



Club Skinouk is pleased to invite you to participate in its new mountain bike race which will take place in a brand new site for the mountain bike competition, the Nakkertok Cross-Country Ski Centre, since 2006 site of continental level competitions. Discover new mountain bike trails that are technically and physically demanding but are within reach of all levels of performance.

**Organization**

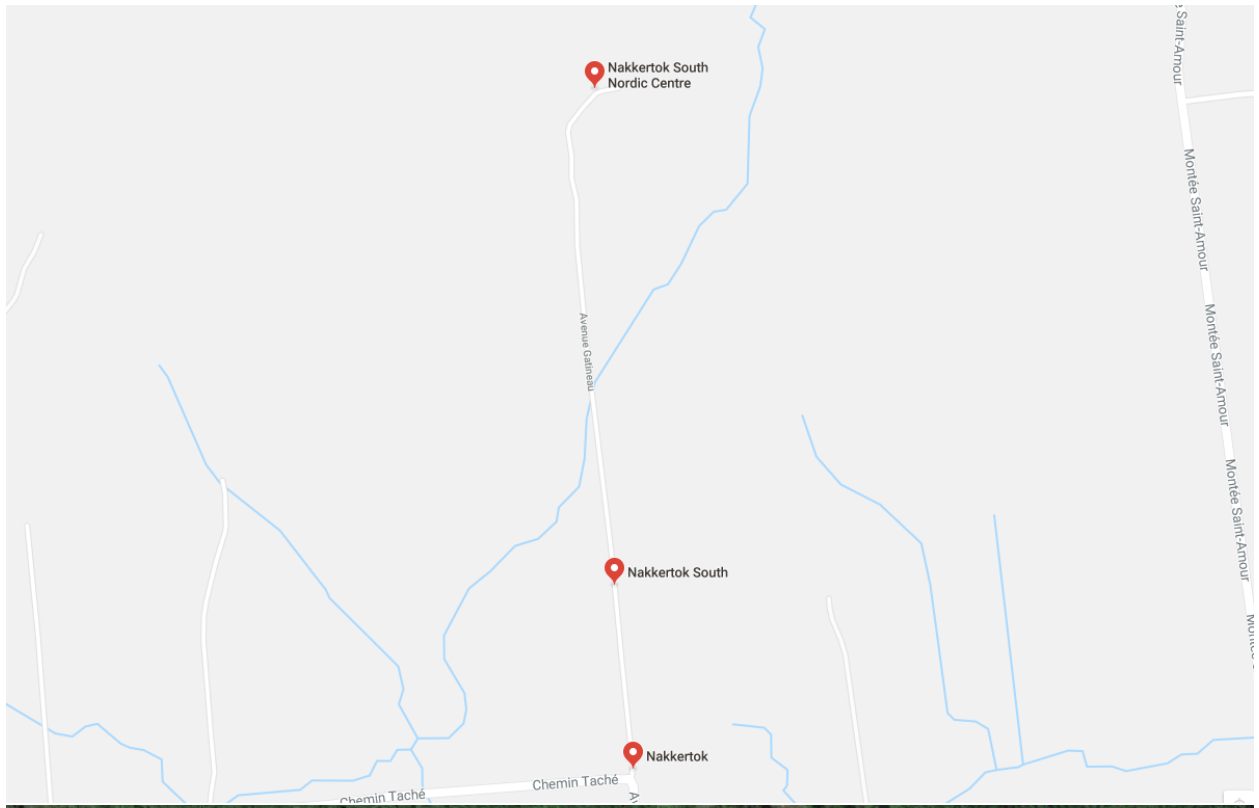
Club Skinouk

**Site**

Nakkertok Cross Country Ski Centre



<https://www.google.ca/maps/search/Nakkertok/@45.5285924,-75.7248174,1625m/data=!3m1!1e3?hl=fr>



**Date**

August 10, 2019

**Sanction**

Fédération québécoise des sports cyclistes (FQSC)

**Technical Document**

Guide des sports cyclistes VM FQSC (French only)

<https://fqsc.net/files/general/Pages/Guide-VM-2019.pdf>

**Stake**

Finale régionale des Jeux du Québec (qualification de la région de l'Outaouais)

**Race Format**

Cross Country (XCO)

**Race Committee**

Chief of Race: Pierre Millette

Chief of Officials: Caroline Laurin

Chief of Stadium: Jacques Montcalm

Chief of Course: Jacques Montcalm

Chief of Course Control and Security: Frédéric Forge

Chief of Timing: Richard Fortin

Race Secretary: Caroline Forest

Commissaire: Jean Larose

**Last-minute Information**

Check the website (<https://zone4.ca/event/CoupeSkinoukVDM2019/>) for last-minute information.

