

# RACE NOTICE

## ONTARIO CUP 2 + ONTARIO WINTER GAMES QUALIFIER January 19 – 21, 2018

Hosted by Walden Cross Country Fitness Club, Sudbury and NOD  
Sanctioned by Cross Country Canada and Cross Country Ski Ontario

[WALDENXC.CA/ONTARIO-CUP](http://WALDENXC.CA/ONTARIO-CUP)



### CONTACTS:

Chief of Competition	Mary Waddell	705-853-4814	<a href="mailto:marywaddell33@gmail.com">marywaddell33@gmail.com</a>
Race Secretary	Pam Pancel	705-929-8151	<a href="mailto:pampancel@gmail.com">pampancel@gmail.com</a>
Technical Delegate	Frances Norlen	000-000-0000	<a href="mailto:fnorlen@gmail.com">fnorlen@gmail.com</a>

### LOCATION:

Naughton Trail Centre  
1 Denis Avenue, Naughton, ON  
Located on RR 55 at Naughton, 10 km west of Sudbury ([map](#))

### SCHEDULE OF EVENTS:

Sunday, Jan 14	11:59 pm	Team and Athlete Registration Deadline
Tuesday, Jan 16	4:00 pm	Late Entries Deadline
Friday, Jan 19	10:00 am - 4:00 pm	Official Training Day
	10:00 am - 2:00 pm	Race Office Open
	4:30 pm	Team Captains Meeting in Ski Chalet
Saturday, Jan 20	8:00 am - 4:00pm	Race Office Open
	9:30 am	Interval Start - Classic Technique
	After race - 5:00 pm	Official training on Sunday courses
	4:30 pm	Team Captains Meeting at Ski Chalet (if required)
Sunday, Jan 21	8:00 am-2:00 pm	Race Office Open
	9:00 am	Pursuit Start - Free Technique

## TEAM REGISTRATION FORM \*NEW\*:

We are introducing a team registration form in anticipation that it will help us with communications, parking, wax room allotments, bib pick up and other important event logistics.

Visit [www.waldenxc.ca/ontario-cup](http://www.waldenxc.ca/ontario-cup) to find our team registration form, or click the icon below:



## CATEGORIES:

CATEGORY	YEAR OF BIRTH	DISTANCE (km)	
		Sat Classic Interval Start	Sun Free Pursuit Start
Senior Men	1997 and earlier	10	15
Senior Women	1997 and earlier	10	15
Junior Men	1998 - 1999	10	15
Junior Women	1998 - 1999	10	15
Junior Boy	2000 - 2001	10	10
Junior Girl	2000 - 2001	10	10
Juvenile Girl	2002 - 2003	6	5
Juvenile Boy	2002 - 2003	6	5
Midget Girl	2004 - 2005	6	5
Midget Boy	2004 - 2005	6	5
Master Men	1987 and earlier	10	15
Master Women	1987 and earlier	10	15
PN Standing Men	any	7	5
PN Standing Women	any	3	5
PN Standing Men - Dev	any	1	1
PN Standing Women - Dev	any	1	1
PN Sit Men	any	3	4
PN Sit Women	any	3	4
PN Sit Men - Dev	any	1	1
PN Sit Women - Dev	any	1	1
Pee Wee Boy	2006 - 2008	1.2	1.4
Pee Wee Girl	2006 - 2008	1.2	1.4

**Please Note; Midget and Pee Wee categories now follow XCSO ages for Youth Championships.**

Refer to XCSO Youth Technical Package. ([PDF](#))

For questions regarding Para Nordic eligibility, distances, etc. contact Patti Kitler at [pattikit@gmail.com](mailto:pattikit@gmail.com).

## **SEEDING:**

Refer to article 16.1 in the Ontario Cup Tech Package.

## **ELIGIBILITY:**

Open to all Cross Country Canada License holders or holders of FIS or other national licenses. Non CCC license holder must purchase a Cross Country Canada day license (\$5.00 per day). Waivers must be completed for all unlicensed skiers and received by the Race Secretary at the latest by 4 pm Jan 19, 2018.

All competitors from midget 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 USSA).

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.

Para-Nordic guides are required to register for the event via the online registration at no charge. This facilitates the completion of CCC's Informed Consent and Assumption of Risk Agreement. Any guide who doesn't register online must sign the CCC Informed Consent and Assumption of Risk Agreement at the Race Office.

## **OUA ENTRANTS:**

Skiers wishing to be included in University results **must enter their University when registering on-line**, meet the eligibility requirements of their institution (CIS, OUA, OCAA) and submit signed or emailed authorization from the school coach and/or Director of Athletics to the race secretary.

## **ONTARIO WINTER GAMES:**

OWG Athletes must be registered in OWG qualifying categories. When registering online, please confirm if you are able to attend the Ontario Winter Games March 1 & 2, 2018 (if you qualify).

**Team Leaders:** Each team should identify one coach who would be attending OWG should you have athletes who qualify. This can be done on [www.zone4.ca](http://www.zone4.ca).

## **AWARDS:**

Onsite throughout the day (check official notice board for results) and based on unofficial results. Ontario Cup medals will be presented to the classic race winners and the pursuit race winners in all categories.

**ENTRY FEES:**

Race Fees All Athletes	Register by Midnight, Sunday Jan 14
Juvenile, Junior, Senior, Masters, All Para-Nordic categories (Para Nordic guides are not charged entry fees)	\$45 per race + HST
Peewees and Midgets	\$35 per race + HST
Additional fee for Ontario athletes only: Juvenile, Junior, Senior, Master, Para Nordic	\$5 per race
Additional fee for Ontario Midget	\$2.50 per race
NOD fee	\$2.00 per race
Non CCC license holders Supporting member day license	\$5 per race

**REGISTRATION:**

Opens December 7, 2017. Registration can be completed only through the Zone4 website at [www.zone4.ca](http://www.zone4.ca).

**DEADLINE:** All entries must be received by **midnight, Sunday Jan 14, 2018**, with payment.

Late entries @\$75/race are open until Tuesday Jan 16, 4:00 pm on Zone4. Entries CANNOT be considered after this date. Late entries forfeit the right to seeding.



**CANCELLATION:**

Any change in event location or timing will be posted to the website as early as it is known. A decision on event cancellation or change of site will be made by the LOC (Local Organizing Committee) one week prior to the event in consultation with XCSO. In case of cancellation, refunds of race fees will be issued. An administration fee and portion of expenses incurred will be deducted from the race fee refund.

**RACE COURSES:**

Once available, maps will be posted online; [www.waldenxc.ca/ontario-cup](http://www.waldenxc.ca/ontario-cup).

**FACILITIES:**

Walden Cross Country Fitness Club operates 23 km of trails and a 3km lit trail at the Naughton Trail Centre. A modern, family friendly chalet and athletic training centre are on site. A large ATCO trailer has been secured to handle overflow. Our facilities are fully accessible. Change rooms will be provided for athletes.

**\*Please Note\*** Walden Cross Country operates [Beaver Lake](#), a second ski area (classic only) 25km west of the Naughton Trail Centre on HWY 17. Racers may access this ski area free of charge. (\$10 day fee for others)

## PARKING:

Parking is limited. Overflow parking areas will be available at the Penguin Research Centre (Across RR55 from the entrance to the Naughton Trail Centre) and at the Naughton Community Centre (1 km west of the Naughton Trail Centre on RR55). Street parking in the subdivision is limited to 1 side only - please respect our residential neighbours with this request. All attempts will be made to accommodate buses on site. ([map](#))

## WAXING FACILITIES:

The PB shed (insulated and heated) and smaller buildings/portable garages will be used for waxing. Table space for teams will be allotted based on number of racers. There is also a wax room available at the host hotel. Wax trailer parking requests can be submitted on the \*NEW\* [Team Registration Form](#). Teams who bring their own waxing tents/trailers should bring their own generator. ([map](#))

The wax room is a designated Work Zone and when active (ie when irons are in use) proper personal protection equipment (PPE) must be in use by all persons in the area. Signage indicating an 'Active Work Zone – PPE Mandatory' is required. As well, facilities must provide proper separation between wax rooms and general activity areas. Also that the 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

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians. Keep in mind, non-compliance with this protocol is cheating and contravenes the coaching code of conduct. Coaches and skiers will be held accountable, with appropriate disciplinary action through the XCSO HPC, should non-compliance be observed in wax rooms and out on the course.

Reference: [XCSO Waxroom Safety Guideline PDF](#)

## MEDICAL:

Qualified first aid personnel will be onsite in the stadium and on course.

The nearest hospital (Health Sciences North) is located approximately 15 km from the Naughton Trail Centre in Sudbury. ([map](#))

## FOOD:

There will be a concession available in the ski chalet on Friday, Saturday and Sunday. Some light snacks and fruit will be provided for racers. Water bottles may be filled onsite from the city water supply. (bottled water is NOT sold at our facility).

## ACCOMMODATION:

Host Hotel: Travelodge | 1401 Paris Street, Sudbury ([map](#)) | 705-522-3032 | [hotel website](#)

70 rooms are blocked until December 19th. Singles, doubles & suites available, starting at \$99.

Group Code: CG Ontario Cup. There is a wax room onsite.



# WALDEN CROSS COUNTRY FITNESS CLUB

WALDENXC.CA | INFO@WALDENXC.CA | 705-692-2321  
1 DENIS AVE. NAUGHTON, ON P0M 2M0

## SPONSORS:

