



2010 Haywood Ski Nationals

Sunday March 14 – Sunday March 21, 2010

Whitehorse, Yukon

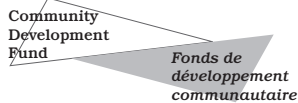
HOSTED BY

Whitehorse Cross Country Ski Club

LOCATION

Whitehorse Cross Country Ski Club Trails
Mt McIntyre Recreation Centre, Whitehorse, Yukon

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A. GENERAL INFORMATION

Race Schedule:	Sunday, March 14 – Team Sprints – Classic Technique Tuesday, March 16 – Classic Technique – interval start Wednesday, March 17 – Free Technique – interval start Friday, March 19 – Free Technique Sprints Sunday, March 21 – Classic Technique - mass start See website for schedule details: www.skinationals.com/2010/
Course and Stadium Maps:	Course and Stadium Maps are available on the web site: www.skinationals.com/2010/
Sanctioning:	FIS, Cross Country Canada, Cross Country Yukon
Rules:	Cross Country Canada Rules and Regulations
Jury:	Technical Delegate: Janet Gates Assistant Technical Delegate: Mike Norton (observer) CCC Race Director: Dave Dyer Chief of Competition: Claude Chabot
Race Committee:	Chief of Competition: Claude Chabot Chief of Event: Joan Stanton Chief of Volunteers: Anne Kennedy Competition Secretary: Susan Tinevez Chief of Course: Bill Greer Chief of Stadium: Alan Frostad Chief of Timing & Results: Beth Hawkings
Technical Package:	Available at http://www.cccski.com/main.asp?cmd=cat&ID=114&lan=0

B. COMPETITION & REGISTRATION INFORMATION

Race Categories:

MEN		WOMEN	
Category	Year of Birth	Category	Year of Birth
Juvenile 1 Boys	1995	Juvenile 1 Girls	1996
Juvenile 2 Boys	1994	Juvenile 2 Girls	1995
Juvenile 3 Boys	1993	Juvenile 3 Girls	1994
Junior 1 Male	1992	Junior 1 Female	1994
Junior 2 Male	1991	Junior 2 Female	1993
Junior 3 Male	1990	Junior 3 Female	1992
Open Men	1989 & earlier	Junior 4 Female	1991
		Junior 5 Female	1990
		Open Women	1989 & earlier

CCUNC Men/Women

(CCUNC Men/Women will be run as a separate category for the Team Sprint Competition; for other races they will be seeded and combined with the Open categories).

Please note:

2010 will be the first Ski Nationals using the revised CCC competition model.
See <http://www.cccski.com/dbfiles/1604.pdf> for details.

Coaches are cautioned to ensure that athletes are entered in the appropriate categories.

Eligibility:

Skiers must have a valid CCC or National Ski Association Race License.

SMDLs or regional/state licenses are not permitted at this event.

CCUNC eligibility is limited to Canadian College and University students enrolled in a minimum of 3 courses per semester. CCUNC eligibility forms are available on our website.

Completed eligibility forms must be in the hands of the Competition Secretary by March 6. Completed forms may be scanned in and sent as an attachment to info@skinationals.com, or faxed to 1-867-667-4237, Attention: Cross Country Yukon, 2010 Haywood Ski Nationals

Seeding:

Seeding will be in accordance with specifications stated in the Technical Package for the 2010 Canadian Cross Country Skiing Championships available at <http://www.cccski.com/main.asp?cmd=cat&ID=114&lan=0>

Team Sprints:

Team sprints will use a format in which teams of 2 skiers ski 3 laps each.

Challenge, Open, and CCUNC teams must be submitted to the race office by noon on Saturday, March 13th, using the form available on the Team Captains page at <http://www.skinationals.com/2010/> or at the race office.

B. COMPETITION & REGISTRATION INFORMATION (cont'd)

Registration:

Athletes – All registration must be done online at www.zone4.ca

Coaches – ALL coaches must register online at www.zone4.ca

Technical support staff – ALL technical support staff must register online at www.zone4.ca

Race Fees:

Individual Competitions (all categories) \$40 per race

Team Sprint Competition (all categories) \$50 per team per race

All fees payable at time of registration, on www.zone4.ca .

Entry Deadline:

All registrations must be submitted on or before March 6, 2010. No late entries.

Entry Confirmation:

Confirmation lists will be available on www.zone4.ca .