Confirmation and start lists and results will also be available.

**Information**

[evenements@skinouk.ca](mailto:evenements@skinouk.ca)

**Website**

<https://zone4.ca/event/CoupeSkinoukVDM2019/>

## Categories

Category	Gender	Age	Year of Birth	Race Time
Insect & Ladybug	Female	5-8	2011-2014	N/A
Insect & Ladybug[C1]	Male	5-8	2011-2014	N/A
U11 Atom	Female	9-10	2009-2010	0:15
U11 Atom	Male	9-10	2009-2010	0:15
U13 Pee Wee	Female	11-12	2007-2008	0:20
U13 Pee Wee	Male	11-12	2007-2008	0:20
U15 Minim	Female	13-14	2005-2006	0:25
U15 Minim	Male	13-14	2005-2006	0:25
Cadet	Female	15-16	2003-2004	0:45
Cadet	Male	15-16	2003-2004	0:45
Junior	Female	17-18	2001-2002	1:00
Junior	Male	17-18	2001-2002	1:00
Senior	Female	19-29	1990-2000	0:45
Senior	Male	19-29	1990-2000	1:00
Master	Female	30 and more	1989 and before	0:45
Master	Male	30 and more	1989 and before	1:00

## Eligibility

The competition is open to all on condition that you have an annual license of FQSC or get an event

license available when registering online. The holders of the annual license must present it at the time of the plate pick up. Riders who do not have an annual license or have not obtained a license event will have to do so when picking up the plate. Please note that the FQSC road license is acceptable. Ontario riders must take an event license in order to participate to the race.

## Cost of Event License

Categories	Cost
Insect Ladybug	\$3
U11 Atom U13 Pee-Wee U15 Minim U17 Cadet	\$5
Junior Senior Master	\$10

## Schedule (partial)

Time	Activity
7 :00-12 :30	Race Secretariat Opened
7 :30-8 :30	Training on the courses
8 :00-11 :30	Plates distribution and licenses checking
8 :30	Start of the races (full start times and order will be available on August 9,2019 at the latest)

## Registration

Only online registrations to <https://zone4.ca/register.asp?id=21450> will be accepted. No request for reimbursement will be considered. The registration deadline is Thursday, August 8, 2019, at 11:59 p.m.

Registration fees are payable when registering online. The registration fees are as follows:

Categories	Coût
Insect Ladybug	\$5
U11 Atom U13 Pee-Wee U15 Minim U17 Cadet	\$15
Junior Senior Master	\$20

The confirmation list will be posted as soon as the registration platform opens at . It is recommended to check the list so that there is no incongruity in which case you are requested to contact the organizers by August 9, 2019 at 6 p.m.

## Checking licenses and plates distribution

See schedule. At the secretariat.

Plates will be recuperated in the finish area.

## Awards

Awards will be awarded to the top three in each category 20 minutes after each event is completed.

**Courses**

Trails from the Nakkertok South system

<http://nakkertok.ca/wp-content/uploads/2018/12/Nakkertok-South-for-2018-19-December.pdf>

**Safety while on course**

Please follow the volunteers' instructions to ensure that the races are fair, safe and fun.

**Stadium**

The stadium will be set up near the main building.

Course and stadium maps will be available on the website by August 9, 2019.

**Weather Forecast**

[https://weather.gc.ca/city/pages/qc-59\\_metric\\_e.html](https://weather.gc.ca/city/pages/qc-59_metric_e.html)

**Timing**

Summit Systems and Zone 4

Results will be posted in [zone4.ca](http://zone4.ca) at the end of the race.

**Seeding**

Riders will be placed on the starting line on a first-come first-served basis.

The starting list will be posted in [zone4.ca](http://zone4.ca) on August 9, 2019 at 7 p.m. No change will be possible.

**Feeding**

An area will be put in place for riders' companions.

**Refreshments**

Water, energy drink and biscuits on arrival

**Notice Board**

A bulletin board will be located on the terrace of the main building.

**Rest area**

The main building will be open.

**First aids**

St. John's Ambulance

**Parking**

2 parking lots

Partners