



Ontario Cup Race # 4
Saturday February 18 –
Monday February 20, 2017
Temiskaming Nordic Ski Club
www.temiskamingnordic.ca

The Temiskaming Nordic Ski Club is pleased to host the 2017 Ontario Cup race #4 and invites skiers from across Ontario and Quebec to participate.

CONTACTS:

Chief of Competition

Barrie Story

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Chief of Course

Anthony Story

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Event Chair

Maria Story

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Competition Secretary

Doug Clark

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Technical Delegate

Richard Lemoine

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LOCATION:

Temiskaming Nordic is located in Coleman Township near Cobalt and Temiskaming Shores, Ontario.

See map at end of document or the club web site: <http://temiskamingnordic.ca/getting-here-contact-us/getting-here/>

ATHLETE REGISTRATION

Registration can be completed only through the Zone4 web site at <http://www.zone4.ca>.

The deadline for registration is Sunday, February 12, 2017 at midnight.

Registrants should be checking the on-line confirmation list as soon as they have registered. **Please contact the race secretary no later than noon on February 13th with any problems or corrections.**

Late entries must be submitted to the Competition Secretary Doug Clark before 4:00 pm on Wednesday, Feb 15th, 2017, with full payment, including the late entry penalty fee of \$50/race. Late entries will forfeit the right to seeding.

All race participants must fill out the Event Waiver as they register online with Zone4. Confirmation lists will be posted at Zone4 and the Nordic Ski Club web sites. Any errors on the confirmation list must be reported to the Competition Secretary.

OUA ENTRANTS

In order to tabulate OU results, OUA participants **must identify their University at the time of online registration.**

ELIGIBILITY

All competitors from Juvenile and up must have a valid CCC Race License or must purchase a Supporting Member Day License (SMDL) for each race. A SMDL can be purchased at the time of online registration for a fee of \$5/race. Eligibility is CCC but also FIS or a non-Canadian National Ski Association (ie USA).

Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by the 4 pm Coaches Meeting Friday, February 17, 2017.

Para Nordic GUIDES do not require a license if the B1-B3 skier for whom he/she is guiding has purchased a transferrable VI license when they registered for their own CCC license as outlined on the Racing License form. If the B1-B3 skier is not a CCC licensed skier, both the PN athlete and the guide (unless the guide is a licensed skier) must purchase the Day License for each day of racing.

Current Ontario Cup Technical Package:

<http://www.xco.org/coaching/document/OntarioCupTechnicalPackage.pdf>



ENTRY FEES

Race Fees- all athletes	Register by Sunday, February 12, 2017 at midnight
Juvenile, Junior, Senior, Masters, All Para-Nordic categories (Except Development; Also Paranordic guides are not charged entry)	\$40 per race + \$5.20 HST
Pee-wees & Midget & Paranordic Development	\$25 per race + \$3.25 HST
Additional Fee for Ontario athletes only:	
Juvenile, Junior, Senior, Masters, All Para-Nordic Categories	\$5 per race (CCO fee) + \$2 per race (NOD fee)
Midget only (Pee-wees are \$0; do not have a CCO fee/race)	\$2.50 per race (CCO fee) + \$2 per race (NOD fee)
Additional Fee for Non-CCC License holders:	
Supporting Member Day License (SMDL) - CCC	\$ 5 per race

CATEGORIES – By age and year of Birth:

Category	Age as of 31 Dec 2016	Year of Birth	Category	Age as of 31 Dec 2016	Year of Birth
Pee Wee Boy	9 to 12	2004 to 2007	Pee Wee Girl	9 to 11	2005 to 2007
Midget Boy	13 & 14	2002 & 2003	Midget Girl	12 & 13	2003 & 2004
Juvenile Boy	15	2001	Juvenile Girl	14 & 15	2001 & 2002
Junior Boy	16 & 17	1999 & 2000	Junior Girl	16 & 17	1999 & 2000
Junior Men	18 & 19	1997 & 1998	Junior Women	18 & 19	1997 & 1998
Senior Men	20 +	1996 & earlier	Senior Women	20 +	1996 & earlier
Master Men	31 +	1985 & earlier	Master Women	31 +	1985 & earlier



SCHEDULE of EVENTS:

Sunday, February 12, 2017 at midnight

- Registration deadline

Wednesday, February 15th, 2017- 4 pm deadline

- Late entries 4 pm deadline – extra \$50/race fee

Friday, February 17, 2017

- Official training day, course open from 11:00am to 6:00pm
 - All long distance courses, freestyle and classic, will be open on training day. The **sprint course will be closed during the Friday training day**, and will open for competitors ASAP after the last racer finishes on Saturday.
- Coaches meeting at 4:00 pm to be held at the ski club chalet.
- Seeding lists and/or final confirmation lists will be available on the web following this coaches meeting.

