



COMPÉTITION INVITATION  
FIS JUNIOR  
INVITATIONAL RACE

Plaines d'Abraham, Ville de Québec  
Plains of Abraham, Québec City

23  
MARS / MARCH  
2019



## RACE NOTICE



Skibec

CLUB NORDIQUE  
MSA

gestev

QUÉBEC  
WINTER EVENTS  
CORPORATION



Dear athletes, coaches, parents, and volunteers:

We are pleased to welcome you to Quebec City for the “Rising Stars” FIS Junior Invitational Race which will take place as part of the FIS Cross Country World Cup Finals.

Your next-generation athletes will have the chance to participate in this unique event alongside World Cup athletes such as Canada’s Alex Harvey, Olympic Gold medalist Jessie Diggins, and numerous elite European skiers.

This event is organized in collaboration with the World Cup organizing committee (Quebec Winter Events Corporation and event organizer Gestev), officials and volunteers from the Mont-Sainte-Anne and Skibec nordic ski clubs, as well as other volunteers involved in the World Cup Finals.

Once again, welcome to beautiful Quebec City and *Bonnes compétitions* !

Pierrot Bernier, President, Corporation des courses de ski de fond de Quebec  
Martial Derome, President, Quebec Winter Events Corporation  
Patrick Blais, President, Skibec Nordique  
Pierre Boutet, President, Club Nordique Mont-Sainte-Anne

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## GENERAL INFORMATION

### RACE

- Name: “Rising Stars” FIS Junior Invitational
- Race format: 10 km, mass start, Classic style
- Location: Plains of Abraham, Quebec City (FIS Cross Country World Cup Finals venue)
- Date: Saturday, March 23, 2019 (12:45 PM Women; 1:30 PM Men. Exact start times to be confirmed at team coaches meeting)
- Race organizer: Corporation des courses de Ski de fond de Quebec in collaboration with Quebec Winter Events Corporation and GesteV Inc.

### SANCTIONING BODIES

- Fédération internationale de ski (FIS)
- Cross Country Canada (CCC)

### APPLICABLE RULES

- International Ski Competition Rules (ICR) - 2018 (May 2018)
- FIS ICR – CCR (Canadian Competition Rules) - October 2018

### ELIGIBILITY AND LICENSES

- All skiers must have a valid FIS license.
- Year of birth: 1999 -2003 (ICR 341.1.3)
- All Quebec skiers must hold an SFQ annual license.

### SEEDING

- CPL distance points will be used to assign start positions.

### TRAINING SESSIONS

- Official training: Saturday, March 23, 2019, 7:30 – 9:00 AM. Please note that FIS World Cup athletes will also participate in this official training session. **Therefore, course access for coaches may be limited by the FIS World Cup Jury based on course and weather conditions.**
- Other training sessions:
  - Thursday, March 21 - 10:30-12:00 AM. One lane of Classic style.
  - Friday: The race course may be accessible late afternoon after the WC sprints, subject to the Jury’s decision, which will be communicated Thursday after the World Cup team coaches meeting.
  - Please note that athletes can also use other sections of the Plains of Abraham trail network that are open to the public (no trail access fees).

### Rising Stars TEAM COACHES MEETING

- Friday, March 22, 6:00 PM, Hilton hotel

## REGISTRATION

- Registration will open on [www.zone4.com](http://www.zone4.com) at 7:00 AM on Tuesday, January 15, 2019.
- Registration fee is \$51.74 (\$45 + applicable taxes) before midnight on Sunday, March 3.
- Fee for late entries (after March 3) is \$63.24 (\$55 plus applicable taxes).
- Registration will close at 7:00 PM on March 20.
- Coaches must register on Zone 4 and purchase a coach bib (Fee: \$5 + taxes).
- “Rising Stars” bibs are mandatory for coaches to access specific areas of the race venue.
- All athletes affiliated with a Quebec club must pay a \$5 race fee (payable to Ski de fond Quebec on [www.Zone4.com](http://www.Zone4.com)).
- In the event of race cancellation, any refunds will be made at the sole discretion of the organizing committee.
- There is no fee to access the race venue for athletes, coaches, and spectators.

## BIB DISTRIBUTION

- Bibs will be available Thursday morning at the race secretary’s office, starting at 7:00 AM for those who plan to attend the training session in the afternoon.
- Bibs will be distributed at Friday’s coaches meeting and also on Saturday morning at 7:00 AM for late arrivals.

