

2024 LCS Cup

Including OCup 3

Presented by

Wild Rock Outfitters

Team Captains' Meeting #1



AGENDA

1. Welcome & Introductions
2. Event Health & Safety Protocols
3. Important Difference from Previous LCS Cups
4. Schedule
5. Venue Maps
6. Races & Course Maps
7. Grooming Notes, Warm-up & Wax Testing
8. Bibs & Chips & Other Competition Reminders
9. Final Thoughts
10. Thank You



Welcome & Introductions



- Ken Beauclerc // Chief of Start
- Hugh Dobson // Asst Chief of Start & Stadium
- Neil Fortin // Asst Chief of Finish & Exchange
- Martin Harris // Chief of Timekeeping
- Garret Hart // Facilities
- Laura Inkila // Chief of Course
- Adam Ross // Chief of Security, Safety & Control, SafeSport Officer
- Chelsea Scott // Registrar & Volunteers
- Avery Vreugdenhil-Beauclerc // Wax Facilities
- Spencer Vreugdenhil-Beauclerc // Communications
- Reinout Westbroek // Chief of Finish & Exchange
- Dave Woodfine // Chief of Grooming



The Jury

- Angus Carr // *Technical Delegate*
- Dwayne Barber // *XCSO Board Chair*
- Todd Harris // *Chief of Competition*



Sanctioning



The Teams

- Each Team Captain please list your name + club in the Zoom chat





visit wildrock.net

LIKE NO OTHER
LAKEFIELD
COLLEGE SCHOOL



Lakefield



RUNDLE



XCSO Remarks

Bryan Dubeau – Technical Director



Event Health & Safety Protocols



- If ill and not improving, please stay home
- If improving or had symptoms in the last 10 days, wear a mask indoors or in crowds
- Wash hands regularly, use sanitizer & practice respiratory etiquette
- Local & Provincial health guidelines may change unexpectedly
- For medical assistance contact a volunteer or Canadian Ski Patrol
- If an immediate emergency response is necessary, also call 9-1-1



Event Health & Safety Protocols cont'd



- Everyone has the right to a safe and inclusive environment, free from maltreatment
- If experiencing or suspecting any of abuse, discrimination, violence or other forms of maltreatment, contact:
 - Canadian Sport Helpline <info@abuse-free-sport.ca> 1-888-83SPORT, or
 - Onsite SafeSport officer, Adam Ross <aross@lcs.on.ca>
- For emergencies, call 9-1-1



Weather



- <https://www.yr.no/en/forecast/daily-table/2-6048370/Canada/Ontario/Peterborough%20County/Lakefield>
- CCR 315.9 With air temperatures below -20°C (measured at the coldest point on the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition.
- For U14 age groups and younger, with air temperatures below -15°C (measured at the coldest point on the course and without wind factor), the Jury must postpone or cancel the competition. In that situation, U14 skiers will not be authorized to race up in the U16 categories.
- Based on the latest forecast we may need to delay starts



Important Difference from Previous LCS Cups



- Unlike previous years, the school is in-session
- This requires that our event and the school program cooperate to ensure the success of both
- Venues like the Gym & Ice Pad are open to LCS students
- Parking & roadways will be used by LCS Students, Staff and our teams
- Students will be walking around
- There is also on-going construction restricting road access in the middle of campus



Schedule

Saturday 20 January

- 6h–21h — Wax Area open
- 8h–17h — Race Office open
 - 8h30 Bib pickup
- 8h–9h20 — Course open for warm-up
- 9h30 — Individual Sprint Free Technique races
- 10h40 — Sitting Para Individual Sprint race
- 11h30–15h — Team Sprint Free Technique races
- 15h–17h — Sunday Classic Course open for pre-ski[†]
- 17h — Team Captains' Meeting #2

Podium Presentations (approximate start times)