Saturday, February 18, 2017

- **Free technique**,
10:00 am interval start
- 2nd Coaches meeting at 4:00 pm to be held at the ski club chalet

Sunday, February 19, 2017

- **Classic Sprint - “King’s court”** format: each skier skis a qualifying time trial with 15 second interval start to determine their 1st heat, and will ski in a total of 3 heats following the initial time trial.
10:00 am start – weather permitting.
- **Alternative plan in the event of cold:**
Because of the length of time required to run a King’s Court event – which including the qualifying race and with heats starting every 2 minutes can easily exceed 6 hours in duration (varies with number of participants), if air temperatures at 9:00 a.m. on race day are not warmer than -16°C, the King’s Court event will be replaced by a conventional elimination sprint event.

Monday, February 20, 2017

- **Classic technique**, mass start 10:00 am start
- End of race day - Awards ceremony



CATEGORIES AND RACE DISTANCES

Category	Years of Birth	Saturday Interval Start Free	Sunday Classic Sprint "King's court"	Monday Mass Start Classic
Sitting Para-nordic female	any	2.0 km*	480 m*	7.0 km*
Sitting Para-nordic male	any	2.0 km*	480 m*	7.0 km*
Standing Para-Nordic Development - female	any	2km (2 x 1 km)*	480 m*	2km (2 x 1 km)*
Standing Para-Nordic Development - male	any	2km (2 x 1 km)*	480 m*	2km (2 x 1 km)*
Standing Para-nordic female	any	5 km*	480 m*	10 km (2 x 5)*
Standing Para-nordic male	any	5 km*	480 m*	10 km (2 x 5)*
Pee-wee girls	2005-2007	2.5 km	580 m	2.5 km
Pee-wee boys	2004-2007	2.5 km	580 m	2.5 km
Midget girls	2003-2004	2.5 km	580 m	5 km (2 x 2.5)
Midget boys	2002-2003	2.5 km	580 m	5 km (2 x 2.5)
Juvenile girls	2001-2002	5 km	850 m	7.5 km (3 x 2.5)
Juvenile boys	2001	5 km	850 m	10 km (2 x 5)
Junior girls	1999-2000	5 km	850 m	10 km (2 x 5)
Junior boys	1999-2000	10 km	850 m	10 km (2 x 5)
Junior women	1997-1998	5 km	850 m	10 km (2 x 5)
Junior men	1997-1998	10 km	850 m	15 km (3 x 5)
Open women	1996 & earlier	5 km	850 m	10 km (2 x 5)
Open men	1996 and earlier	10 km	850 m	15 km (3 x 5)
Masters women	1985 & earlier	5 km	850 m	10 km (2 x 5)
Masters men	1985 & earlier	10 km	850 m	15 km (3 x 5)

*para-nordic courses subject to change based on feedback from participants, coaches, and CCO

SEEDING

Seeding will be based upon the latest Canada Points List (CPL). CPL is calculated and published by Cross Country Canada. Seeding lists and/or final confirmation lists will be available on the web site on Friday February 17, following the coaches' meeting.

JURY: The Jury will consist of the Technical Delegate, Chief of Competition and a coach.

ADMISSION TO THE TRAILS

Trail fees are included in the registration fees for race days as well as the official training day.



CANCELLATION:

Any change in event location or timing will be posted as early as it is known to the website. A decision on event cancellation or change of site will be made by CCO one week prior to the event in consultation with the organizing committee and TD. In case of cancellation refunds of race fees will be mailed less a \$5 administration fee.

AWARDS:

Results will be posted on the official notice board located on the outside east wall of the chalet, and will also be available online at www.zone4.ca. (Exception: Since the King's Court race event is not administered within Zone4's software formats, sprint results will be posted on the club's web site at www.temiskamingnordic.ca) Awards will be based on unofficial results so they can be presented as soon as possible. Awards will be presented 20 minutes after the completion of the morning races, and 20 minutes after the completion of the afternoon races, while the Monday awards will be presented after the races are finished. All the awards will be presented at the chalet.