Athletes and coaches are expected to carefully check entries and send all corrections to the competition secretary at info@skinationals.com . Deadline for corrections is March 12th at 4 pm

Race Committee will prepare racer entry/seeding lists for review by the coaches/ team captains during the first 15 minutes of every Team Captains' meeting.

It is highly recommended that all athletes be represented by a coach/manager at all Team Captains' meetings.

Race Cancellation:

Any changes in the event location or event dates will be posted on the Cross Country Canada website at www.ccski.com and on the event website at www.skinationals.com/2010/

Decisions on event cancellation or change of site will be made by CCC one week prior to the event in consultation with the organizing committee and TD.

Bib Replacement Fees:

Clubs will be charged a bib replacement fee of \$50 for each competitor who does not return his/her bib at the end of each race.

Post-Race Food:

Post race food and refreshments (soup, chili, bread, fruit) will be included in race fees, and will be available on race days in the athletes' tent located beside the stadium. Athletes, coaches and support staff must be wearing accreditation tags to enter athletes' tent and obtain refreshments.

C. FACILITY & CONTACT INFORMATION

Contact Us:	Competition Secretary (Susan Tinevez) Email: info@skinationals.com Race office phone: 867 4567-SKI (456-7754)
Race Office:	The race office will be located in the ski stadium, at the Whitehorse Cross Country Ski Club.
Race Office Hours:	March 11 5:00 – 9:00 pm March 12/13/15/18/20 (training days) 10:00 am – 4:30 pm March 14/16/17/19/21 (race days) 8:00 am – 4:30 pm
Waxing Information:	Waxing facilities will be available beginning Friday March 12. Facilities will be shared among teams and assigned based on numbers of entries. Keys will be available from the race office. Teams wanting access to waxing facilities prior to March 12 should check with the race secretary to make arrangements. Warming area – An athlete tent will be located beside the stadium.
Trail Passes:	Athletes: Trail passes (included in race fees) obtained from race office Coaches: Trail passes (no charge) obtained from race office – must be registered in event. Technical Support: Trail passes (no charge) obtained from race office – must be registered in event Visitors: Non-racing trails will be open to recreational skiers throughout the event. A special visitors pass at reduced rates will be available to out of town skiers from Thursday March 11 through Tuesday March 23. Passes must be purchased at the Whitehorse Cross Country Ski Club office.

D. SCHEDULES, RESULTS, AWARDS, BANQUET

Event Schedule: <i>(subject to change)</i>	The Overall Schedule and the Race Schedule are available on the 2010 Haywoods Ski Nationals website at http://www.skinationals.com/2010/
Team Captains' Meetings:	Please refer to Team Captains page at http://www.skinationals.com/2010/

D. SCHEDULES, RESULTS, AWARDS, BANQUET (cont'd)

- Results:** Results will be available online at www.zone4.ca.
Aggregate results will be available online at <http://www.skinationals.com/2010/>
Results will be updated daily.
- Awards:** Please refer to Overall Schedule at <http://www.skinationals.com/2010/> listing all awards times and locations,
- Cash Prizes:** Will be awarded to the top 5 Open Men and top 5 Open Women for each of the 4 individual competition days as follows:
- 1st place: \$500
 - 2nd place: \$300
 - 3rd place: \$200
 - 4th place: \$150
 - 5th place: \$100
- Medals:** Will be presented to the top three individuals who are Canadian citizens or landed immigrants, in all classes offered.
- Merchandise Awards:** The top 5 skiers in all categories plus the top age group/sub-category finisher in the juvenile and junior categories will receive merchandise awards for each individual race. The top 3 CCUNC finishers in each CCUNC eligible race will receive merchandise awards. The top 3 teams in each of the team sprint competitions will receive merchandise awards.
- Banquet Information and Registration:** A final banquet and post competition celebration will be held on Sunday March 21 at the Canada Games Centre, adjacent to the ski stadium (awards for the final day of races will also be held here). Food, entertainment, games and dancing – something for everyone. The swimming pool will also be open so bring your swimsuit.
Please check out the Overall Schedule page at <http://www.skinationals.com/2010/> for more details.
Registration for final Banquet online at www.zone4.ca

E. ACCOMMODATION AND TRAVEL INFORMATION

Please visit the 2010 Haywoods Ski Nationals website for all travel and accommodation information.

<http://www.skinationals.com/2010/>