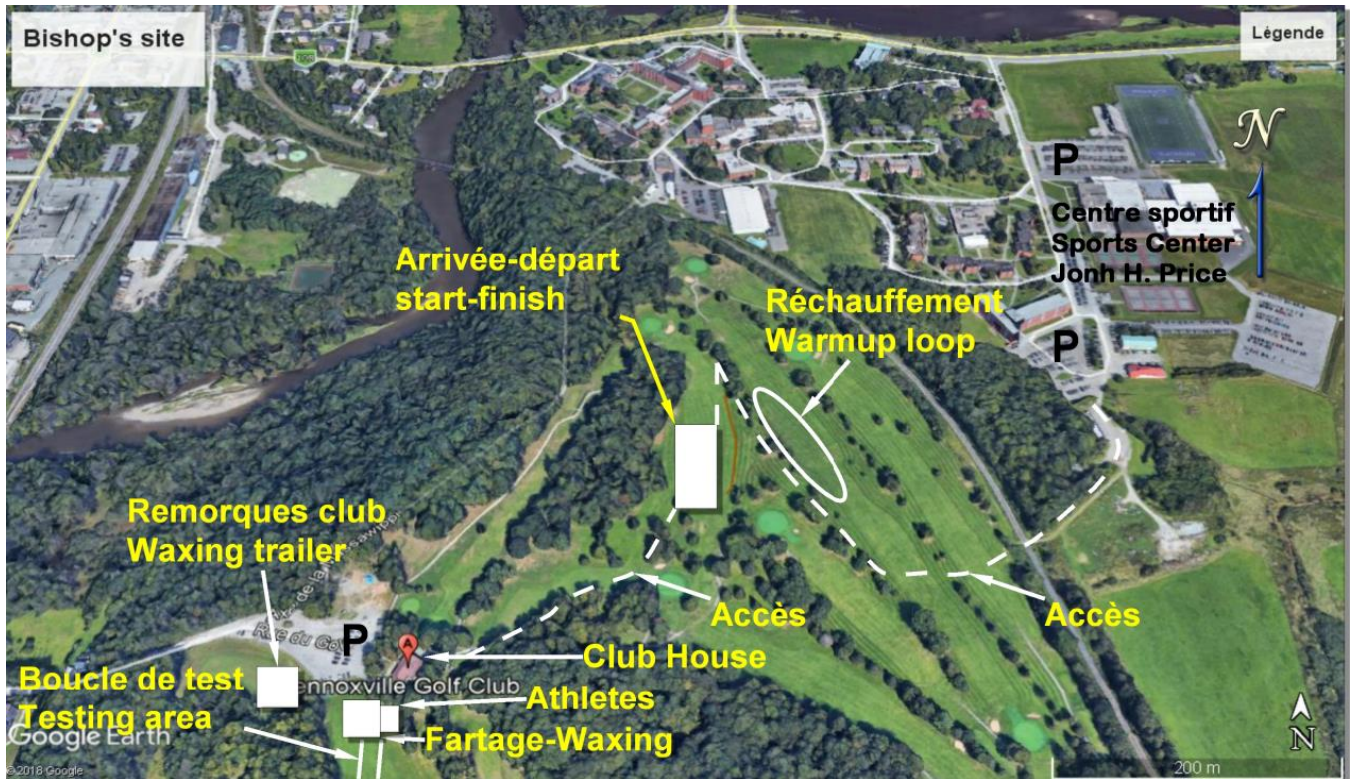
SURVEILLANCE

There will be an onsite presence from 18h00 to 6h00. However, teams are responsible of their and their athletes' belongings staying onsite.

RACE OFFICE

The race office will be located in the proshop of the clubhouse and will be open from 7h30 to 17H00 HNE on February 1st, 2nd, 3rd and 4th, 2024.

VENUE MAP



COURSE MAPS

Sprint

1400 Meters

Friday Open

https://medias2.fis-ski.com/pdf/homologations/CC/CAN/CAN_Bishop_Sherbrooke_QC_19_131-02_1-4.pdf