- 11h Individual Sprint Awards
- 17h Team Sprint Awards

[†] most of the classic course will be open throughout the day

Sunday 21 January

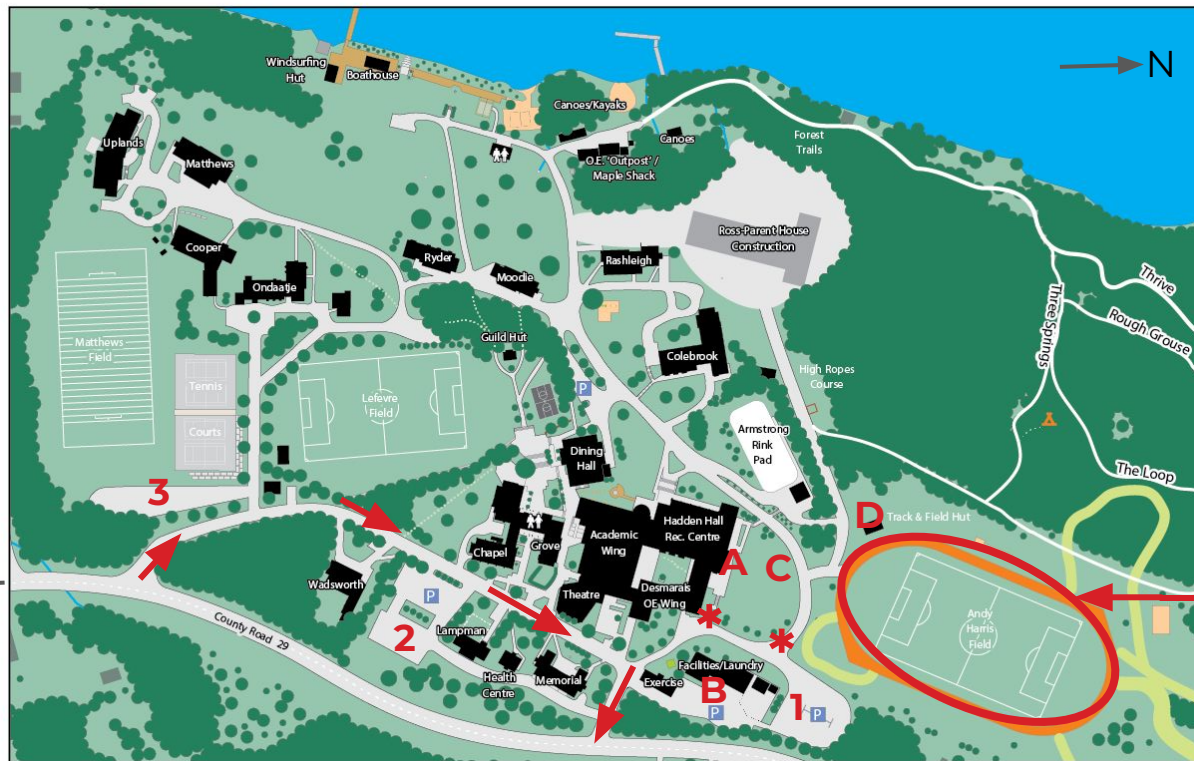
- 6h–18h — Wax Area open
- 7h–17h — Race Office open
 - 7h30 Bib pickup
- 7h30–8h50 — Course open for warm-up
- 9h–14h — Interval Start Classic Technique races

Podium Presentations (approximate start times)

- 10h15 Para // Open Awards
- 11h40 U18 Awards
- 13h U16 // U14 Awards
- 13h40 U12 // U10 Awards