FACILITIES AND WAXING:

Temiskaming Nordic's chalet includes indoor toilets and potable drinking water. Men's and women's change rooms will be available in the chalet. The kitchen will serve healthy food and drinks on Saturday, Sunday and Monday. A complimentary lunch will be provided to each competitor on each race day.

Waxing areas will be available on site in the heated and ventilated garage at the club.

RACE COURSES

Maps will be available online at the www.temiskamingnordic.ca web site and posted at the chalet.

FIRST AID

Emergency Medical Services will be available on site. The Temiskaming Hospital is a 15-minute drive north from the Temiskaming Nordic Ski Club.

RACE OFFICE AND BIB PICK UP. Office location: Adjacent to Ski Club Chalet

Hours: Friday February 17, opens at 3:00 p.m.

Saturday February 18, Sunday February 18 & Monday February 19 -- opens at 8:00 a.m.

A racer that does not return their bib at the end of a race will be charged a \$75 replacement fee that must be paid prior to another start being granted.

WAXING PROTOCOLS:



Space for waxing in the garage will be assigned. The wax room is a designated Work Zone and when active (when irons are in use) proper personal protection equipment (PPE) must be in use by all persons in the area.

Ontario has adopted a 'No Fluoro/Low Fluoro' waxing guideline. The recommended glide waxing protocol for classic events and midgets and younger categories is as follows:

- Use of Non-Fluoro (NF) or Low Fluoro (LF) glide waxes only
- High Fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids are **not** permitted
- Cold weather powder additives and hardeners are **not** permitted

Adherence to this protocol is self-governed and is the responsibility of coaches, parents and wax technicians.

ACCOMODATIONS:

It is **strongly suggested** to reserve your accommodations (if required) as soon as possible. Blocks of rooms have been reserved but they will only be held for the ski club **until February 10, 2017.**
(This date has been revised on Jan.25/17 from the first posted version of the Race Notice)

All teams booking must state that they will be participating in the Ontario Cup races at the Temiskaming Nordic Ski Club.

WATERFRONT INN:

10 room block is reserved.

Please call the property directly at #705-647-8711 or toll free at 1-800-461-4644

For general inquiries, please visit the web site at <http://www.waterfrontinn-ontario.com>

Rate: 1-4 people in a standard room parking lot side or lakeside is \$155.00 +taxes per night.

Distance from the ski club 26km

QUALITY INN:

20 room block is reserved.

Please call the property directly at #705-647-7357

For general inquiries, please visit the web site at <http://www.qualityinnnewliskeard.com/>

Rate: 1-4 people in a standard room is \$135.99 +taxes per night.

Distance from the ski club 20.6km

HOLIDAY INN EXPRESS & SUITES:

30 room block is reserved. Please call the property directly at #705-647-8282

For general inquiries, please visit the web site at

<http://www.ihg.com/holidayinnexpress/hotels/gb/en/reservation>



Rate: 2 people in a standard room \$155.99 +taxes per night (\$10.00 more per person)

Distance from the ski club 20.9km

ECONO LODGE:

20 room block is reserved. Please call the property directly at #705-647-6705

For general inquiries, please visit the web site at <http://www.choicehotels.ca/cn028>

Rate: 1-4 people in a standard room \$104.99 +taxes per night.

Distance from the ski club 20.6km

Presidents Suites (Historical homes for family and group rentals)

620 Lake Shore Rd., Haileybury / Temiskaming Shores

(705) 672-2517 & 888-672-2517 <http://presidentsuites.com>

Distance from the ski club 18.0 km

Other area accommodation – no reserved rooms or special rates established at time of publication:

Auberge Country Inn

Hwy 11, New Liskeard, (705) 647 - 6721 <http://www.aubergecountryinn.com>

Distance from the ski club 20.6km

Edgewater Motel, New Liskeard,

1267 Lakeshore Road South, Haileybury, (705) 647-8588 www.edgewatermotel.ca

Distance from the ski club 21.9km

Frontiersman Motel,

Hwy 11, Latchford, (705) 676 - 2424 www.frontiersmanmotel.com

Distance from the ski club 10.9km

Leisure Inn

509 Ferguson Ave, Haileybury (705) 672-5084 <http://leisureinn.net>

Distance from the ski club 18.0 km

Marsh Bay Resort, (winterized cottages)

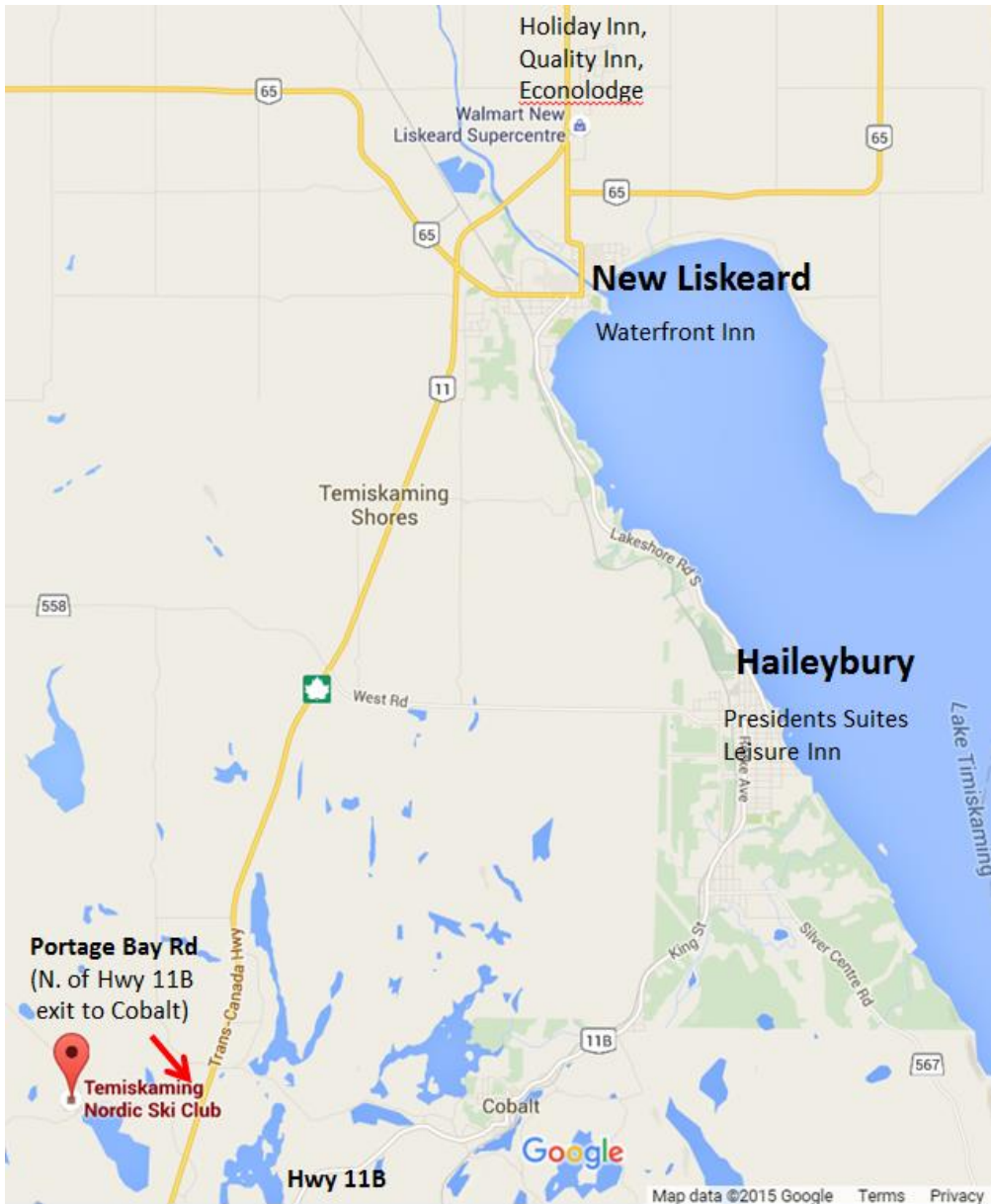
Coleman Township, (705) 679- 8810 www.marshbayresort.com

Distance from the ski club 7.3km



LOCATION of the club and larger hotels

The Temiskaming Nordic Ski Club is located at **526170 Access Road in Coleman Township**, which is **2km down Portage Bay Road just west of Highway 11**, and **north of the Cobalt exit from the highway**. (About 140 km north of North Bay)



New Liskeard is located 19km north from the club. **Haileybury** is located 17km north-east from the club. Highway 11 and the West Road will lead to Haileybury. **Cobalt** is located 10km east from the club. Highway 11-B will lead to Cobalt. **Latchford** is located on Highway 11, 10.6km south of the club.