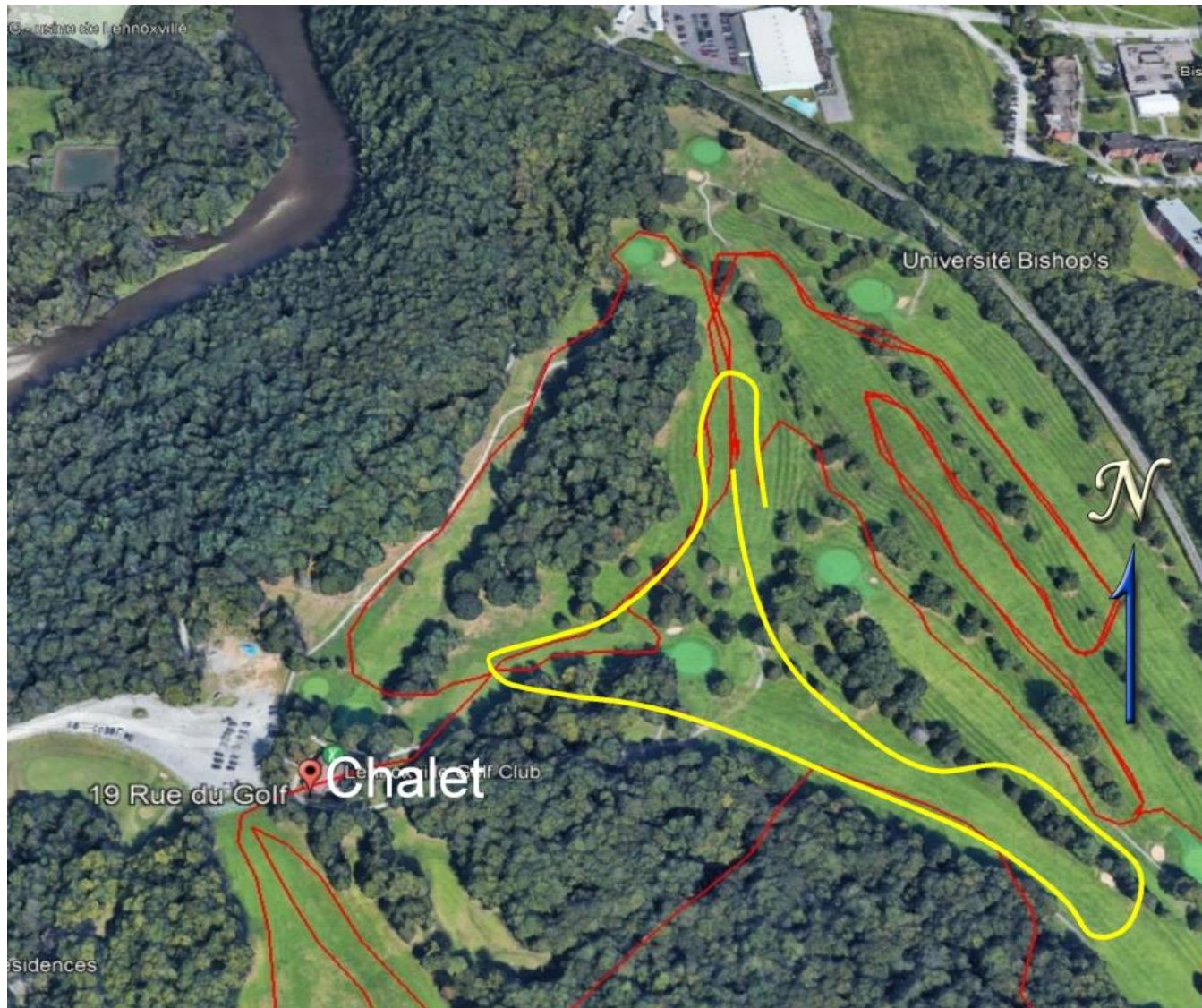
1100 Meters

Saturday U16 + U18 and Para-nordique standing athletes

https://medias2.fis-ski.com/pdf/homologations/CC/CAN/CAN_Bishop_Sherbrooke_QC_19_131-01_1-1.pdf

1100 Meters sit-ski

Saturday Para-nordiques LW 10-12



Distance

2,5KM

Vendredi M16 + M18

Saturday Open

Sunday U16+U18

<https://medias4.fis-ski.com/pdf/homologations/CC/CAN/CAN Bishop Sherbrooke QC 19 131-04 2-5.pdf>