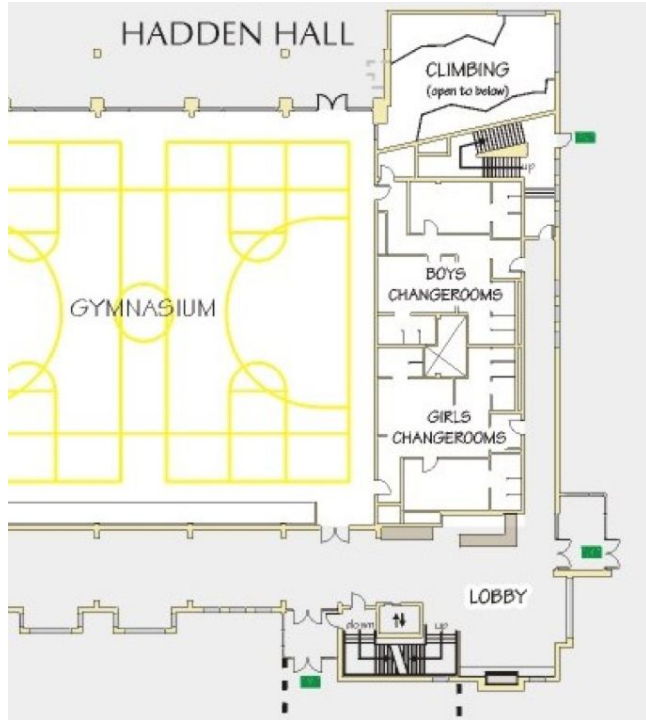
Site Map



- Enter at South drive
- Exit at North drive
- Watch for 2-way traffic due to construction
- Park in designated areas only
- Do not drive around campus
- Do not park on roads
- Do not park in driveways
- Do not block bus access to Lot 1
- Designated Parking Areas [1,2,3]
- Indoor space & Race Office [A]
- Wax Areas [Indoors B & Outdoors C]
- Canadian Ski Patrol [D]
- Stadium Area
- Walking entrances [*]



Indoor Map



To the stadium



Food Truck



- Lobby
- Washrooms with change rooms
- Race Office
- Gym & other spaces are closed



Individual Sprint Races



- Open through U10 then Sitting Para athletes
 - Start list seeded by Sprint CPL with highest points first
 - Starts will be quick with 15s Intervals
 - Late starters must respect directions from the starter
 - Track can be called and must be respected on first demand
 - The Individual Sprint race is not a qualifier for the Team Sprint race
 - OCup medals & CPL points will be awarded for the Individual Sprint race but not for the Team Sprint races
-
- Cold sprints lead to more frostbite than cold distance races



Team Sprint Races



- Start list seeded by total CPL with highest points first
- Partners must alternate laps
- Competitors must follow CCR 343.10.2
 - rules for passing in competitions that are not Interval Starts
- CCR 343.14.1 Overlapping rule will not be applied
- Partner Exchanges
 - Departing partners enter the Exchange Zone only when arriving partner is in sight
 - Both partners are encouraged to be moving
 - Obstruction must be avoided throughout the race including the Exchange Zone
 - Exchanges require a tag of hand to body (Para athletes excepted)
 - Exchange tagging must occur in the Exchange Zone
 - Exchanges cannot involve any pushing
 - A minimum 15s time penalty can be given for Exchange infractions



Saturday Races

FREE TECHNIQUE

Individual Sprints — 9h30

- 800m U10+

CLASSIC TECHNIQUE (2.5k signs)

