



2020 Ontario Cup #3

January 18-19, 2020

Hosted by the North Bay Nordic Ski Club

Northern Ontario District

Sanctioned by Nordiq Canada and Cross Country Ski Ontario

Race Website: <http://www.northbaynordic.ca/ocup3.html>

Contacts

Event Committee Chair / Competition Secretary	Rod Sinclair	omc.nbnordic@gmail.com
Chief of Competition	Andrew Rees	arees705@gmail.com
Technical Delegate	Richard Lemoine	RLemoine@hvgp.ca
Facility Coordinator	Tom Cook	Thomas.cook2405@gmail.com

Location:

North Bay Nordic Ski Club

630 Northshore Rd

North Bay, ON

Directions to race site are posted to the race website

SCHEDULE OF EVENTS

Friday January 17, 2020

- 10:00 am – 5:00 pm Trails open and marked for Saturday Races
Note: Racers and coaches receive complimentary day pass. Must sign in at Snack Bar in clubhouse
- 2:00 pm – 4:00 pm Race office open

Saturday January 18, 2020

- 9:00 am – 12:30 pm Trails open and marked for Saturday Races
- 10:00 am – 4:00 pm Race office open
- 11:00 am Team Captain's Meeting #1
- 12:30 pm Race Trails Closed – Warmup and wax testing trail available
- 1:00 pm Race Start – Free Technique Individual Start
- 6:00 pm Team Captain's Meeting #2 (if required)

Sunday January 19, 2020

- 8:00 am – 2:00 pm Race office open
- 9:30 am Race Trails Closed – Warmup and wax testing trail available
- 10:00 am Race Start – Classic Technique Pursuit Start

RACE DETAILS

Category	Year of Birth	Saturday Interval Start Free	Sunday Pursuit Start Classic
		Race distances (km)	
PN Standing Women / Men	all	6.5	5
PN Sit Women / Men	all	1.5	2.6
U10	2010-2011	1.5	2.6
U12	2008-2009	3	3
U14	2006-2007	6.5	5
U16	2004-2005	6.5	5
U18	2002-2003	10	10
U20	2000-2001	10	10
Senior (20-29)	1990 - 1999	10	10
Masters (30+)	1989 and earlier	10	10

Note: Course descriptions and maps will be posted on the race website.

ELIGIBILITY

The event is open to all Nordiq Canada License holders, holders of FIS or other national licenses and skiers purchasing a Supporting Member Day License. All competitors from U14 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. Waivers must be completed for all unlicensed skiers and received by the Race Secretary by 4:00 pm January 17, 2020.

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

Skiers wishing to be included in University results must enter their University when registering on-line. University/College Eligibility: A student-athlete must be enrolled in a minimum of three (3) courses (minimum 9 credit hours or equivalent) in the semester in which they are competing within U SPORTS, OUA, OCAA with signed or emailed authorization from the school coach and/or Director of Athletics.

REGISTRATION

The 2020 Ontario Cup #3 race registration will be handled exclusively online via [Zone4](#). Early registration rates are available before January 6, 2020. Entries must be submitted by **11:59 pm EST, Sunday January 12, 2020**. Payment must be made, and event waivers completed online at the time of registration. Confirmation lists will be posted on the [Zone4](#) website, and any errors must be reported to the Competition Secretary (omc.nbnordic@gmail.com) by Thursday January 16, 2020.

Skiers wishing to be included in University / College results must enter their University / College as their Team Name when registering on [Zone4](#) and meet the eligibility requirements mentioned in the Eligibility Section.

Rowan's Law (Concussion Safety), 2018 makes it mandatory for the North Bay Nordic Ski Club to ensure that athletes under the age of 26, parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources and to ensure that athletes under the age of 26, parents of athletes under 18, sign a concussion code of conduct. Concussion resources will be available in the [Zone4](#) registration and hard copies will be available at race office. Please note, even if you have signed off on having read the concussion resources and signed the concussion code of conduct with your home club, North Bay Nordic is required by law to ensure this as well.

RACE ENTRY FEES

Event Fees

Event and Category	Cost before January 6	Cost after January 6
<i>Saturday Interval Start Free Technique</i>		
All Para Categories, U16 and older	\$45 + HST	\$50 + HST
U14	\$30 + HST	\$35 + HST
U10 and U12	\$25 + HST	\$30 + HST
<i>Sunday Pursuit Start Classic Technique</i>		
All Para Categories, U16 and older	\$45 + HST	\$50 + HST
U14	\$30 + HST	\$35 + HST
U10 and U12	\$25 + HST	\$30 + HST

Notes:

1. Para-nordic guides are not charged entry fees
2. All competitors from U14 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.

