

uscancup

Presented by

ROUGE ET OR XC racing team

When: November 27-28, 2010

Organized by: Rouge et Or Cross Country ski team

Sanctioned: YES

Venue : Forêt Montmorency

Information:

Marie Gilbert

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Website : <http://www.uscancup.com>

Eligibility

A license will be required as this is a sanctioned event

Registration

Online registrations at Zone4.ca

OR

You can register at **Performance Begin**

3695, de l'Hétrière

St-Augustin-de-Desmaures, Quebec

A special promotion will be available at Performance Begin. Not only you will save the administrative fee, but you will also receive a 15.00 dollars coupon to buy any item in the store with your registration.

No registration possible after Tuesday, November 23, after 6 pm

Registration fee

Registration fee is \$25 per race

This price includes trail access.

Map of the courses... Coming soon

Team captains meetings

Friday November 26, 7 p.m.

Classroom of main building – Forêt Montmorency

Bibs pick up

Saturday, November 27, from 8 a.m. to 9:30 a.m.

Sunday November 28, from 8 a.m. to 9:30 a.m.

Award Ceremony and trophies

Will be presented 1 hour after the end of the last race of the day.

A ranking by best University for the combined of both races will be awarded at the end of the USCANCUP

Medals will be awarded to the three best competitors (male and female) for the University class each day

Trophy will be awarded to the top 3 best universities as well.

The trophy for the best University will be awarded to the University that would have accumulated the least points. The top 3 male and female from the Saturday and Sunday race will be added up and the University with the least points will win.

Exemple :

Laval : 1st POS + 5th POS + 10th POS = 16 points (2^e)

Vermont : 2nd POS + 3rd POS + 4th POS = 9 points (1^{er})

Montréal : 6th POS + 7th POS + 8th POS = 21 points (3^e)

Each University have to have 3 male and 3 female per team in order to compete as a University for the USCANCUP title. In the eventuality that a University cannot qualify; each member of the team will still be able to compete at the university level for individual medals each day

All University athlete have to register as University competitor only

Medals will be awarded each day for the top 3 athletes(male/female) for the University class as well as Juvenile, Junior, senior and Master

Category

Category	Year of Birth
University Hommes-Men/Femmes-Women	coureur universitaire uniquement/university racer only
Juvenile Garçons-Boys	1995-1996
Juvenile Filles-Girls	1995-1997
Junior Hommes-Men	1991-1994
Junior Femmes-Women	1991-1995
Senior Hommes-Men/Femmes-Women	1980 -1990
Master Hommes-Men/Femmes-Women	avant et jusqu'à 1979 and before

Format and schedule

Saturday November 27th 2010

Classic with a mass start

First Start 10 am

Male – 10 km (university, seniors, juniors, masters et juvenile)

Female –5 km (university, seniors, juniors, masters et juveniles)

*A unique start will take place specifically for the university class

Sunday November 28th 2010

Skate individual; start

First start 10.am

Male – 10 km (university, seniors, juniors, masters Juveniles)

Female 5km (university senior, Juniors, Masters, Juveniles)

If there is not enough natural snow in order to do the 5km course, the USCANCUP will become a sprint race on a 1km loop on artificial snow weather permitting

Same format : classic on Saturday and skate on Sunday

Men Sprint 1 km (university seniors, juniors, masters ,juveniles)

Female sprint 1km (university,seniors, juniors, masters juveniles)

Final format will be decided on Wednesday November 24th

Cancellation Notice

November 24th

Wax room

Available on site. Racers have to bring their own wax.

Only waxing teams will be allowed in this area. Teams are required to bring their own wax benches and extension cords.

First aid

First aid will be offered by the Canadian Ski Patrol (CSPS).

Services available

Wax room

Cafeteria of the main building: lunch hours will be extended for the convenience of participants: from 7:30 a.m. to 9:00 a.m. and from 11:30 a.m. to 1:30 p.m. Meals are \$8.34 for breakfast and \$13.14 for lunch and dinner.

Lodging: See our Lodging Icon on the website