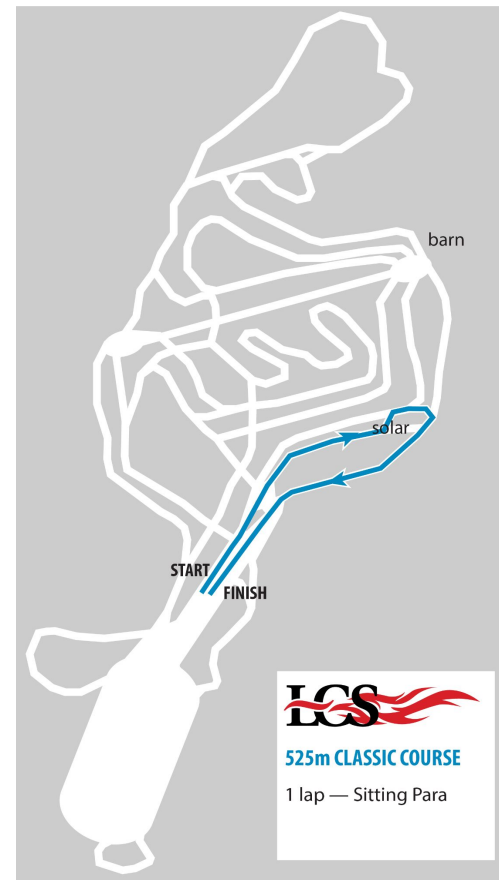
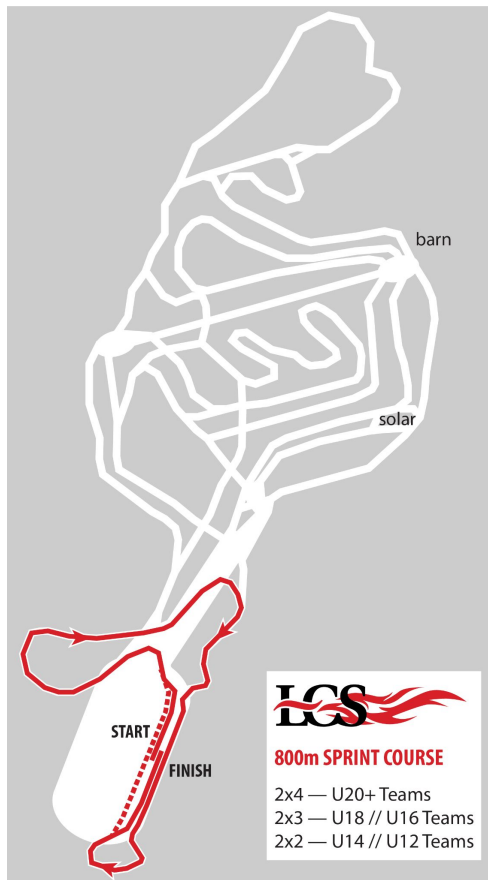
Individual Sprints — 10h40

- 525m Sitting Para

FREE TECHNIQUE

Team Sprints — 11h30

- 2x4x800m U20+
- 2x3x800m U18 // U16
- 2x2x800m U14 // U12



Interval Start Distance Races



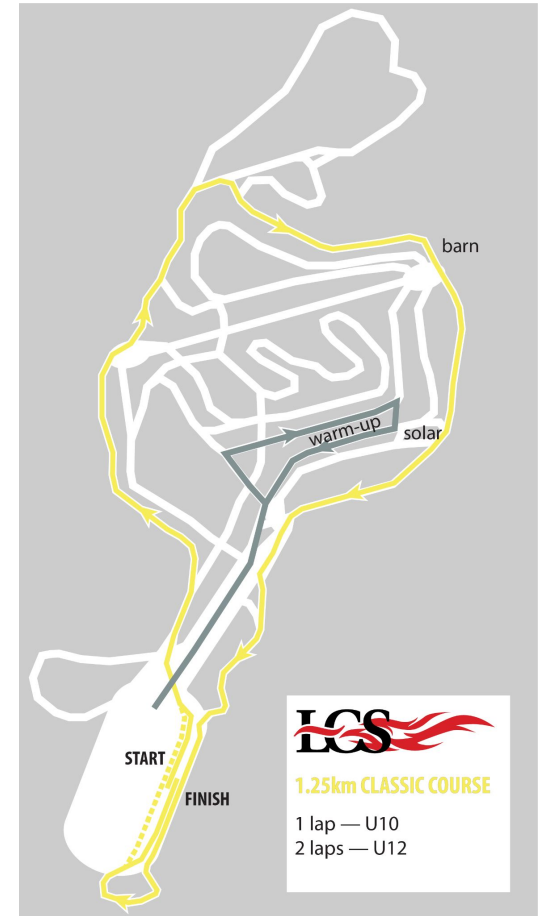
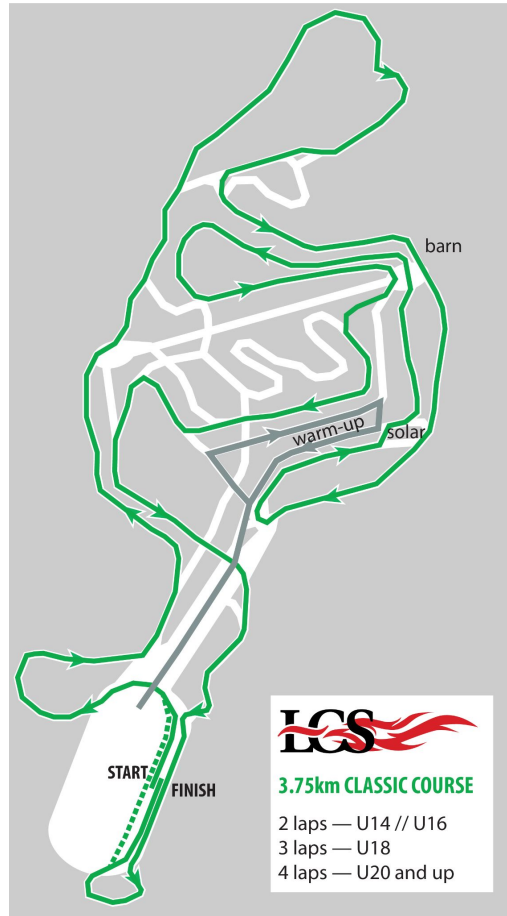
- Start list seeded by Distance CPL with highest points last
- Starts will be 30s Intervals
- Late starters must respect directions from the starter
- Open will start first and Sitting Para will start last
- Standing Para athletes & guides will start after U16 // U14 and race concurrently with the U16 // U14 athletes
 - please prepare athletes to be aware & courteous
- Track can be called and must be respected on first demand
- OCup medals & CPL points will be awarded for the Interval Start Distance Races



