

Lakehead Superior Nordic Association



Presents 2016-2017 Ontario Cup #1

Lappe Nordic Ski Centre Thunder Bay ON

Wednesday, Thursday, Friday
28, 29 and 30 December 2016



Information

Mary Ellen Ripley (Competition Secretary)
Email: LappeRaceSecretary@gmail.com
Text: (807) 252-9580

Event Website

www.lappenordic.ca.
Scroll to "LSSD Ontario Cups" tab



HOST: Lakehead Superior Nordic Association, in cooperation with Lappe Nordic Ski Club and Big Thunder Nordic Ski Club.

Enjoy a PASTA DINNER hosted by Big Thunder Nordic Ski Club

Thursday 29 December

Pasta with meatballs, salad, roll, drink and dessert Cost \$17
at École secondaire catholique de la Vérendrye, 175 High St. N., Thunder Bay

Register for the dinner during Race Registration on www.zone4.ca.

WEBSITE: Please check the website regularly during the event for updated event information. www.lappenordic.ca. Scroll down to the "LSSD Ontario Cups" tab.

CONTACTS:

| | | |
|-----------------------|-------------------|--|
| Technical Delegate | Len Pizzey | lpizzey@halhinet.on.ca |
| Chief of Competition | Grant Hall | grant_hall@shaw.ca |
| Competition Secretary | Mary Ellen Ripley | LappeRaceSecretary@gmail.com |

LOCATION: **Lappe Ski Centre** - 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:

| | | | |
|--------|--------|--------------------|--|
| Wed. | Dec 21 | Midnight | Registration Deadline |
| Tues. | Dec 27 | Noon | Late Registration Deadline <i>subject to late fee penalty & forfeit of right to seeding</i> |
| Tues. | Dec 27 | 9:00 am to 5:00 pm | Official training day <i>courses will be marked for sprint and classic races</i> |
| | | 7:00 pm | Team Leaders' Meeting* <i>race information for Free Sprints</i> |
| Wed. | Dec 28 | 10:00 am | Free Sprints (<i>Kings Court format**</i>) |
| | | 7:00 pm | Team Leaders' Meeting* <i>race information for Classic Interval & Free Mass</i> |
| Thurs. | Dec 29 | 10:00 am | Classic Interval |
| Friday | Dec 30 | 9:30 am | Free Mass |

* All Team Leaders' Meetings will be held at the host hotel - Prince Arthur Waterfront

** King's court sprint format: Each skier skis a qualifying time trial to determine their first heat, and will ski in a total of three heats following the time trial.

*** Cold Weather Delays: There is a good chance that in late-December the start of races will be postponed due to cold temperatures. Please make your travel plans accordingly.

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

EVENT CATEGORIES & DISTANCES:

| Wed, 28 December Free Sprint | |
|---|----------------------|
| Category | Distance (km) |
| Open Men: ○ Senior ○ Junior ○ Master | 1.2 |
| Open Women: ○ Senior ○ Junior ○ Master | 1.2 |
| Junior Boy | 1.2 |
| Junior Girl | 1.2 |
| Juvenile Boy | 1.2 |
| Juvenile Girl | 1.2 |
| Midget Boy | 0.8 |
| Midget Girl | 0.8 |
| Peewee Boy | 0.8 |
| Peewee Girl | 0.8 |

| Thurs, 29 December Classic Interval Start* | |
|---|----------------------|
| Category | Distance (km) |
| Open Men: ○ Senior ○ Junior ○ Master | 15 |
| Open Women: ○ Senior ○ Junior ○ Master | 7.5 |
| Junior Boy | 7.5 |
| Junior Girl | 7.5 |
| Juvenile Boy | 7.5 |
| Juvenile Girl | 7.5 |
| Midget Boy | 3.5 |
| Midget Girl | 3.5 |
| | |
| | |

| Fri, 30 December Free Technique Mass Start | |
|---|----------------------|
| Category | Distance (km) |
| Open Men: ○ Senior ○ Junior ○ Master | 10 |
| Open Women: ○ Senior ○ Junior ○ Master | 10 |
| Junior Boy | 10 |
| Junior Girl | 10 |
| Juvenile Boy | 5 |
| Juvenile Girl | 5 |
| Midget Boy | 5 |
| Midget Girl | 5 |
| | |
| | |

* The most recent Canada Points List (CPL), either distance or sprint, will be used for seeding purposes. CPL is calculated and published by Cross Country Ski de Fond Canada. If an Ontario Cup race runs before the release of Period 1 CPL, Period 5 CPL from the previous season will be used.

