



## Temiskaming Nordic Ski Club

[www.temiskamingnordic.ca](http://www.temiskamingnordic.ca)

Located in Coleman Township

Near Cobalt and Temiskaming Shores, Ontario

*The Temiskaming Nordic Ski Club is pleased to host the 2015 Midget Championship and invites Midget and Peewee skiers from across Ontario and Quebec to participate.*

The objectives of this event are to:

- Bring young skiers together for a memorable and enjoyable weekend of competition and fun
- Encourage achievement through team effort and
- Promote good ski technique.

## SCHEDULE of EVENTS:

### **Friday March 6<sup>th</sup>, 2015**

- Official training day, course open from 11:00am to 6:00pm
- Coaches meeting at 6:00 pm to be held at the ski club chalet.

### **Saturday March 7<sup>th</sup>, 2015**

- Free technique individual start, 10:00 am
- Team fun relay sprint start, 1:30 pm
- Banquet, doors opening at 5:30pm. See details below.

### **Sunday March 8<sup>th</sup>, 2015**

- Classic mass start by category, 10:00 am

## CATEGORIES AND RACE DISTANCES

<b>Category</b>	<b>Year of Birth</b>	<b>Saturday Free Technique</b>	<b>Sunday Classic</b>
Pee-Wee Girls	2003-2005	3 km	3 km
Pee-Wee Boys	2002-2005	3 km	3 km
Midget Girls	2001-2002	3 km	5 km
Midget Boys	2000-2001	3 km	5 km
Para-nordic Girls -Standing		3 km	3 km
Para-nordic Girls - Sit Ski		1 km	1 km
Para-nordic Boys -Standing		3 km	3 km
Para-nordic Boys -Sit-Ski		1 km	1 km

### TEAM FUN SPRINT RELAYS

Fun relay races will be held on Saturday afternoon for participants registered in at least one of the two races. Teams will be selected within groups with skiers selected from various clubs to make up teams within categories.



## SEEDING

For the interval start skate race on Saturday, athletes will be seeded randomly. The classic race will be a mass start with chevron seeding based on results from Saturday's race.

## SANCTION / RULES

Cross Country Canada

Cross Country Ontario

## **REGISTRATION:**

**Entries must be submitted by 11:59 pm EST, Tuesday March 3, 2015.**

Registration will be handled exclusively online with Zone4 ([www.zone4.ca](http://www.zone4.ca) under 2015 Ontario Midget Championship) starting December 21<sup>st</sup>, 2014. Entries after Tues March 3rd will not be accepted. Payment must be made online at the time of registration. 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.

### RACE ENTRY FEES (excluding zone4 service fee)

<b>Event</b>	<b>Cost</b>
Free Technique Individual Start	\$25
Classic Mass Start	\$25
Relay Sprint	No charge

### CANCELLATION:

If required, cancellation due to inappropriate snow and trail conditions will be announced by noon Thursday March 5<sup>th</sup>, 2015 on the Nordic Ski Club web site and by email to registered participants. In case of cancellation refunds of race fees and banquet tickets will be mailed less a \$5 administration fee.



## AWARDS:

Results will be posted outside the race office and will be available online at [www.zone4.ca](http://www.zone4.ca). Awards will be based on unofficial results so they can be presented as soon as possible. Saturday awards to be presented at the banquet hall and the Sunday awards presented after the race finish at the chalet.

## ORGANIZING COMMITTEE:

Chief of Competition: Barrie Story

Competition Secretary: Doug Clark

Event Chair: Maria Story

Technical Delegate: Al White

[jdclark@ntl.sympatico.ca](mailto:jdclark@ntl.sympatico.ca)

[maria.story@gmail.com](mailto:maria.story@gmail.com)

[alanwhite2001@rogers.com](mailto:alanwhite2001@rogers.com)

## FACILITIES:

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 food and drinks on Saturday and Sunday. Waxing areas will be available on site in the heated and ventilated garage at the club. Trail maps will be posted to the ski club's web site. Emergency Medical Services will be available on site. The Temiskaming Hospital is a 15-minute drive from the Temiskaming Nordic Ski Club.

### RACE OFFICE AND BIB PICK UP

Office location: Adjacent to Ski Club Chalet

Hours: Friday March 6<sup>th</sup>, opens at 3:00 p.m.

Saturday March 7th, opens at 8:00 a.m.

Sunday March 8th, opens at 8:00 a.m.

## Ontario Glide "No Fluoro or Low Fluoro" Waxing Protocol for Midget Categories & Younger

Please read, share with parents, coaches, wax technicians and athletes, and abide by the waxing protocol on the following page.





**Ontario Glide 'No Fluoro or Low Fluoro' Waxing Protocol  
For Midget Categories and Younger  
&  
Ontario Midget Championships**

**Preamble:**

At the CCC AGM held in June 2014, several Divisions within Canada expressed concern with the increasing focus of high fluoro wax application at provincial and regional races. As a result, Ontario will be adopting a 'No Fluoro/Low Fluoro' policy for the 2014/2015 ski season. This policy will apply to all midget categories and younger at all Ontario Cups as well as the 2015 Ontario Midget Championships. Alberta and Quebec will be adopting a similar protocol for this coming season.

Further consultation with the Ontario Ski Community will be solicited in the 2014/2015 ski season. We will be requesting feedback from coaches, parents and wax technicians with respect to implementation of this protocol at the older race categories. This feedback will be collected via survey monkey and/or Ontario Cup races.

**Protocol:**

Cross Country Ontario respectfully requests all coaches, wax technicians, and parents abide by a self governed protocol while waxing skis for athletes racing in the midget age categories and younger. Our request also applies to out-of-province or international skiers who are competing at these events.

The recommended **glide** waxing protocol for 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

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

This information will be communicated:

By Cross Country Ontario

- to all Ontario Cup Race Organizing Committees
- To all Ontario clubs and coaches
- [www.xco.org](http://www.xco.org) and via twitter @xco.org

By the Race Organizing Committee

- As an addition to the race notice if midget categories are included
- As an agenda item at Team Leader Meetings if necessary
- As a hard copy to all teams when registering onsite for an Ontario Cup

Ontario Glide 'No Fluoro or Low Fluoro' Waxing Protocol



## **BANQUET DETAILS:**

Location: New Liskeard Community Hall, 90 Whitewood Avenue, New Liskeard

Doors open at: 5:30 p.m with activity for athletes from 5:30 to 6:15pm.

Supper will be served at: 6:30pm.

Cost: \$20/person (tickets purchase online with Zone4 at time of registration)

## **ACCOMODATIONS:**

It is **strongly suggested** to reserve your accommodations (if required) as soon as possible as a hockey tournament is also being held the same weekend. There will be a shortage of rooms. Blocks of rooms have been reserved but they will only be held for the ski club until January 31, 2015.

**All teams booking must state that they will be participating in the Ontario Midget Championship at the Temiskaming Nordic Ski Club.**

Econo Lodge, (15 rooms reserved)

Hwy 11, New Liskeard, (705) 647 – 6705, [www.choicehotels.ca](http://www.choicehotels.ca)

Distance from the ski club 20.6km

Distance from the banquet hall 3.7km

Holiday Inn Express & Suites (15 rooms reserved)

Hwy 11, New Liskeard (705) -647-8282 [www.hiexpress.com](http://www.hiexpress.com)

Distance from the ski club 20.6km

Distance from the banquet hall 3.7km

Presidents Suites (Historical homes for family and group rentals)

620 Lake Shore Rd., Haileybury / Temiskaming Shores

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

Distance from the ski club 18.0 km

Distance from the banquet hall 7.8km

Quality Inn, (15 rooms reserved)

Hwy 11, New Liskeard, (705) 647 – 7357, [www.qualityinnnewliskeard.com](http://www.qualityinnnewliskeard.com)

Distance from the ski club 20.6km

Distance from the banquet hall 3.7km

Waterfront Inn, New Liskeard, (15 rooms reserved)

36 Lakeshore Road, New Liskeard, (705) 647 – 8711, [www.waterfrontinn-ontario.com](http://www.waterfrontinn-ontario.com)

Distance from the ski club 18.9km

Distance from the banquet hall 0.6km

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

Auberge Country Inn

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



Distance from the ski club 20.6km

Distance from the banquet hall 3.7km

Edgewater Motel, New Liskeard,

1267 Lakeshore Road South, Haileybury, (705) 647-8588 [www.edgewatermotel.ca](http://www.edgewatermotel.ca)

Distance from the ski club 21.9km

Distance from the banquet hall 3.5km

Frontiersman Motel,

Hwy 11, Latchford, (705) 676 - 2424 [www.frontiersmanmotel.net](http://www.frontiersmanmotel.net)

Distance from the ski club 10.9km

Distance from the banquet hall 24.5km

Leisure Inn

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

Distance from the ski club 18.0 km

Distance from the banquet hall 7.8km

Marsh Bay Resort, (winterized cottages)

Coleman Township, (705) 679- 8810 [www.marshbayresort.com](http://www.marshbayresort.com)