Sunday Races

CLASSIC TECHNIQUE
interval starts — 9h

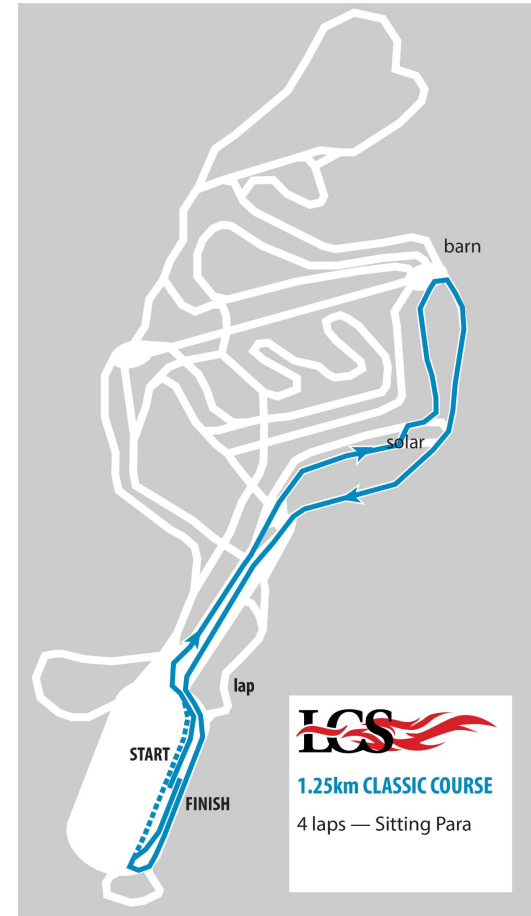
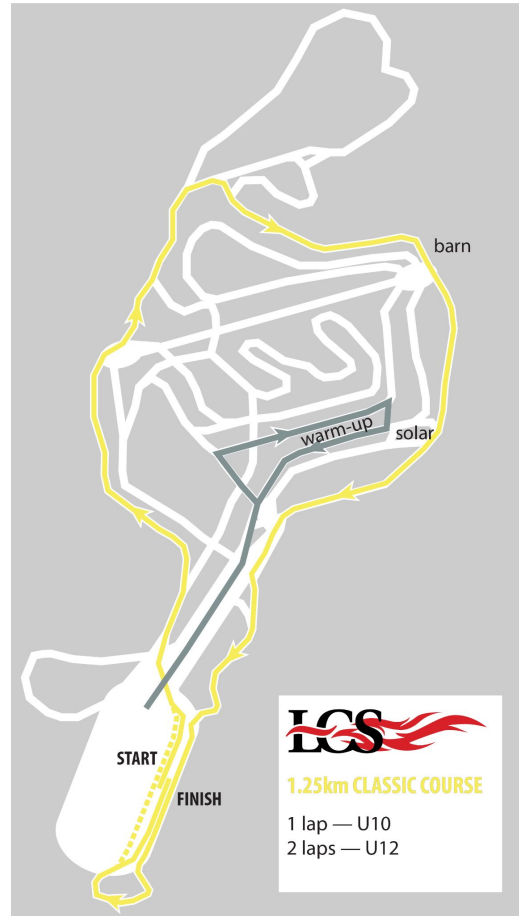
- 15k U20+
- 11.25k U18
- 7.5k U16 // U14 // Standing Para
- 2.5k U12
- 1.25k U10
- 5k Sitting Para



Sunday Races

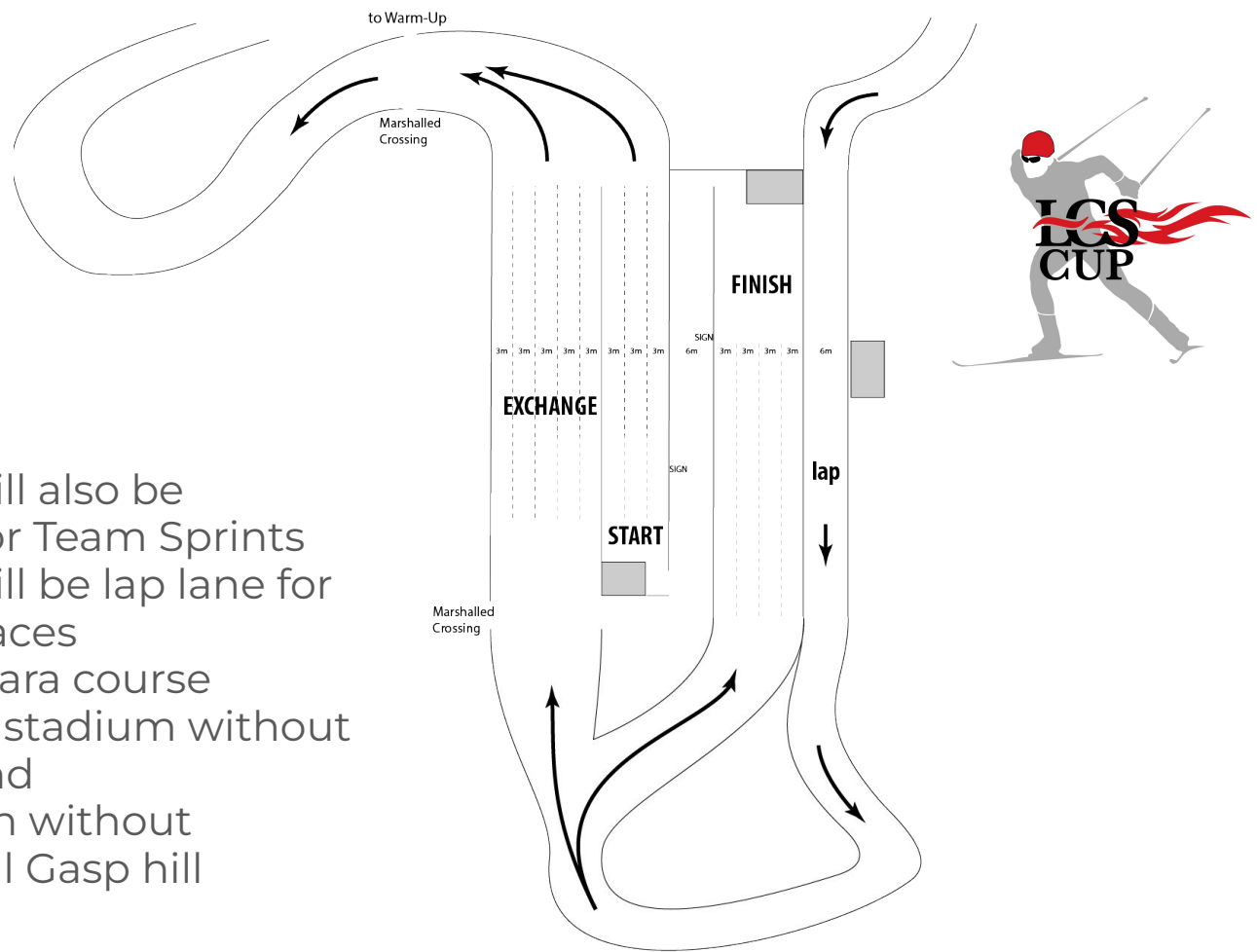
CLASSIC TECHNIQUE
interval starts — 9h

- 15k U20+
- 11.25k U18
- 7.5k U16 // U14 // Standing Para
- 2.5k U12
- 1.25k U10
- 5k Sitting Para



Stadium

- Exchange Zone will also be Arrow Start grid for Team Sprints
- Exchange Zone will be lap lane for Classic Distance races
- Sunday's Sitting Para course
 - enters & exits stadium without the curves, and
 - loops to Finish without climbing Final Gasp hill



Grooming Notes

- Track for Sunday was set Thursday night
 - for course preview & wax testing on Friday & Saturday
 - for the Sitting Para Sprint on Saturday
 - Please do not damage trackset on Friday or Saturday
- Track for Sunday will be reset after Saturday's racing



Warm-up & Wax Testing



Skiing Courses

- All race courses & warm-up require unidirectional skiing at all times
- Athlete & coach bibs are required on course Saturday & Sunday
- Courses are closed to non-competitors once racing begins

Once races have begun

- Ski recommended warm-up loops (in the indicated direction)
- Be careful when crossing race courses
- Trails not part of race courses are also open for skiing



Bibs & Chips

- No one starts without a Race Bib and Chip
- Bibs are picked up from the Race Office by coaches
- Chips are picked up in the Start Zone
- Bibs & Chips are to be returned in the Finish Zone
- New bibs will be issued for the Team Sprint
- \$100 charge for a lost bib or chip
- Please return bib bags each day to the race office



CCR 343.10 Passing of Other Competitors



Process of passing during Interval Starts

1. Competitors who are being passed must give way on first demand.
This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his/her skiing movements.
In Canada, this also applies to lapped skiers in Mass start competitions

Process of passing during other competitions

1. Competitors in front have the right to choose their best line.
2. Competitors in front shall not obstruct competitors coming from behind.
3. Competitors intending to pass shall do so without obstructing the competitor being passed.