CATEGORIES – By age and year of Birth:

| Category | Age as of 31 Dec 2016 | Year of Birth |
|-----------------|----------------------------------|----------------------|
| Pee Wee Boy | 9 to 12 | 2004 to 2007 |
| Midget Boy | 13 & 14 | 2002 & 2003 |
| Juvenile Boy | 15 | 2001 |
| Junior Boy | 16 & 17 | 1999 & 2000 |
| Junior Men | 18 & 19 | 1997 & 1998 |
| Senior Men | 20 + | 1996 & earlier |
| Master Men | 31 + | 1985 & earlier |

| Category | Age as of 31 Dec 2016 | Year of Birth |
|-----------------|----------------------------------|----------------------|
| Pee Wee Girl | 9 to 11 | 2005 to 2007 |
| Midget Girl | 12 & 13 | 2003 & 2004 |
| Juvenile Girl | 14 & 15 | 2001 & 2002 |
| Junior Girl | 16 & 17 | 1999 & 2000 |
| Junior Women | 18 & 19 | 1997 & 1998 |
| Senior Women | 20 + | 1996 & earlier |
| Master Women | 31 + | 1985 & earlier |

ELIGIBILITY:

All competitors **from Midget and up** must have a valid CCC race license or hold a CCC supporting member day license for each race. Day licenses can be purchased during online registration for a fee of \$5 per race.

Waivers must be completed for all unlicensed skiers and received by the Race Secretary no later than 12:00 noon on Tuesday, 27 December 2016.

OUA ENTRANTS :

University/College Eligibility: The eligible athlete meets the varsity requirements of their institution, (CIS, OUA, OCAA), is enrolled in a minimum of 3 courses per semester in the current academic year (September through April) with signed or emailed authorization from the school coach and/or Director of Athletics to admin@xcskiontario.ca. In order to tabulate Ontario University/College results, OUA participants **must identify their University or College at time of online registration.**

ENTRY DEADLINE:

Online registration at Zone 4 website <http://www.zone4.ca> will available by the end of November. The deadline for registration is Wednesday, 21 December 2016 at midnight. Late registrants will be charged a late penalty fee of \$50 per race.

Refunds will not be issued. Should an event be cancelled, the OC in cooperation with CCO, will provide a refund of registration fees less the costs associated with expensed items not re-usable at future events.

Late entries must be submitted to the Competition Secretary **before** 12:00 noon on Tues, 27 December 2016 **with full payment**, including the late entry penalty fee. Late entries forfeit the right to seeding.

ENTRY FEES: (Fees are subject to HST)

| Race Fees – all athletes by category | Register by Wednesday 21 December 2016 |
|---|---|
| Juvenile, Junior, Senior, Master | \$ 45 per day |
| Peewee & Midget | \$ 25 per day |
| Additional Fee for Ontario athletes only | |
| Juvenile, Junior, Senior, Master | \$ 5 per day |
| Midget | \$ 2.50 per day |
| Additional Fee for Non CCC License holders | |
| CCC Day License | \$ 5 per day |
| Late entry penalty fee | \$ 50 per race |

Athletes and coaches are to carefully **check the confirmation list posted on the Zone4 website**, and send all corrections to Race Secretary at LappeRaceSecretary@gmail.com. *The confirmation of complete, correct and on-time entries is the first step in achieving correct official results in a timely manner.*

Confirmation list and/or seeding lists will be available on the host website by Friday, 23 December 2016.

BIBS:

Bib pick-up will be upstairs at Lappe Nordic Centre each race day from 8:00 to 9:00 am - all categories.

A racer who does not return their bib and/or chip at the end of a race will be charged a \$75 replacement fee for each. (Fee must be paid prior to another start being granted).

RACE COURSE:

Maps will be available online at www.lappenordic.ca. Scroll down to the LSSD Ontario Cups tab.

ADMISSION TO TRAILS:

Trail fees are included in the registration fees for coaches and athletes for race days as well as the official training day, Tuesday, 27 December 2016. Coaches and athletes **must** buy a trail pass **at the Lappe Ski Centre** for all other days. For non-participants and family members accompanying athletes, a special 4-day trail pass (for Dec. 27-30) can be purchased as part of the athlete online registration. Otherwise, the daily trail pass fee available **at the Ski Centre** is \$15 per day.

FACILITIES:

Lappe Nordic Ski Centre has 13.6 km of trails for both classic and skate skiers. There is a large chalet on site with change rooms. Wheelchair accessible Porta-Potties will be provided. The main level of the chalet will be accessible. Ample parking is available.

WAXING PROTOCOLS:

⇒ Trailers will be assigned for waxing on site. *The wax room is a designated Work Zone and when active (when irons are in use) **proper personal protection equipment (PPE) must be in use by all persons in the area.***

⇒ On classic days each club will be provided with up to two "**coach bibs**" to allow coaches to test grip wax on the race course during the event. Coaches are to ski in the direction of the course and not impede/pace skiers in any way.

⇒ Ontario has adopted a 'No Fluoro/Low Fluoro' waxing guideline. The **recommended glide 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

Adherence to this protocol is self-governed and is the responsibility of coaches, parents and wax technicians.

FIRST AID:

Will be available on site. Thunder Bay Regional Hospital is approximately 20 km from the ski centre.

LODGING – Official Race Hotel:

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

Room contact: Christina Grey 807-346-5120 Meal Arrangements: Matt Winters 807-346-5125

ON-SITE FOOD SERVICES:

Athlete Services: (downstairs)

There will be bananas, oranges and Gatorade available free to all athletes.

Lappe Kitchen: (upstairs). The best Finnish pancakes in Thunder Bay!