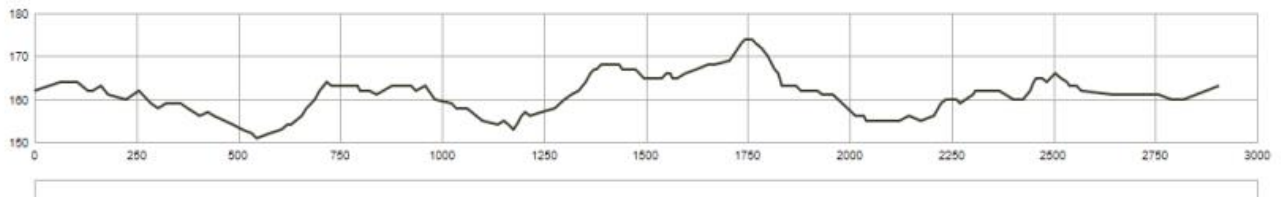
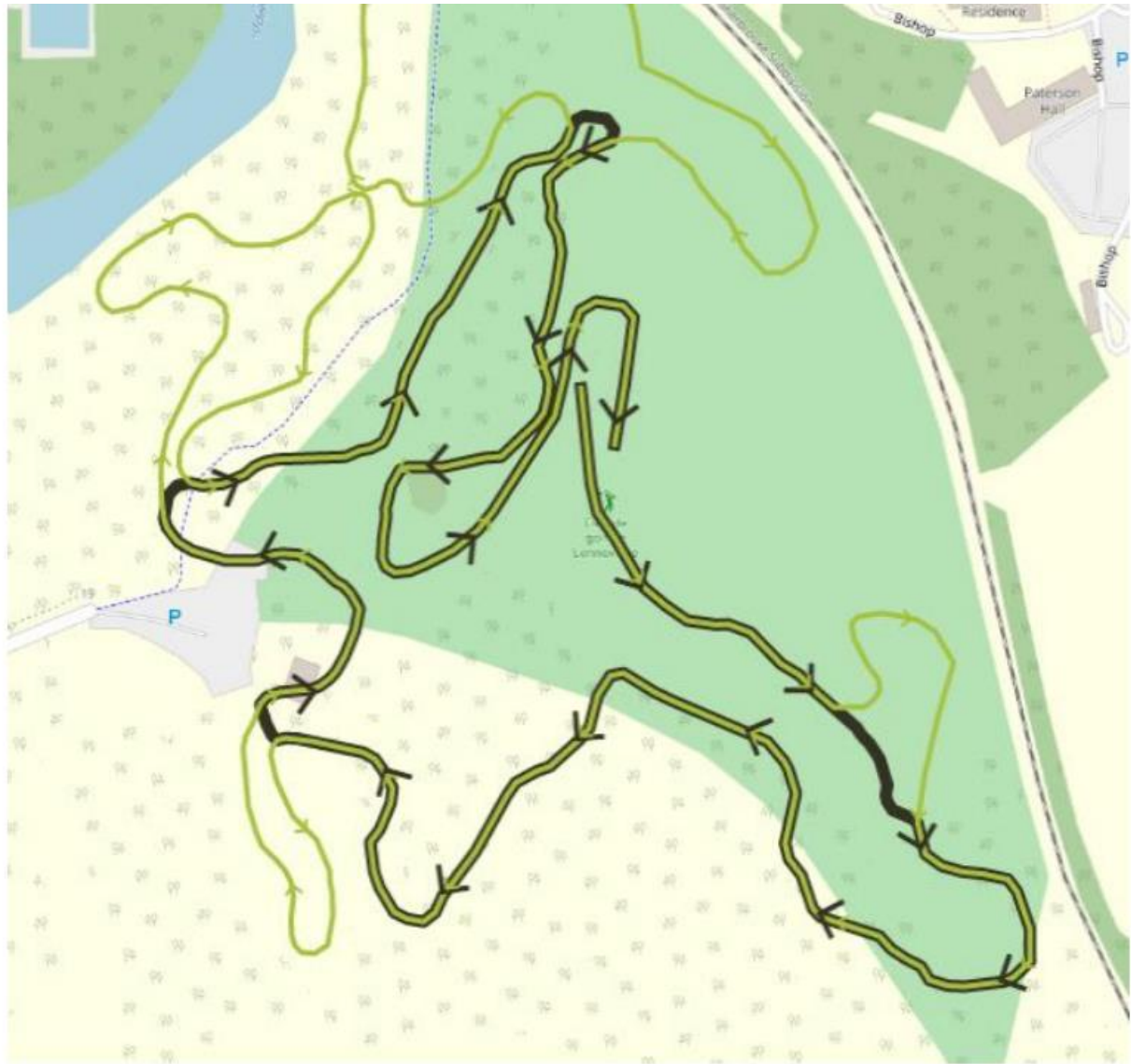
3,3KM

Sunday Open

https://medias3.fis-ski.com/pdf/homologations/CC/CAN/CAN_Bishop_Sherbrooke_QC_19_131-06_3-3.pdf

3 KM
Friday U14 and under

Saturday U14 and under Sunday U14 and under and Para-nordique standing athletes



2,5 Km sit-ski
Sunday Para-nordique LW 10-12



OFFICIAL TRAINING DAY

Thursday February 1st 2024, 13h00 for all courses. All courses will be dammed in free technique. Start-finish area will be closed at all time.

WEATHER FORECASTS

In views of the recent FIS orientation and the large number of sources for weather forecats and their accessibility, the OC will not issue weather forecasts.

ONSITE BILLBOARD

There will be no onsite billboard for results. All results will be posted on [Zone4](#) and on the event website at [2024 Easterns](#). For sprint days, a heat bracket board will be clearly on display in the start area.

CONTINGENCY

The OC has identified contingency sites to be used in case of unacceptable snow conditions. Any changes to the location and dates of the event will be communicated to club, teams and registered athletes as soon as possible. The [Zone4](#) event page and the event website [2024 Easterns](#) will also be used to communicate such changes, may they take place.

D. TEAM SERVICES

FOOD

Athletes will be offered a light snack in the finish area along with water and energising beverage. For all other needs, there are many restaurants, grocery stores and convenient stores easily accessible from the race site.
re du site de compétition.

LODGING

The city of Sherbrooke counts a large number of hotels and other types of accommodation for groups of different sizes. Please consult this tool from one of our partners to optimize your search.

Destination Sherbrooke : <http://www.destinationsherbrooke.com/fr/visiteurs/ou-dormir>

FIRST AID

First aid is the responsibility of the city of Sherbrooke first responders. There will be qualified first aid technicians onsite as well as a medical doctor.

LOST AND FOUNDS

Lost and found objects must be taken back to the clubhouse or race office. A list of unclaimed objects will be posted on the event website, [2024 Easterns](#). If you require help, please contact secretariat@skidefondorford.qc.ca.