



Chelsea Super Sprint Jeunesse **Sunday, January 28, 2018 – Race Notice**

Club de Ski Chelsea Nordiq Ski Club is proud to invite you to the 5th annual edition of the **Chelsea Super Sprint Jeunesse**. This year promises to be truly exciting for all young athletes. In addition, we will also be offering an open female and male category for those that are 18+. As with every year, the course will be full of challenging obstacles, punctuated with bumps, jumps, twists, and crazy turns. The event will again be situated on the Jackrabbit course at the Meredith Centre in Chelsea.

Hosted By: Chelsea Nordiq Ski Club (www.chelseanordiq.ca)

Event Location: Meredith Centre, 23 chemin Cecil in Chelsea, Quebec

Parking: Meredith Centre soccer parking lot
Chelsea Elementary parking lot

Race Official Schedule: *The organizing committee reserves the right to change the schedule

Time	Activity	Time allowed
8:00	Race kit pick up	60m
8:30	Warm-up	30m
9:00	Qualification Round	75m
10:15	Break	30m
10:45	Round 1 Heats	60m
11:45	Break	30m
12:15	Round 2 Heats	60m
1:15	Break	30m
1:45	3rd round heats	60m
2:45	Break	30m
3:15	Awards, Food	30m
3:45	End of Event	



Contact Information : sprint-coord@chelseanordiq.ca

Website: <http://www.chelseanordiq.ca/event/chelsea-super-sprint-jeunesse/>

Volunteer website: http://chelseanordiq.ivolunteer.com/sprint_2018

Registration: Registration will **ONLY** be accepted on-line through the Zone 4 website between December 21, 2017 until January 24, 2018 (11:59 p.m.) at the following address:
<https://zone4.ca/register.asp?id=16995&lan=1&cartlevel=1>.

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

Race entry fee: includes participation in the Chelsea Super Sprint Jeunesse and draw prizes. Chili, fruit, granola bars, yogurt, cheese, hot chocolate, juice, and water with also be offered to all the participating athletes.

Licenses: All competitors will require a valid 2017-2018 Ski de Fond Quebec or a valid 2017-2018 Cross Country Ontario license. If a competitor does not have a valid license, they will be required to purchase a Ski de Fond Quebec day license. These day licenses can be purchased through Zone 4.

Waiver: All competitors must complete and sign a waiver form. The waiver is part of the registration package provided on Zone 4.

Race Kit Package: Can be picked up on January 28th starting at 8 am at the Meredith Centre.

Awards: Presented to the top 3 female and male athletes for each year of birth between the ages of 8-17 and to the top 3 females and males 18+.

Age: The event is open to skiers age 8+ as of December 31, 2017



Seeding: Seeding for qualifier will be random within age category.

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. Final category results will be done based on the final ranking after the third heat. See below for a visual example.

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.

Every skier will have a qualifying round and a minimum of three heats; there will be no elimination.

Course Length: app. 750m

Waxing Protocol: The intent will be for the clubs and coaches to use only LF (low fluoro) gliders or non fluoro glide waxes. This is a self-governed request by the coaches/athletes and the responsibility will be on the coaches/athletes to adhere to the requested recommendations. There will be no indoor waxing facilities.



In support and collaboration with:
