

Nordiq Canada COC @ Sovereign Lake

Race Weekend Plan DEC 5-8th 2024

Links

Athlete & Coach Registration: [2024 - Nordiq Cup \(COC\) - Sovereign - Dec 6 - 8 | Zone4.ca](#)
 Event notice: [2024NordiqCup-RaceNotice_241109A.pdf - Google Drive](#)

Week layout including official and unofficial training:

2024 Nordiq Cup (COC) – Sovereign Lake Nordic Club

DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
Mon, Dec 2 nd	6:00 pm	Final deadline for registration <i>Coaches, please check confirmation list</i>		Any problems with registration, please email race@sovereignlake.com	
Thurs, Dec 5 th	1:00 pm – 3:00 pm	Race Office Open		Race Office – Brown log cabin behind green technical building	
	12:01 pm – 3:00 pm	Official Training		Sovereign Trails	
	6:00 pm	Team Captains Meeting (For Dec 6 th)		ONLINE	
Fri, Dec 6 th	7:30 am – 9:00 am	Interval Start Bib Pickup		Race Office	
	09:00 am	Interval Start Free Open (U20 & Senior) Men – Combined Seeding	Senior – 2004 or before U23 – 2002, 2003 or 2004 CCUNC U20 – 2005 or 2006	Stadium	7.5km = 3 x 2.5km 2.5km Course Red
	~10:00 am	Interval Start Free Open (U20 & Senior) Women – Combined Seeding	Senior – 2004 or before U23 – 2002, 2003 or 2004 CCUNC U20 – 2005 or 2006	Stadium	7.5km = 3 x 2.5km 2.5km Course Red
	~11:00 – 11:30am	BREAK (VARIES BY LOCATION)			
	~11:30 am	Interval Start Free U16 & U18 Boys – Combined Seeding	U16 – born 2009 or 2010 U18 – born 2007 or 2008	Stadium	5km = 2 x 2.5km 2.5km Course Red
	~12:30 pm	Interval Start Free U16 & U18 Girls – Combined Seeding	U16 – born 2009 or 2010 U18 – born 2007 or 2008	Stadium	5km = 2 x 2.5km 2.5km Course Red
	6:00 pm	Team Captains Meeting (For Dec 7 th)		ONLINE	
Sat, Dec 7 th	7:00 am – 8:00 am	Bib Pickup – Sprint – Free Technique		Race Office	
	8:00 am – 8:45 am	Sprint Qualification – Free Technique Open (U20 & Senior) Women – Combined Seeding Open (U20 & Senior) Men – Combined Seeding	Senior – 2004 or before U23 – 2002, 2003 or 2004 CCUNC U20 – 2005 or 2006	Stadium	1.3km = 1 x 1.3km 1.3km Sprint Course Green
	9:00 am – 10:00 am	Sprint Qualification – Free Technique U16 & U18 Girls – Combined Seeding U16 & U18 Boys – Combined Seeding	U16 – born 2009 or 2010 U18 – born 2007 or 2008	Stadium	1.0km = 1 x 1.0km 1.3km Sprint Course * Green

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DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
	10:30 am – 11:45 pm	Heats & Finals – Free Technique Top 30 Women – U20 & Senior Women Top 30 Men – U20 & Senior Men		Stadium	1.3km = 1 x 1.3km 1.3km Sprint Course Green
	11:45 pm – 1:00 pm	Heats & Finals – Free Technique 31 to 60 Women – U20 Women only 31 to 60 Men – U20 Men only		Stadium	1.3km = 1 x 1.3km 1.3km Sprint Course Green
	1:00pm – 1:30 pm	BREAK			
	1:30 pm – 2:45 pm	Heats & Finals – Free Technique U18 Girls U18 Boys		Stadium	1.0km = 1 x 1.0km 1.3km Sprint Course * Green
	2:45 pm – 4:00 pm	Heats & Finals – Free Technique U16 Girls U16 Boys		Stadium	1.0km = 1 x 1.0km 1.3km Sprint Course * Green
	6:00 pm	Team Captains Meeting (For Dec 8 th)		ONLINE	* 1.0km course is a shorter version of the 1.3km course
Sun, Dec 8 th	7:30 am – 9:00 am	Mass Start Bib Pickup		Race Office	
	09:00 am	Mass Start Classic Open (U20 & Senior) Men – Combined Seeding	Senior – 2004 or before U23 – 2002, 2003 or 2004 CCUNC U20 – 2005 or 2006	Stadium	10km = 2 x 5.0km 5km Course Blue
	~09:45 am	Mass Start Classic Open (U20 & Senior) Women – Combined Seeding	Senior – 2004 or before U23 – 2002, 2003 or 2004 CCUNC U20 – 2005 or 2006	Stadium	10km = 2 x 5.0km 5km Course Blue
	~10:45 am	Mass Start Classic U16 & U18 Boys – Combined Seeding	U16 – born 2009 or 2010 U18 – born 2007 or 2008	Stadium	5km = 2 x 2.5km 2.5km Course Red
	~11:15 pm	Mass Start Classic U16 & U18 Girls – Combined Seeding	U16 – born 2009 or 2010 U18 – born 2007 or 2008	Stadium	5km = 2 x 2.5km 2.5km Course Red

Race Schedule

Tuesday, Dec 3

- Collect Skate skis at practice
 - They SHould be scraped clean, and naked with you name and category

Wednesday, Dec 4

- Thursday practices moved to Wednesday for those Racing friday

Thursday, Dec 5

- Emily takes Van and unpacked tents to get the best spot.
- Wax testing if needed.
- COC RACE MEETING
December 5th,6th,7th · 8:00 – 8:45pm
Video call link: <https://meet.google.com/zcp-kjtw-daw>

Friday, Dec6 - Interval Start- Free

- **9am first race starter U20**
- **1130am is first starter for U16/U18**
- Wax team set up wax tent, start Glide
- Pre-ski Saturday's race courses post race- SPRINT COURSE
- Bring warm-up skate skis (poles & boots) for pre-ski after sprint races
- Leave Skate race skis with wax team for next day's race
- COC RACE MEETING
December 5th,6th,7th · 8:00 – 8:45pm
Video call link: <https://meet.google.com/zcp-kjtw-daw>

Saturday, Dec 7 - Sprint- Free

- **8m is the first race starter u20/open**
- **9am is the first start for U16/U18**
- Arrive on site a minimum of 90 mins *before your category race start* if your skis were dropped off to the wax team the day(s) before
- Bring today's warm-up skis
- Bring Sunday's race skis for prep by wax team- CLASSIC
- COC RACE MEETING
December 5th,6th,7th · 8:00 – 8:45pm
Video call link: <https://meet.google.com/zcp-kjtw-daw>

Sunday, DEC 8 - MASS START- Classic

- **9am is the first race starter of U20**
- **1045am is first race starter for u16/u18 combined race seeding**
- Arrive on-site at 7 am or a minimum of 90 mins *before your category race start* if your skis were dropped off to the wax team the day(s) before
 - ▪ Skis ready 15 min before wave start

Courses maps

U16/U18- Interval Free AND Mass Classic course 2x2.5km =5km
[FIS Cross-Country Homologation Certificate #WC20/05.03/2.5](#)

U16/U18- sprint - Free 1x1.3k
[FIS Cross-Country Homologation Certificate #20/05.10/1.3](#)

U20- Interval Free 3x 2.5Km= 7.5km
[FIS Cross-Country Homologation Certificate #WC20/05.03/2.5](#)

U20- sprint - Free 1x1.3k
[FIS Cross-Country Homologation Certificate #20/05.10/1.3](#)

U20- MASS- CLassic - 10km 2x5km
[FIS Cross-Country Homologation Certificate #WC20/05.08/5.0](#)