

ONTARIO CUP #1 Race Notice

Friday January 6, Saturday January 7 and Sunday January 8, 2012
Lappe Nordic Ski Centre, Thunder Bay, Ontario
Hosted by Lakehead Superior Nordic Association, Lake Superior Ski District

CONTACTS:

Technical Delegate	Shawn Sinclair	cleanhouse@nexicom.net
Chief of Competition	Bert Viljakainen	bviljakainen@tbaytel.net
Chief of Course	Grant Hall	grant_hall@shaw.ca
Competition Secretary	Janis Nixon	Janis_nixon@hotmail.com

LOCATION:

Lappe Nordic Ski Centre is located 20km west of Thunder Bay. Follow Hwy 102, 8km to Dog Lake Road. Continue on Dog Lake Road for 10km. The Centre is 4km left off Dog Lake Road on Kam-Current Rd (at Lappe Church)

SCHEDULE OF EVENTS

Sunday January 1, 2012	Midnight	Registration Deadline
Thursday January 5, 2012	9:00a.m. – 5:00p.m.	Official training day – courses will be marked for all races
	7:00p.m.	Team Leaders Meeting at the Prince Arthur Hotel (Host Hotel)
Friday January 6, 2012	9:30a.m.	Classic Interval Start
	7:00p.m.	Team Leaders meeting at the Prince Arthur Hotel
Saturday January 7, 2012	9:30a.m.	Classic sprints technique Race
Sunday January 8, 2012	9:30a.m.	Free technique Mass Start

Award Presentations to follow races each day at the Lappe Nordic Ski Centre

EVENT CATEGORIES & DISTANCES

Category	Age Range	Year of Birth
Midget Boy	13 & 14	1998 & 1997
Midget Girl	12 & 13	1999 & 1998
Juvenile Boy	15	1996
Juvenile Girl	14-15	1997 & 1996
Junior Boy	16-17	1995 & 1994
Junior Girl	16-17	1995 & 1994
Junior Men	18-19	1993 & 1992
Junior Women	18-19	1993 & 1992
Senior Men/Women	20+	1991-1981
Master Men/Women	31+	1980 and earlier

Friday, January 6, 2012 Interval Start Classic	
Category	Distance (km)
Senior Men	3.0
Senior Women	3.0
Junior Men	3.0
Junior Women	3.0
Junior Boy	3.0
Junior Girl	3.0
Juvenile Boy	3.0
Juvenile Girl	3.0
Midget Boy	3.0
Midget Girl	3.0
PN Standing Men	3.0
PN Standing Women	3.0
PN Sit Men	1.5
PN Sit Women	1.5

Saturday, January 7, 2012 Classic Sprints	
Category	Distance (km)
Senior Men	1.6
Senior Women	1.2
Junior Men	1.6
Junior Women	1.2
Junior Boy	1.2
Junior Girl	1.0
Juvenile Boy	1.2
Juvenile Girl	1.0
Midget Boy	1.0
Midget Girl	1.0
PN Standing Men	1.0
PN Standing Women	1.0
PN Sit Men	1.0
PN Sit Women	0.5

Sunday, January 8, 2012 Free Technique Mass start	
Category	Distance (km)
Senior Men	15
Senior Women	10
Junior Men	15
Junior Women	10
Junior Boy	10
Junior Girl	5
Juvenile Girl	5
Juvenile Boy	10
Midget Girl	5
Midget Boy	5
Master Women	10
Master Men	15
PN Standing Men	5
PN Standing Women	5
PN Sit Men	2.5
PN Sit Women	2.5

ELIGIBILITY

All competitors from juvenile and up must have a valid CCC race license or hold a CCC supporting member license (day license) in accordance with CCC Document 2.2.2 Race Licence Policy. Day licences to be purchased at the time of registration for a fee of \$5.00/day. Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by 4:00 PM Thursday, January 5, 2012

OUA ENTRANTS:

Participants for the OUA qualifier **must identify their University at time of online registration.**
Ontario University Qualifier

Each full-time university athlete must verify their registration status by either:

- a) appearing on an OUA official roster, or
- b) presenting a letter from the university registrar, shown by their coach to the acting university representative.

ENTRY DEADLINE

Registration can be completed only through the Zone 4 website at <http://www.zone4.ca>. The deadline for registration is Sunday January 1, 2012 at midnight. Any late registrants will be charged an extra \$100.00.

ENTRY FEES

Category	Register by Jan. 1, 2012
Juvenile, Junior, Senior, Master All Para-Nordic categories	\$45 per day
Midget	\$20 per day
CCC Day License	\$ 5 per day

Late entries must be submitted to the Competition Secretary **before** 12:00 noon on Jan. 5, 2011 **with full payment, including the late entry penalty fee of \$100.** Late entries will forfeit the right to seeding.

The first step in ultimately achieving correct **official results** in a timely fashion is the receipt of complete, correct, on-time entries.

Accordingly, athletes and coaches are expected to carefully check their entries as posted on the confirmation list on the Zone4 website, and send all corrections to janis_nixon@hotmail.com

Seeding lists and/or final confirmation lists will be available on the host website by Jan. 5, 2011

ADMISSION TO THE TRAILS

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

FACILITIES

Lappe Nordic Ski Centre has 12km of trails accommodating both classic and skate skiers. There is a large chalet on site with change rooms. Trailers will be available for waxing on site. Wheelchair Accessible Porta-Pottie will be provided. The main level of the chalet will be accessible. Ample parking is available.

FIRST AID

Will be available on site. Thunder Bay Regional Hospital is approximately 20 km. from Lappe Nordic Ski Centre.

RACE COURSES

Maps will be available online at Lappe Nordic's Website: www.lappenordic.ca

BIBS

A racer who does not return their bib at the end of a race will be charged a \$50 replacement fee that must be paid prior to another start being granted.

LODGING

Prince Arthur Hotel, Thunder Bay, Ontario
www.princearthur.on.ca

BIG THUNDER PASTA DINNER:

Big Thunder Nordic Ski Club is hosting a pasta dinner on Friday evening. Athletes, coaches and parents come out and carb load on pasta before the sprints, while chatting with teammates and other clubs.

MEAL: Pasta with meatballs, salad, roll, drink and dessert
COST: \$17.00 (includes HST)
WHEN: Friday, January 6, 2012 - 5:30 pm
WHERE: École Secondaire Catholique De La Vérendrye
175 North High Street,
Thunder Bay

Register for the dinner on the O-Cup #1 Race Registration on ZONE 4

Google Maps Link <http://g.co/maps/7f2j7>