## PRIZES

- Prizes for the Top 5 racers for each gender will be awarded no later than 15 minutes after the end of the race, based on unofficial results.

## ORGANIZING COMMITTEE

Role	Name
Event Coordinator	Michel Lamontagne
Chief of Competition	Pierrot Bernier
Chief of Course	Daniel Bellerose
Chief of Stadium	Daniel Deschênes
Chief of Controllers	René Pomerleau
Race Secretary	Renée Thibeault
Chief of Timing	Michael Drotleff (Swiss Timing)

## JURY

Role	Name
Technical Delegate	Shawn Sinclair
Assistant Technical Delegate	Claude Laramée
Director of Events – CCC	Dave Dyer
Chief of Competition	Pierrot Bernier

## CONTACT INFORMATION

- Michel Lamontagne, Event Coordinator, [Y.stars.qc@gmail.com](mailto:Y.stars.qc@gmail.com) (418) 563-2432

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## INFRASTRUCTURE AND SERVICES

### WAXING

- **Important:** Waxing facilities will be limited since World Cup teams will each have individual wax trailers and there is limited space at the race venue to install additional wax trailers.
- For teams with waxing trucks, there are two public pay-parking lots close to the race venue (see “Venue Map”) available for use. Teams are responsible for securing a space at these locations and for paying the applicable parking fees.
- For teams without waxing trucks, there will be one or two large (52 ft. x 12 ft.), heated and ventilated trailers. Each trailer will be shared by approximately 6 teams. **Teams wishing to use a wax trailer must pay a fee of \$195 to confirm their reservation by Sunday, March 3.** This fee will go to the World Cup organization, which is responsible for renting and installing these trailers.
- Teams that plan to use these facilities must notify us in advance by emailing [y.stars.qc@gmail.com](mailto:y.stars.qc@gmail.com). Payment will be processed on [www.zone4.com](http://www.zone4.com)

### LODGING

- There is a vast array of lodging available in Quebec City within a 15-minute drive of the race venue. **Some hotels are within walking distance of the race venue.**

### ATHLETE SERVICES

- On race day only (Saturday), a large tent close to the start area will be made available to racers and their coaches. Bibs will be mandatory to access this facility as it will be shared with World Cup athletes.

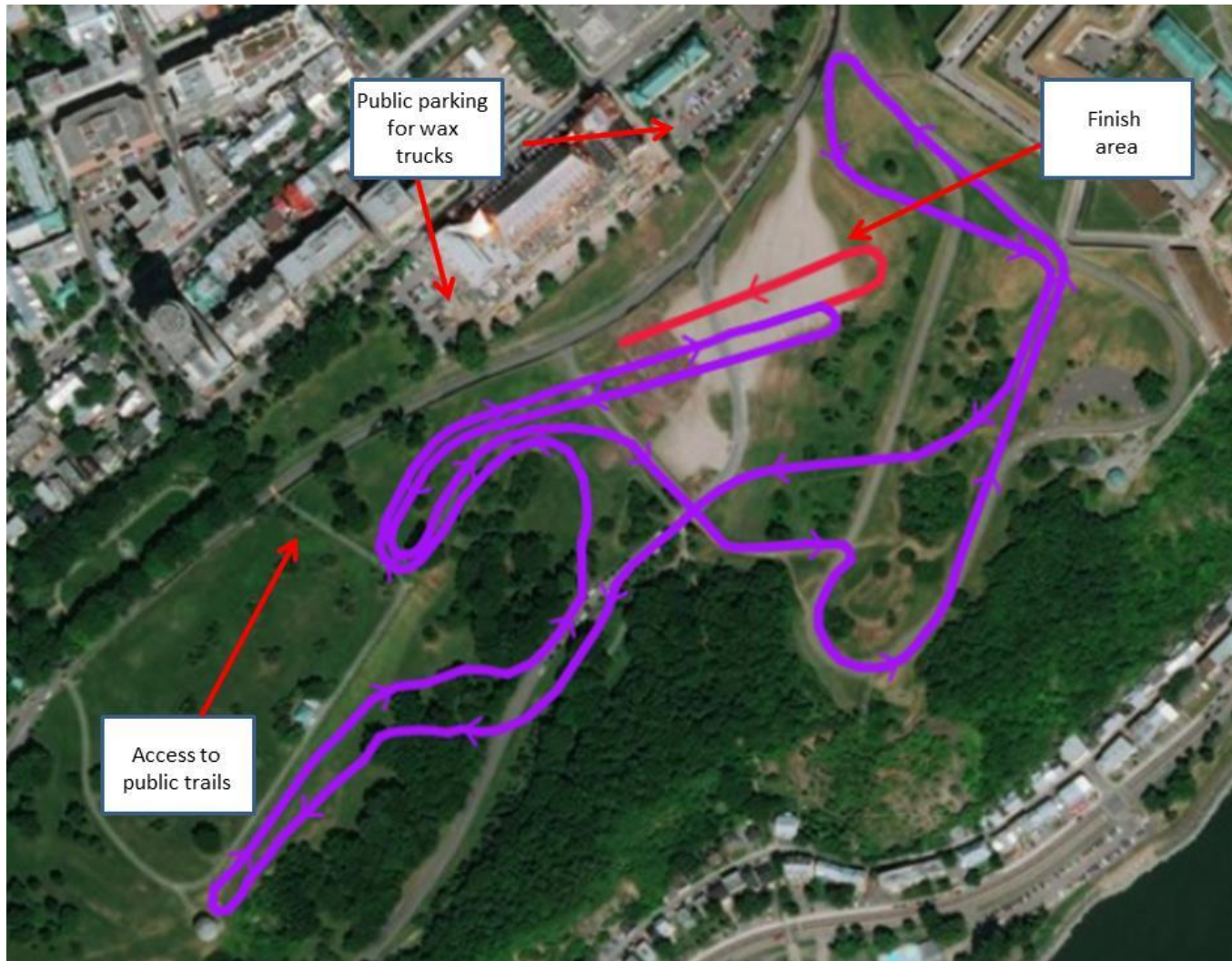
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## “RISING STARS” RACE SCHEDULE – PRELIMINARY