4. When competitors are alongside, they have mutual duties not to obstruct each other's movements.
5. A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed.



CCR 310.2.2 Classical Technique



1. Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone or half herringbone without a gliding phase and turning techniques.
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.
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.
4. Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.
5. Single or double-skating is not allowed.

NOTE:

Sections where turning techniques are allowed will be marked with Orange Traffic Cones



Final Thoughts



- Park only in designated areas
 - Please don't park on roads or in driveways
- All vehicles are to remain above the stadium & on the main drive
 - Please no driving around campus
- [Food Truck](#) on-site Saturday 11h selling grilled cheese & poutine
- Change rooms & showers are available
 - Athletes will need to provide their own towels & toiletries
- Staff & Students live on the LCS campus & the school is open
 - Please respect their space
 - Please visit only the spaces designated for OCup use
- Lost & Found will be in the race office



General Competition Reminders



- All fluorinated products are prohibited on skis, including fluorinated grip waxes
- Protest period ends 15 min after the notification of unofficial results availability is sent to the WhatsApp group
- If a sit skier has fallen on course, they need to ask a Course Marshall for assistance before an official can assist them back up
- We will have Course Marshalls at key hills where sit skiers may require backstopping
- Athletes will have access to warm fluids and snacks in the finish zone
- Washrooms are indoors + 2 Porta-potties next to the stadium
- Canadian Ski Patrol will be on-site next to the stadium



TD Remarks

- Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone or half herringbone without a gliding phase and turning techniques.



Thank You!

We are very appreciative that you all made the effort to join us despite the uncertain snow 1 week ago.

Thank you, and we look forward to a great weekend of OCup racing.