Additional Fees (not subject to HST)

Northern Ontario Division (NOD) Fees:

- \$2 per race for U14 and older

Cross Country Ontario Race Fee

- \$5 per race for U16 and older
- \$2.50 per race for U14

Cancellation and Refund Policy

If required, due to inappropriate snow, poor trail conditions, insufficient registration or force majeure, all or part of the event will be moved or cancelled. Any change in event location or timing will be posted to the race website as soon as it is known. A decision regarding cancellation or change in venue will be made in consultation with XCSO by Tuesday January 14, 2020. Refunds based on event cancellation will be provided as per Section 17.6 of the XCSO 2019-2020 Ontario Cup Technical Package.

SEEDING

As per Section 16.1 of the Cross Country Ski Ontario Ontario Cup Technical Package, seeding for Saturday's races will be based on the most recent Canada Points List (CPL) published by Nordiq Canada.

RESULTS AND AWARDS

Results will be posted on the official notice board outside the Nordic chalet and will be available online at www.northbaynordic.ca and zone4.ca.

Awards will be arranged immediately following the event and will be based on unofficial results. Ontario Cup medals will be presented Saturday to the free technique race winners and Sunday to the pursuit race winners in all Ontario Cup categories. Awards for the top classic results in each category will also be presented Sunday. In addition to category medals, the top skiers in each year of birth will be recognized for U10, U12, and U14 categories. Awards will also be presented to the University / College and Masters Categories.

FACILITIES

First aid and medical services will be available during all race events. An AED is located on the top floor of the North Bay Nordic Ski Club Chalet and emergency oxygen will be available in addition to standard first aid services. Inhalers, Epi Pens and other medications should be carried by parents or coaches in the stadium area, so as to be readily available in the event of an emergency. Please be cognizant of minimizing exposure of others to any nut products you bring. The North Bay Regional Health Centre is located at 50 College Dr, which is a 15-minute drive from North Bay Nordic.

The Snack Bar in the Chalet will be open Friday, Saturday and Sunday and food will be available for sale. Drinks, light snacks, and fruit will be available for racers following each event. Change rooms and athlete warming space will be available. The indoor toilets will be closed as the clubhouse water supply is inadequate for large events. Outdoor washrooms will be available at multiple locations.

The club has on-site parking space for approximately 100 vehicles. Parking attendants will be available to assist efficient parking. Please contact Facility Coordinator Tom Cook at Thomas.cook2405@gmail.com or 705-303-3106 to arrange parking for wax trailers and/or space for wax tents. **Athletes, coaches and spectators are encouraged to carpool to the maximum extent possible.** Street parking is not permitted according to municipal bylaws.

WAXING FACILITIES AND PROTOCOLS

The equipment garage and wax room will be available for waxing space. Wax trailer space is available in the parking lot but should be requested in advance. Teams who bring their own trailer and/or tents should bring a generator.

As a Tier 2 Nordiq Canada sanctioned race, Ontario Cups will follow the Nordiq Canada wax protocol available at [http://cccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-PolicyV6-\(1\).pdf.aspx](http://cccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-PolicyV6-(1).pdf.aspx) and posted to the race website.

ACCOMMODATIONS

1. HOMEWOOD SUITES (King Studio Suite \$149.00 or a 2 Queen 1 Bedroom Suite \$169.00)

Homewood Suites website

495 Oak Street West, North Bay, Ontario, P1B 2T3, Canada

TEL: +1-705-495-3000

Group Name: North Bay Nordic Ontario Cup

Arrival Date: 17-Jan-2020

Departure Date: 19-Jan-2020

Booking Link: <http://group.homewood-suites.com/NorthBayNordicOntarioCup>

CUT-OFF DATE: December 27, 2019

2. HAMPTON INN (\$150/night 2 queen beds)

Hampton Inn website

950 Mckeown Avenue, North Bay, ON, P1B 9P3

TEL: 1-866-238-4218

3. BEST WESTERN (\$127.99/night)

Best Western website

700 Lakeshore Drive | North Bay | ON | P1A 2G4

P: (705) 474-5800 | F: (705) 474-8699

Reservations: 1 (800) 461-6199

4. QUALITY INN (\$144.99/night)

Quality Inn website

1525 Seymour Street, North Bay, ON, P1A 0C5

Phone: (705) 495-1133 | Fax: (705) 495-1540