Distance from the ski club 7.3km

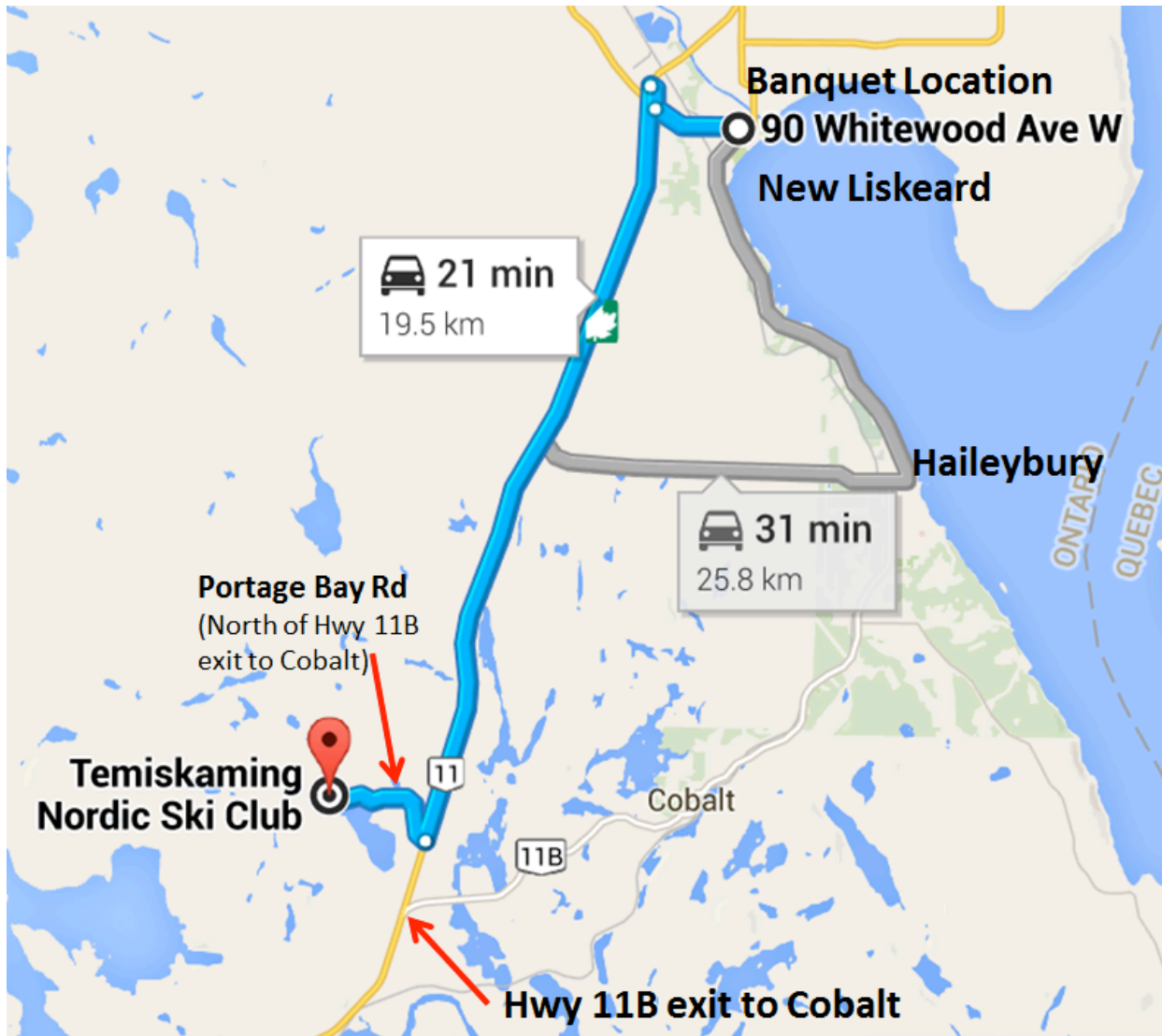
Distance from the banquet hall 20.9km

If you have exhausted the above options and still require accommodation, please contact Maria Story at [maria.story@gmail.com](mailto:maria.story@gmail.com) as there are people who have graciously offered to host people in their homes.



## LOCATION of the CLUB and BANQUET

The Temiskaming Nordic Ski Club is located 2km down on Portage Bay Road just west of Highway 11, and north of the Cobalt exit from Hwy 11.



**New Liskeard** is located 19km north from the club. Highway 11 and then Highway 65 east (Whitewood avenue) will lead to New Liskeard and the **banquet hall**.

**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 from the club.