



RACE NOTICE

Ontario Cup #3

January 19 – 20, 2019

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

WALDENXC.CA/ONTARIO-CUP



Contacts:

Chief of Competition	Mary Waddell	705-853-4814	marywaddell33@gmail.com
Race Secretary	Brenda Parks	705-618-2022	parksb@rainbowschools.ca
Technical Delegate	Richard Lemoine		

Location:

Walden Trails (Naughton Trail Centre)
1 Denis Avenue, Naughton, ON, P0M 2M0
Located on RR 55 at Naughton 10 km west of Sudbury ([map](#))

Schedule of Events:

Sunday, Jan 13	11:59 pm	Team and Athlete Registration Deadline
Tuesday, Jan 15	4:00pm	Late Entries Deadline
Friday, Jan 18	10:00am – 4:00pm	Official Training Day
	9:am – 4:00pm	Race Office Open
	4:30pm	Team Captains Meeting #1 in Ski Chalet
Saturday, Jan 19	8:00am–4:00pm	Race Office Open
	9:30am	free technique – interval start
	After race - 3:00pm	Official training on Sunday courses
Sunday, Jan 20	4:30pm	Team Captains Meeting #2 in Ski Chalet
	8:00am-2:00pm	Race Office Open
	9:00am	classic pursuit

Team Registration Form: We are once again asking for a team registration form in anticipation that this will help us with communications, parking, wax room allotments, bib pick up etc. (all the other important stuff)

Click [here](#) to register your team before the January 13th deadline.

Awards:

Onsite throughout the day (check official notice board for results) and based on unofficial results. Ontario Cup medals will be presented to the free technique race winners, the classic race winners and the pursuit race winners in all Ontario Cup categories. Mini midgets are eligible for Ontario Cup medals on Saturday free race only.

Eligibility:

Open to all Cross Country Canada License holders or holders of FIS or other national licenses. Non CCC license holders 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 18, 2019.

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 (i.e. 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 and OCAA entrants: Skiers wishing to be included in University/College results **must enter their University/College 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.

Entry Deadline:

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

Registration will open December 14.

All entries must be received by midnight, Sunday Jan 13, 2019, with payment.

Late entries @\$75/race are open until Tuesday Jan 15 4:00 pm on zone4. Entries CANNOT be considered after this date. Late entries forfeit the right to seeding.

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
Midgets	\$35 per race
Mini-midgets Saturday free - only (for Sunday classic race please use World Snow Day Race registration)	\$20
Additional fee for Ontario athletes only: Juvenile, Junior, Senior, Master, Para Nordic	\$5.00 per race
Additional fee for Ontario Midget	\$2.50 per race
NOD fee (Midget and up)	\$2.00 per race
Non CCC license holders Supporting member day license	\$5.00 per race

NOTE: HST will be added to all race fees

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.

Facilities:

Walden Cross Country offers 23 km of trails and a 3km lit trail. A modern, family friendly chalet and athletic training centre are on site

Please Note Walden Cross Country operates [Beaver Lake](#), a second ski area (classic only) 20km west of the Walden Trails (Naughton Trail Centre) on HWY 17. Racers may access this ski area free of charge. (\$10 day fee for others)

Parking:

Parking is limited at the site. Overflow parking areas will be available at the Penguin Research Centre (1km east of the Walden Trails on RR 55) at the Naughton Community Centre (1 km west of Walden on RR 55). 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. Wax trailer parking requests can be submitted on the team registration form. Teams who bring their own waxing tents/trailers should bring their own generator

Medical:

Qualified first aid personnel, Canadian Ski Patrol, will be onsite Jan 18-20.

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:

There is no designated host hotel. Clubs are encouraged to book early at any of the numerous hotels in the city.

Seeding:

Refer to article 16.1 in the Ontario Cup tech package.

Race Courses:

Once available, maps will be posted online; www.waldenxc.ca/ontario-cup.

World Snow Day

Walden Cross Country will be hosting a World Snow Day event on Sunday January 20 with activities for mini midget age and younger. No registration necessary. Visit waldenxc.ca/events/world-snow-day for all the information.

World Snow Day Races

A participation classic race for mini midgets, peewees, and atoms will be held on Sunday afternoon. Check the website for more details and online registration.

Category	Year of birth	Saturday Jan 19 Free technique Interval start	Sunday Jan 20 Classic Pursuit start
<i>Ontario Cup Races</i>			
Senior Men	1998 and earlier	10	10
Senior Women	1998 and earlier	10	10
Junior Men	1999 - 2000	10	10
Junior Women	1999 - 2000	10	10
Junior Boy	2001 - 2002	10	10
Junior Girl	2001 - 2002	10	10
Juvenile Boy	2003 - 2004	5	5
Juvenile Girl	2003 - 2004	5	5
Midget Boy	2005 - 2006	5	5
Midget Girl	2005 - 2006	5	5
Mini midget Boy	2007 - 2008	1.7	<i>No race</i>
Mini midget Girl	2007 - 2008	1.7	<i>No race</i>
Master Men	1988 and earlier	10	10
Master Women	1988 and earlier	10	10
PN Standing Men	any	5	5
PN Standing Women	any	5	5
PN Standing Men - Dev	any	2	2
PN Standing Women - Dev	any	2	2
PN Sit Men	any	1	2
PN Sit Women	any	1	2
PN Sit Men - Dev	any	1	1
PN Sit Women - Dev	any	1	1
<i>World Snow Day Races</i>			
<i>Mini midget girls/boys</i>	<i>2007 - 2008</i>	<i>No race</i>	<i>1.4</i>
<i>Pee Wee girls/boys</i>	<i>2009 - 2010</i>	<i>No race</i>	<i>1.4</i>
<i>Atom girls/boys</i>	<i>2011 - 2012</i>	<i>No race</i>	<i>.7</i>

For questions regarding Para Nordic eligibility and distances etc contact Patti Kitler
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