

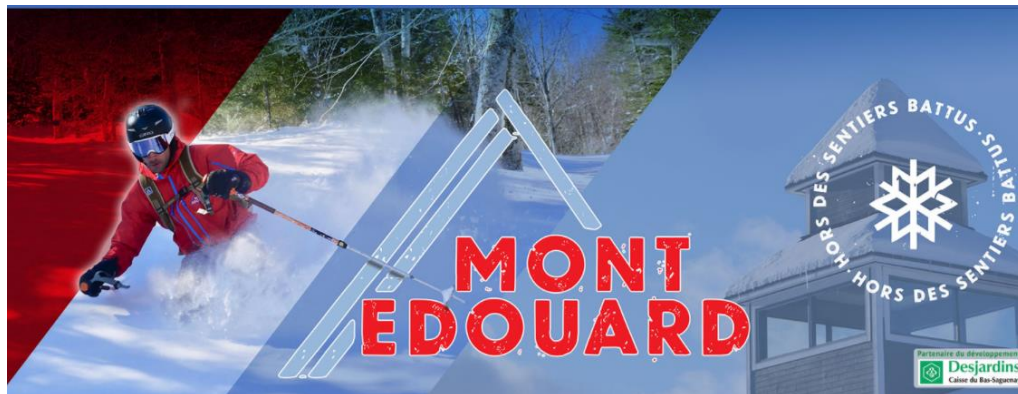


2019 National Alpine Championships at Mont-Edouard

Presented by the CRM of the Saguenay Fjord

March 22 to 28

Organized by



and



Race Notice

Schedule :	<p>Friday March 22 : Men and Women; 2 optional training runs Super G, run #4 Desjardins</p> <p>Saturday March 23 : Women, Super G ,Run #4 Desjardins</p> <p>Men, Alpine Combined, run #4 Desjardins and run #6</p> <p>Sunday March 24 : Women, Alpine Combined, run #4 Desjardins and run #6</p> <p>Men, Super G, run #4 Desjardins</p> <p>Monday March 25 : Women, GS run #4 Desjardins</p> <p>Men, SL run #6</p> <p>Tuesday March 26 : Women, GS run #4 Desjardins</p> <p>Men, SL run #6</p> <p>Wednesday March 27: Women, SL run #6</p> <p>Men, GS run #4</p> <p>Afternoon: Team Event, run #5</p> <p>Thursday March 28 : Women, SL run #6</p> <p>Men, GS run #4 Desjardins</p>
Location :	Mont-Édouard Station, Anse-Saint-Jean, Quebec, Canada
Organizations :	Mont-Édouard Station, Mont-Édouard Race Club & Ski Quebec Alpine (SQA).
Sanction:	FIS, ACA, SQA
Eligibility:	FIS & ACA Standards
Equipment :	All equipment must conform to FIS regulations. The racer is responsible for the equipment he/she uses. Equipment will be subject to inspection in the Start area. (FIS ART 222.1)