<b>Thursday, March 21</b>	10:30 to 12:00 AM	WC/"Rising Stars" - Official training (One lane of Classic style will be available)
<b>Friday, March 22</b>	8:30 to 9:30 AM 10:50 to 12:00 AM 1:20 to 2:50 PM 5:00 to 6:00 PM 6:00 to 6:30 PM	WC Sprint - Official training WC Sprint - Free technique - Qualifications, Women and Men WC Sprint - Free technique - Finals, Women and Men WC TC Meeting "Rising Stars" TC Meeting
<b>Saturday, March 23</b>	7:30 to 9:00 AM 9:15 to 9:50 AM 11:00 to 11:50 AM 12:45 to 1:30 PM 1:30 to 2:15 PM 2:30 to 2:45 PM	WC/"Rising Stars": Official training WC 10 km - Mass start, Classic technique Women WC 15 km - Mass start, Classic technique Men "Rising Stars" - 10 km - Mass Start, Classic technique Women "Rising Stars" - 10 km - Mass Start, Classic technique Men "Rising Stars" Awards Ceremony

This schedule is subject to change if there are any changes to the FIS World Cup schedule.

## WORLD CUP VENUE

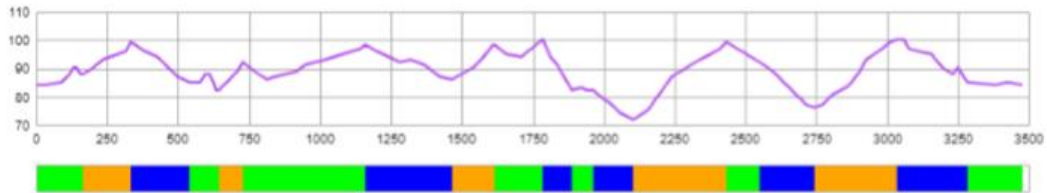


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## COURSE

(1) Registration number: WC18/89.03/3.3  
(2) Name of the competition site: Plaines d'Abraham  
(3) Name of city/region: Quebec City  
(4) Organizer: GesteV  
(5) National ski association: Canadian Ski and Snowboard Assoc. CSSA  
(6) Contact person in the organizing committee: Serge Veuthey  
(7) Homologation inspector: Al Maddox  
(8) Name of course: 3.3 km  
(9) Competition level for course: WC

Course length:	3,476m	Height difference (HD):	28m	Lowest point:	72m
Course category:	D	Maximum climb (MC):	27m	Highest point:	100m
		Total climb (TC):	116m		



A-climb B-climb C-climb descent undulated terrain

