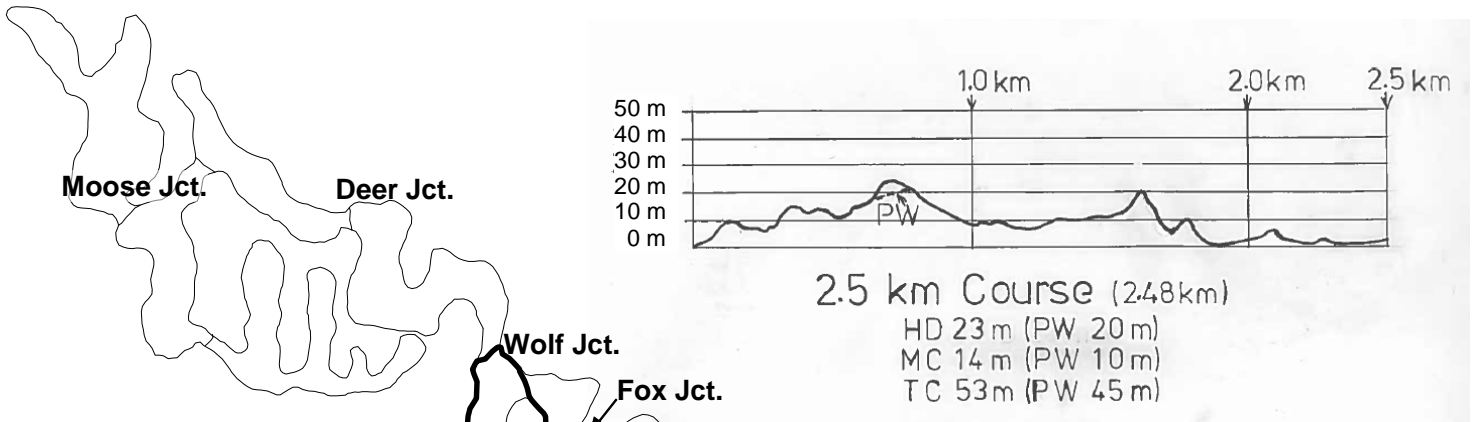


Ontario Cup 2017 - 2.5 km Course

Temiskaming Nordic Ski Club

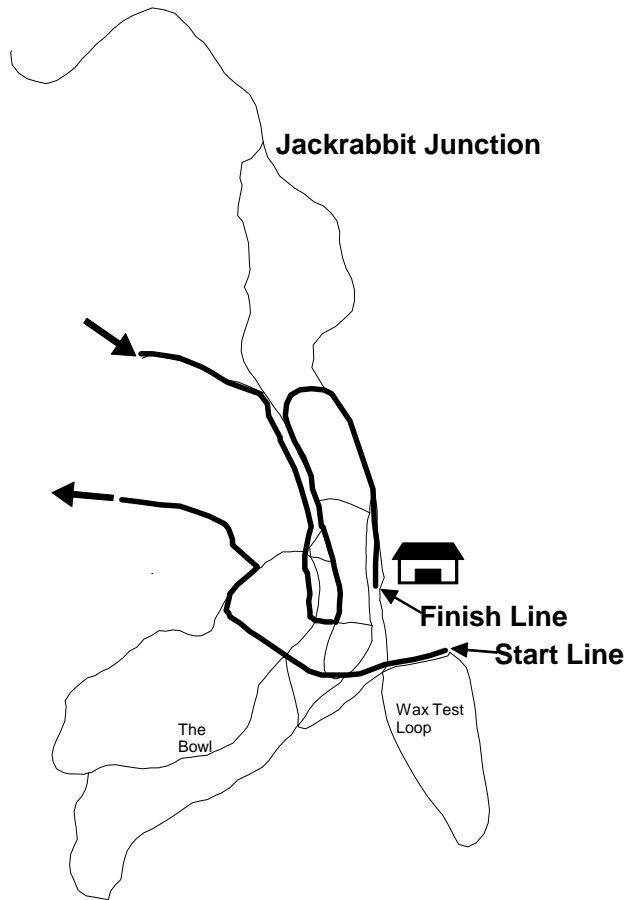


Course used for:

NOTE SLIGHT DIFFERENCE IN COURSE
 for PEE-WEE ("Pee-W" or "PW")

- Pee-wee girls (Saturday and Monday -- PW)
- Pee-wee boys (Saturday and Monday -- PW)
- Midget girls (Saturday and Monday)
- Midget boys (Saturday and Monday)
- Juvenile girls (Monday)

**CLOSE-UP on STADIUM
 and CHALET AREA**



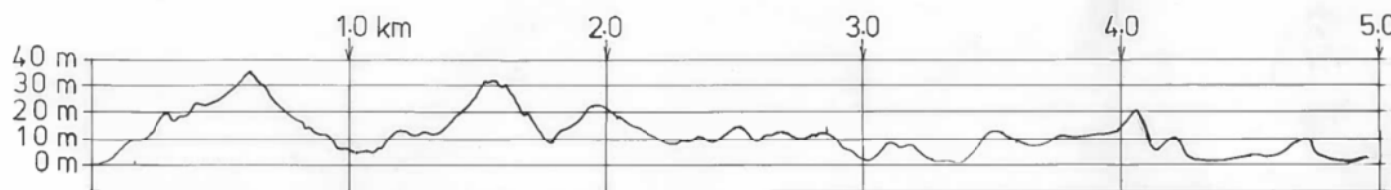
Ontario Cup 2017 - 5 km Course

Temiskaming Nordic Ski Club



Course used for:

- Standing Para-nordic female (Saturday and Monday)
- Standing Para-nordic male (Saturday and Monday)
- Juvenile girls (Saturday)
- Juvenile boys (Saturday and Monday)
- Junior girls (Saturday and Monday)
- Junior boys (Saturday and Monday)
- Junior/Open/Masters women (Saturday and Monday)
- Junior/Open/Masters men (Saturday and Monday)



5 km Course (actual 4.75km)

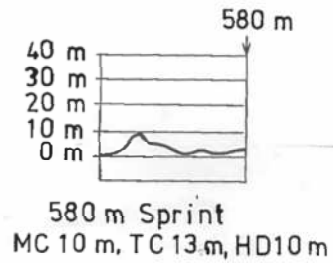
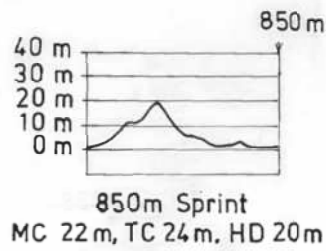
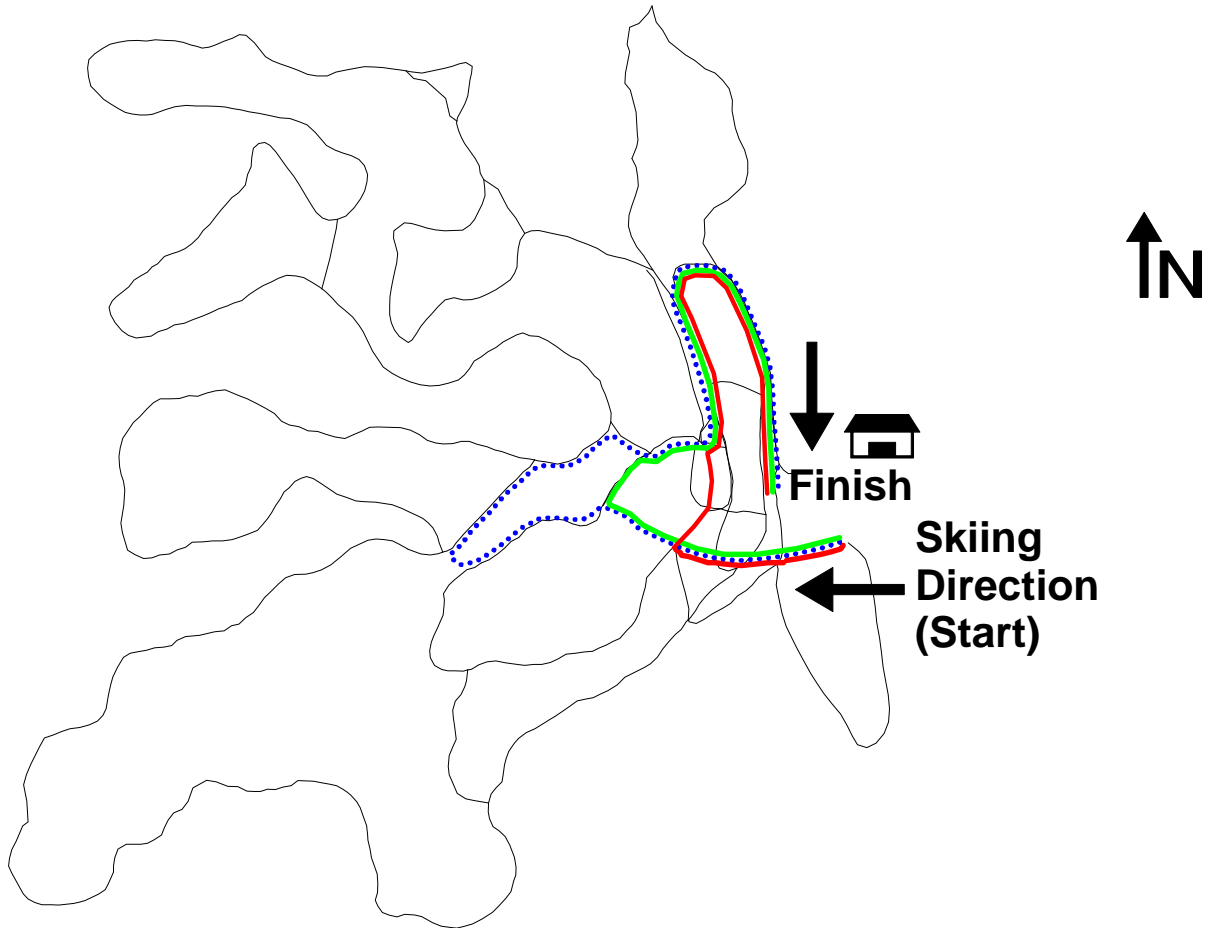
HD 35 m
MC 38 m
TC 153 m