<p>Entry fees :</p>	<p>Prices are on a daily basis per racer including taxes and lift ticket. Payment can be made by team cheque payable to "Station Mont-Édouard", by phone or on site upon arrival with credit card. No personal cheques accepted.</p> <p>\$70 for the optional training day including dinner Wednesday evening. \$70 Slalom and Giant Slalom \$80 Super G \$85 Alpine Combined</p>
<p>Registration deadline :</p>	<p>For Quebec athletes, 2 weeks before first race day. Friday March 8 at 11 :59 PM EST.</p> <p>For Canadian athletes (exc. Quebec), 10 days prior to the first race day. Tuesday March 12 at 11 :59 PM EST.</p> <p>For International athletes, 48 hours prior to the first race day. Wednesday March 20 at 11 :59 EST (FIS 604.4.1).</p> <p>No refund for withdrawal after official dates except in case of injury.</p>
<p>Registration deadline for training:</p>	<p>Quebec, Canadian and international athletes must send an email no later than Monday March 18 to the race secretary Johanne Gaudreault (jo_gaudreault@hotmail.com)</p>
<p>Registration:</p>	<p>Quebec athletes must register on-line via the SQA web site http://www.ski-quebec.qc.ca, before the registration deadline.</p> <p>All other athletes (PTSOs and Nations) must register on a FIS official entry form and sent by email to:</p> <p>Ashlie Avoledo – Alpine Canada Alpin Tél: 1 (403) 777-3200 raceentries@alpinecanada.org</p>
<p>Payment for Registration fee:</p>	<p>For the training day, before 4 :00 PM EST Thursday March 21 at the race office of the Mont-Édouard Station.</p> <p>For all other races, before 4 :00 PM EST Friday March 22 at the race office of the Mont-Édouard Station.</p>
<p>Lift tickets :</p>	<p>Lift tickets are included in the registration fees for the racers.</p> <p>Lift tickets will be distributed every morning at the race office. Please send one representative per team or delegation to collect the tickets.</p> <p>Complimentary tickets will be offered to the trainers and technicians according to a minimum ratio of 2 tickets per team or delegation and 1 extra ticket for more than 5 registered racers.</p>

<p>Team Captains' Meeting</p>	<p>For the March 22 training day, the meeting will take place at 5 :00 PM at the office of the Mont-Édouard Race Club.</p> <p>For the race days, the Team Captains' meeting will be held the day before at 4 :00 PM at the office of the Mont-Édouard Race Club.</p> <p>A brief follow-up meeting will be held every morning around 7 :30 AM at the office of the race club to announce possible changes due to the weather, equipment breakdowns or any other event.</p> <p>Please send 2 representatives (MAXIMUM) per team or delegation to these meetings due to the size of the room.</p>
<p>Bibs:</p>	<p>A \$100 deposit is requested from each team or delegation upon registration. This deposit must be paid by team cheque or by credit card ONLY.</p> <p>No refund will be provided to the winning teams who won't show up at the medal ceremony.</p>
<p>Notice board:</p>	<p>On the outside wall of the race secretary's trailer.</p>
<p>Awards:</p>	<p>30 minutes after the last racer on the outside stage of the Pierre Lavoie Challenge.</p> <p>The medals of the Saturday & Wednesday events will awarded at a formal ceremony.</p>
<p>Accommodations:</p>	<p>Lodging is the racers' and coaches' responsibility.</p> <p>Please check the section "Lodging in Lower Saguenay" on the Mont-Édouard website or other search engines for accommodation options. It is strongly recommended to make reservations near the station and as early as possible.</p> <p>For any information please contact Marie-Ève Carrier at (418) 272-2927 or marie-eve.carrier@montedouard.com</p>
<p>Training :</p>	<p>One optional day of training is available on Friday March 22. Each racer will have the opportunity of making 2 runs on a marked course according to a schedule by bibs block.</p> <p>One slope will be available for training on racing days.</p> <p>Details will be provided at the Team Captains' meetings.</p> <p>Additional training runs are available the days before.</p> <p>For training inquiries please connect with Gilles Arsenault (gilles.arsenault@montedouard.com)</p>



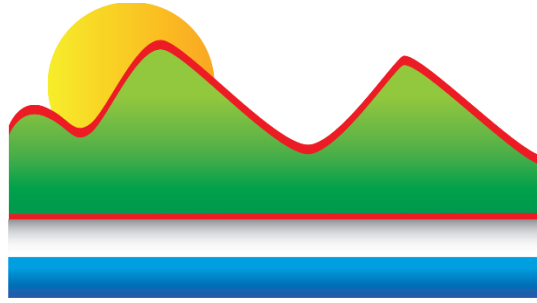
ROC:	Chair of ROC : Martin Gobeil (martin.gobeil7187@gmail.com) (418-590-8935) Technical Director (men) : Carl Guenzel USA (carlg@kiemlehagood.com) Technical Director (women) : Kim Bownes USA (kbownes@plymouth.edu) Chief of race : Simon Dufour (simondufour9@hotmail.com) Chief of race : Stephane Tremblay (Joanstef@videotron.ca) Chief of course : Charles Gobeil (gobeil_charles@hotmail.com) Race secretary : Johanne Gaudreault (jo_gaudreault@hotmail.com) Ski Québec Alpin : Paul St-Hilaire (sqa@skiquebec.ca) Alpine Canada Alpin : Ashlie Avoledo (aavoledo@alpinecanada.org)
Liability:	The Mont-Édouard Station, the Mont-Édouard Race Club, the race organizers and volunteers decline any and all liability with respect to this competition. The Race Organizing Committee has the right to deny participation to any racer it deems inapt in the circumstances.





Thank you to our major sponsors:

Official Presenter: The CRM du Saguenay Ford



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Platinum : Canada's Economic Development

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And Desjardins Saguenay area



Silver : Saguenay Promotion and Alpine Quebec Ski



ANNEX A

Meal Service offered at Mont-Edouard Station



Meal service (confirmed and paid in advance)

Breakfast (racers & trainers)	6,95 \$	Breakfast of the day
Lunch (racers & trainers)	9,95 \$	
Breakfast (parents & companions)	7,39 \$	Breakfast of the day
Lunch (parents & companions)	11,50 \$	
Dinner for all	12,95 \$	

Regular price (without reservation & confirmation)

Edouard's bagel	6,49 \$
Lunch of the day	15,65\$
Regular breakfast	6,00 \$
Extra regular breakfast	7,00 \$

The number of meals for each date must be reserved before your arrival by contacting the Station directly at (418) 272-2927.

Coupons will be available upon your arrival and payment.

ANNEXE B

Catering service available locally

Nos prix

Choix de menu	20 personnes et plus		Moins de 20 personnes	
	Avant taxes	Avec taxes	Avant taxes	Avec taxes
1	9,50 \$	10,92 \$	10,50 \$	12,07 \$
2	12,00 \$	13,80 \$	13,00 \$	14,95 \$
3	13,00 \$	14,95 \$	14,00 \$	16,10 \$
4	14,50 \$	16,67 \$	15,50 \$	17,85 \$
5	12,50 \$	14,37 \$	13,50 \$	15,52 \$
6	13,00 \$	14,95 \$	—	—
7	15,00 \$	17,25 \$	16,00 \$	18,40 \$
8	15,00 \$	17,25 \$	16,00 \$	18,40 \$
9	14,25 \$	16,38 \$	15,25 \$	17,53 \$
10	13,50 \$	15,52 \$	14,50 \$	16,67 \$
11	12,00 \$	13,80 \$	13,00 \$	14,95 \$
12	15,00 \$	17,25 \$	16,00 \$	18,40 \$
13	17,50 \$	20,12 \$	18,50 \$	21,27 \$

PRENEZ NOTE:

Pour les commandes de 20 personnes et moins, les menus sont 1 \$ supplémentaire.

INFORMATION DE LIVRAISON

20 personnes et plus:

- L'Anse-Saint-Jean
10,00 \$ (11,50 \$ tax. inc.)
- Petit-Saguenay / Rivière-Éternité
20,00 \$ (23,00 \$ tax. inc.)
- Sagard / St-Félix d'Otis
30,00 \$ (34,99 \$ tax. inc.)

20 personnes et moins:

- L'Anse-Saint-Jean
15,00 \$ (17,50 \$ tax. inc.)
- Petit-Saguenay / Rivière-Éternité
25,00 \$ (28,74 \$ tax. inc.)
- Sagard / St-Félix d'Otis
35,00 \$ (40,24 \$ tax. inc.)

POUR NOUS JOINDRE

- Téléphone:**
418.272.3080
- Télécopieur:**
418.272.3080
- Courriel:**
amyro@royaume.com
- Facebook:**
EpicerieAmyro

Demandez la boulangère

Les buffets

Amyro

ANNEXE B

Catering service available locally (suite)

Nos menus

MENU 1 • Lunch

- ♦ Crudités et trempettes ou Nachos
- ♦ Pains fourrés au poulet
- ♦ Sandwichs au jambon et aux œufs
- ♦ Salade (de chou, du chef ou de pâtes)
- ♦ Gâteau (blanc ou chocolat)

MENU 5 • Italien

- ♦ Crudités ou Nachos
- ♦ Lasagne à la viande ou aux légumes
- ♦ Salade César
- ♦ Pain à l'ail et régulier
- ♦ Gâteau (blanc ou chocolat)

MENU 10 • Buffet chaud

- ♦ Potage de légumes
- ♦ Filet de porc sauce à l'orange
- ♦ Riz aux légumes
- ♦ Salade du chef
- ♦ Gâteau (blanc ou chocolat)

MENU 2 • Buffet froid

- ♦ Crudités et trempettes ou Nachos
- ♦ Fromages et raisins
- ♦ Pains fourrés au poulet
- ♦ Sandwichs au jambon et aux œufs
- ♦ Pâtés à la viande
- ♦ Salade (de chou, du chef ou de pâtes)
- ♦ Gâteau (blanc ou chocolat)

MENU 6 • Chinois * 20 personnes et plus seulement

- ♦ Egg rolls
- ♦ Nouilles au poulet
- ♦ Riz chinois
- ♦ Chow mein aux légumes
- ♦ Spare ribs
- ♦ Gâteau (blanc ou chocolat)

MENU 11 • Buffet chaud

- ♦ Potage de légumes (pain et beurre) ou crudités & trempettes
- ♦ Tourtière
- ♦ Salade (de chou ou du chef)
- ♦ Gâteau (blanc ou chocolat)

MENU 3 • Buffet froid

- ♦ Crudités et trempettes ou Nachos
- ♦ Vol-au-vent
- ♦ Pains fourrés au poulet
- ♦ Sandwichs au jambon et aux œufs
- ♦ Pâtés à la viande
- ♦ Salade (de chou, du chef ou de pâtes)
- ♦ Gâteau (blanc ou chocolat)

MENU 7 • Buffet chaud

- ♦ Potage de légumes (pain et beurre) ou crudités & trempettes
- ♦ Brochettes de poulet ou suprême de poulet aux fines herbes
- ♦ Riz de légumes
- ♦ Salade du chef
- ♦ Gâteau (blanc ou chocolat)

MENU 12 • Fondue chinoise

- ♦ Fromages et légumes
- ♦ Sauce (2 choix)
- ♦ Riz aux légumes
- ♦ Patates au four
- ♦ Salade du chef
- ♦ Viande de bœuf
- ♦ Pain régulier et à l'ail
- ♦ Gâteau (blanc ou chocolat)

MENU 4 • Buffet froid

- ♦ Pâtés et fromages
- ♦ Nouilles chinoises
- ♦ Egg rolls
- ♦ Vol-au-vent
- ♦ Sandwichs au jambon et aux œufs
- ♦ Pâtés à la viande
- ♦ Salade (de chou, du chef ou de pâtes)
- ♦ Gâteau (blanc ou chocolat)

MENU 8 • Buffet chaud

- ♦ Potage
- ♦ Coq au porc ou poulet cordon bleu
- ♦ Salade du chef
- ♦ Riz aux légumes ou patates en purée
- ♦ Sauce, pain, beurre
- ♦ Légumes
- ♦ Gâteau (blanc ou chocolat)

MENU 13 • Fondue chinoise bœuf et poulet

- ♦ Fromages et légumes
- ♦ Sauce (2 choix)
- ♦ Riz aux légumes
- ♦ Patates au four
- ♦ Salade du chef
- ♦ Viande de bœuf et poulet
- ♦ Pain régulier et à l'ail
- ♦ Gâteau (blanc ou chocolat)

MENU 9 • Buffet chaud

- ♦ Potage de légumes
- ♦ Rosbif au jus
- ♦ Patates au four
- ♦ Jardinière de légumes
- ♦ Pâtés à la viande
- ♦ Salade du chef
- ♦ Gâteau (blanc ou chocolat)

Bon appétit!