

# 2012 LSSD CHAMPIONSHIPS

Saturday, February 25 and Sunday, February 26, 2012

@

Lappe Nordic Ski Centre

Hosted by

Lappe Nordic Ski Club, THUNDER BAY, ON

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



## CONTACTS

Chief of Competition

Grant Hall

[grant\\_hall@shaw.ca](mailto:grant_hall@shaw.ca)

**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.  
Turn left on Kam-Current Road (at Lappe Church).  
The Centre is 4 km off Dog Lake Road on Kam-Current Road.

## ENTRY METHOD & DEADLINE & REGISTRATION FEES

Normal registration will be online through [www.zone4.ca](http://www.zone4.ca). Online registration will be available commencing Monday, Feb. 6 and will **close Thursday, Feb. 23 at midnight**.

LATE registration will occur at Lappe at the times indicated in the "Schedule of Events" below. ALL registrations done at Lappe (i.e. not done online) are considered LATE registrations and are subject to a **\$10 late registration fee** for **EACH** race. The entry deadlines will be strictly enforced so the start of the race will not be delayed.

Category	
Adult - Juvenile and older	\$20.00 per day
Children - Midget and younger	\$ 5.00 per day

**Note:** The Zone4 online registration system charges a \$3.00 fee for doing the registration in addition to the race fees listed above. Race and registration fees are non-refundable.

## SCHEDULE OF EVENTS

Saturday, Feb 25	11:00 am	LATE Registration Opens (One and/or both days)
Saturday, Feb 25	12:00 pm	LATE Registration Closes (ALL categories)
Saturday, Feb 25	1:00 pm	Classic technique - Interval start
Sunday, Feb 26	8:15 am	LATE Registration Opens
Sunday, Feb 26	9:15 am	LATE Registration Closes (ALL Categories)
Sunday, Feb 26	10:15 am	Free technique - Mass start

### ***Award Presentations will follow races each day at the Lappe Nordic Ski Centre***

Classic Technique - Awards to the top three in each age category

Free Technique - Awards to the top three in each age category

Total combined time for the 2 day event - LSSD Championship medals to the top three in each age category

## ELIGIBILITY

- Eligibility for LSSD Championship medals is restricted to LSSD skiers<sup>1</sup>, skiing in their proper age category.
- The exception to this is Open Men/Women which is open to any LSSD skier regardless of their age.
- Those skiers who possess a racing license from a Club outside of LSSD are not eligible for LSSD Championship medals, but are eligible for daily awards
- *No entries will be accepted past the LATE Registration deadlines.*

## Club Championship Awards

There will be three sets of Club awards:

1. *Senior Category* – Club with the most points in the Senior category (Juvenile and older)
2. *Jackrabbit Category* – Club with the most points in the Jackrabbit category (Midget and younger)
3. *Participation* – Club with the highest percentage of its total Club membership participating in the Championships

## Club Championship Awards CRITERIA

- open only to Clubs registered with LSSD, Cross Country Ontario and Cross Country Canada
- a skier's Club affiliation is determined by racing licence or, if no racing licence, by paid membership in an LSSD-member Club ('paid membership' established on the basis of Club membership lists)
- points are tabulated for each LSSD-member Club based on each Club's member's daily placing; the two-day points total determines the Club(s) receiving the Senior Category and Jackrabbit Category awards
- the Club with the highest percentage of its total Club membership participating in the Championships receives the Participation Award
- Club membership will be based upon membership lists as entered into Zone4 prior to 22:00 h EST on Friday, February 24, 2012.

---

<sup>1</sup> An LSSD skier is one whose name appears on the membership list of an LSSD member club.

## Bib Replacement Fee

Competitors' clubs will be charged \$50 for replacement of any bib which is not returned at the end of EACH race.

## Event Distances & Categories – CHILDREN

Category	Year of birth	Saturday Classic Technique Individual Start	Sunday Free Technique Mass Start
5 & under Boys	2006 & later	200m	200m
5 & under Girls	2006 & later	200m	200m
Atom Boys	2003 - 2005	800m	800m
Atom Girls	2003 - 2005	800m	800m
Pee Wee Boys	1999 – 2002	1.5k	1.5k
Pee Wee Girls	2000 – 2002	1.5k	1.5k
Midget Boys	1997 & 1998	3.5k	3.5k
Midget Girls	1998 & 1999	3.5k	3.5k

*\* Distance is subject to course conditions (but not to exceed listed distance)*

## Event Distances & Categories - ADULT

Category	Year of birth	Saturday Classic Technique Individual Start	Sunday Free Technique Mass Start
Juvenile Boys	1996	5k	5k
Juvenile Girls	1996 & 1997	5k	5k
Junior Boys	1994 & 1995	5k	10k
Junior Girls	1994 & 1995	5k	5k
Junior Men	1992 & 1993	10k	15k
Junior Women	1992 & 1993	5k	10k
Open Men	Open	10k	15k
Open Women	Open	5k	10k
Master Men 31+	1971 – 1980	10k	10k
Master Women 31+	1971 – 1980	5k	5k
Master Men 41+	1961 – 1970	10k	10k
Master Women 41+	1961 – 1970	5k	5k
Master Men 51+	1951- 1960	10k	10k
Master Women 51+	1951 – 1960	5k	5k
Master Men 61+	1950 or earlier	5k	5k
Master Women 61+	1950 or earlier	5k	5k

*\* Distance is subject to course conditions (but not to exceed listed distance)*



**\*\*\* TO BE COMPLETED BY LATE REGISTRANTS ONLY (Online registration includes the waiver) \*\*\***

## **CROSS COUNTRY CANADA INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

**By signing this document you will assume certain risks. Please read carefully.**

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country Ontario (hereinafter called the **Division**), Lake Superior Ski District (hereinafter called the **District**) and Lappe Nordic Ski Club (hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

### **Description of Risks**

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division**, the **District** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;
- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
- l) other risks normally associated with participation in the **Activities**.

3. **Furthermore, the Parties are aware:**

- a) that injuries sustained may be severe, paralyzing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division**, the **District** and the **Club**;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- d) that the risk of injury increases as the Participant becomes fatigued.

### **Disclaimer**

4. In consideration of **CCC/CSA**, the **Division**, the **District** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division**, the **District** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division**, the **District** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

### **Acknowledgement**

5. The **Parties** confirm that:

- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division**, the **District** and the **Club**;
- b) -they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) -the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division**, the **District** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
- d) they have read this agreement and understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- a) authorize **CCC/CSA**, the **Division**, the **District** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division**, the **District** and the **Club** websites;
- b) grant permission to **CCC/CSA**, the **Division**, the **District** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division**, the **District** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division**, the **District** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise of the implications of such withdrawal.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***

*I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.**

Name of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_