Ontario Cup 2017

Temiskaming Nordic Ski Club

Classic Sprints, Sunday, 19 February 2017

- 850 m (Juveniles, Junior Boys/Girls, Junior Men/Women/Open/Masters)
- 580 m (Pee-Wees and Midgets)
- 480 m (Standing and sitting para-nordic)



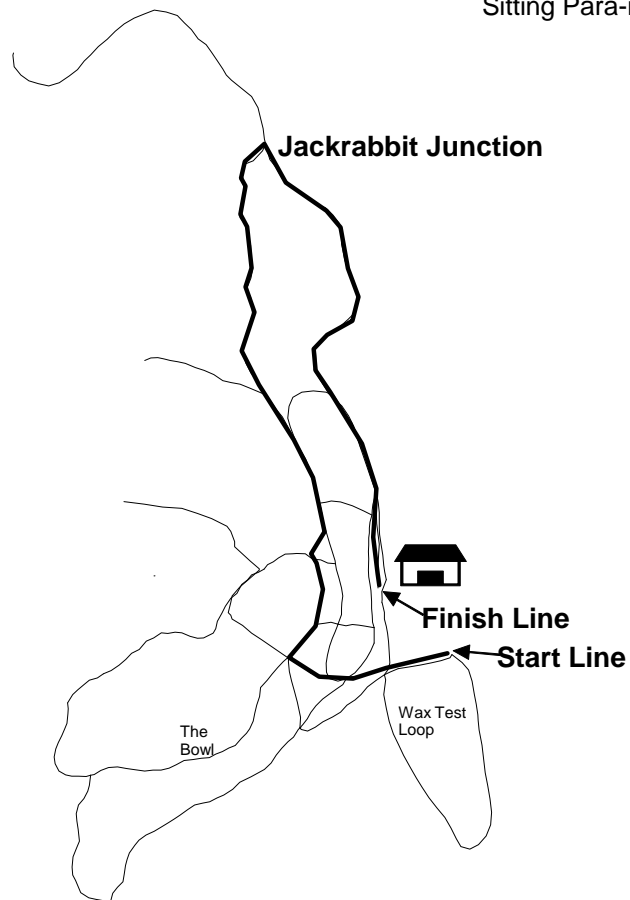
Course profile for 480 m para-nordic course not available.

However, MC=3 m, TC = 4 m, HD=3 m

Ontario Cup 2017 - 0.9 km Course (Para) - Monday only

Temiskaming Nordic Ski Club

Course used for:
Sitting Para-nordic (Monday only)



Course profile for 0.9 km para-nordic course
not available.
However, MC=3 m, TC = 5 m, HD=3 m