

# Lakehead Superior Nordic Association



**Presents**  
**2018-2019 Ontario Cup #2**  
**and Canada Winter Games Trials**

**Lappe Nordic Ski Centre**  
**Thunder Bay ON**

**Friday, Saturday and Sunday**  
**January 4, 5 and 6, 2019**



## **Information**

Stephanie Marler (Competition Secretary)  
Email: [marlersteph@yahoo.ca](mailto:marlersteph@yahoo.ca)  
Text: (807) 474-6126



## **Event Website**

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

Saturday, January 5, 2019

Pasta with meatballs, salad, roll, drink and dessert Cost \$19  
at Hilldale Lutheran Church, 321 Hilldale Rd, Thunder Bay P7G 1Y7

Register for the dinner during Race Registration on [www.zone4.ca](http://www.zone4.ca).

**WEBSITE:** Please check the website regularly during the event for updated event information. [www.lappenordic.ca](http://www.lappenordic.ca). Then, scroll down to the “LSSD Ontario Cups” tab.

**CONTACTS:**

Technical Delegate	Shawn Sinclair	<a href="mailto:cleanhouse@nexicom.net">cleanhouse@nexicom.net</a>
Chief of Competition	Grant Hall	<a href="mailto:grant_hall@shaw.ca">grant_hall@shaw.ca</a>
Competition Secretary	Stephanie Marler	<a href="mailto:marlersteph@yahoo.ca">marlersteph@yahoo.ca</a>

**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:**

Sunday	Dec. 30	Midnight	Registration Deadline
Wednesday	Jan. 2	Noon	Late Registration Deadline <i>subject to late fee penalty &amp; forfeit of right to seeding</i>
Thursday	Jan. 3	9:00 am to 5:00 pm	Official training day <i>courses will be marked for Sprint, Prologue and Free Technique courses.</i>
		7:00 pm	Team Leaders' Meeting* <i>race information for Free Sprints and Prologue</i>
Friday	Jan. 4	10:00 am	Jr/Sr Sprints and Prologue for all other categories
		7:00 pm	Team Leaders' Meeting <i>race information for Free Interval &amp; Classical Mass</i>
Saturday	Jan. 5	10:00 am	Free Technique Interval Start
Sunday	Jan. 6	9:30 am	Classical Technique Mass Start

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

\*\* Cold Weather Delays: There is a good chance that in early-January 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 (km):**

<b>Friday, 4 January Free Sprint</b>		<b>Saturday, 5 January Free Technique Interval Start*</b>		<b>Sunday, 6 January Classic Technique Mass Start</b>	
<b>Category</b>	<b>Distance</b>	<b>Category</b>	<b>Distance</b>	<b>Category</b>	<b>Distance</b>
Open Men: ○ Senior M ○ Junior M	1.3	Open Men: ○ Senior M ○ Junior M ○ Master	10	Open Men: ○ Senior M ○ Junior M ○ Master	15
Open Women: ○ Senior W ○ Junior W	1.3	Open Women: ○ Senior W ○ Junior W ○ Master W	7.5	Open Women: ○ Senior W ○ Junior W ○ Master	10
<b>Prologue - Free Technique Interval Start</b>		Junior Boy	10	Junior Boy	7.5
Junior Boy	3.5	Junior Girl	7.5	Junior Girl	7.5
Junior Girl	3.5	Juvenile Boy	5	Juvenile Boy	7.5
Juvenile Boy	3.5	Juvenile Girl	5	Juvenile Girl	7.5
Juvenile Girl	3.5	Midget Boy	3.5	Midget Boy	5
Midget Boy	3.5	Midget Girl	3.5	Midget Girl	5
Midget Girl	3.5	Mini-Midget Boy	2.5	Mini-Midget Boy	2.5
Mini-Midget B/G	-	Mini-Midget Girl	2.5	Mini-Midget Girl	2.5

\* The most recent Canada Points List (CPL), either distance or sprint, will be used for seeding purpose all categories except Mini-Midgets. CPL is calculated and published by Cross Country Canada. If an Ontario Cup race runs before the release of Period 1 CPL, Period 5 CPL from the previous season will be used. Mini-Midgets will be seeded by random draw.

**CLASSIC TECHNIQUE**

This is a reminder that the following rules that pertain to classic races will be enforced:

- ICR 343.8.1: 83% Pole Height Rule
- ICR 310.2.2: Implementation and control of marked zones specifically for Turning Technique and Diagonal Technique.

**CATEGORIES - By age and year of birth:**

<b>Category</b>	<b>Age as of 31 Dec 2018</b>	<b>Year of Birth</b>	<b>Category</b>	<b>Age as of 31 Dec 2018</b>	<b>Year of Birth</b>
Mini-Midget	10 & 11	2007 & 2008	Junior M/W	18 & 19	1999 & 2000
Midget	12 & 13	2005 & 2006	Senior	20 +	1989 to 1998
Juvenile	14 & 15	2003 & 2004	Master	31 +	1988 & earlier
Junior B/G	16 & 17	2001 & 2002			

**ELIGIBILITY:**

All competitors **from Midget and up** (not Mini-Midget) 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 (Appendix A) must be completed for all unlicensed skiers and received by the Competition Secretary by email ([marlersteph@yahoo.ca](mailto:marlersteph@yahoo.ca)) no later than 12:00 noon on Wednesday, 3 January 2019.

**ENTRY DEADLINE:**

Online registration at Zone 4 website <http://www.zone4.ca> will available by the end of November. The deadline for registration is **Sunday, 30 December 2018** at midnight.

Late registrations will be accepted until Wednesday, 3 January 2019 at noon, subject to a late penalty fee of \$50 per race. Late entries forfeit the right to seeding.

Refunds will not be issued after the registration deadline of Sunday, 30 December at midnight. Refunds, subject to a \$5 administration fee, must be requested in writing prior to the registration close date and time of Sunday 30 December 2018 at midnight.

In the event of cancellation, the OC in cooperation with XCO, will provide a refund of registration fees less the costs associated with expensed items not re-usable at future events.

**ENTRY FEES: (Fees are subject to HST)**

<b>Race Fees – all athletes by category</b>	<b>Register by Sunday 30 December 2018 to avoid late registration penalties</b>
Juvenile, Junior, Senior, Master	\$ 45 per day
Mini-Midget & Midget	\$ 25 per day
<b>Additional Fee for Ontario athletes only</b>	
Juvenile, Junior, Senior, Master	\$ 5 per day
Midget	\$ 2.50 per day
<b>Additional Fee for Non CCC License holders</b>	
CCC Day License	\$ 5 per day
<b>Late entry penalty fee per race</b>	<b>\$ 50 per race</b>

Athletes and coaches are to carefully **check the confirmation list posted on the Zone4 website**, and send all corrections to Race Secretary at [marlersteph@yahoo.ca](mailto:marlersteph@yahoo.ca). *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 Wednesday 3 January.

**CANADA WINTER GAMES TRIALS:**

Please indicate your CWG eligibility when registering on Zone4. Junior Boys/Junior Girls who wish to qualify for CWG must race up into the CWG – Open M/W categories. Selection criteria is available at XCSO website: [Canada Winter Games Selections Criteria](#).

**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](mailto:admin@xcskiontario.ca). In order to tabulate Ontario University/College results, OUA participants **must identify their University or College at time of online registration.**

**BIBS:**

Bib pick-up will be upstairs at Lappe Nordic Centre each race day from 8:00 to 9:00 am for all categories. Bibs will be sorted by club or team. Please identify how you would like your bib sorted during registration.

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](http://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, Thursday, 3 January 2019. 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 Jan. 3 to 6) 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. Additional 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 may use up-to two "**coach bibs**" 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 Health Sciences Center, 980 Oliver Road, Thunder Bay P7B 6V4 (807-684-6000), is approximately 20 km from the ski centre. The emergency is open 24/7.

**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! Amazing soup, and other goodies available as well. Kitchen hours will be posted on the website.

**FOR MORE DETAILED INFORMATION:**

View the [Ontario Cup Technical Package](#) or the [Canada Winter Games Team Criteria](#) for more detailed information.

**LODGING – Official Race Hotel:**

Prince Arthur Hotel, Thunder Bay - [www.princearthurwaterfront.com](http://www.princearthurwaterfront.com)

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





## **SUPPORTING MEMBER (DAY LICENSE) FORM** **(for skiers without a CCC Race License)**

A Supporting Member (Day License) fee, one per race day, must accompany each Supporting Member License issued.

Name of Event: \_\_\_\_\_  
Name of Race: \_\_\_\_\_ Date of Race: \_\_\_\_\_  
Name of Race: \_\_\_\_\_ Date of Race: \_\_\_\_\_  
Name of Race: \_\_\_\_\_ Date of Race: \_\_\_\_\_

### **Athlete Information:**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Date of Birth: (Year) \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) \_\_\_\_\_  
Male(M)/Female(F): \_\_\_\_\_  
Club Name: \_\_\_\_\_ Division: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Email address \_\_\_\_\_

### **DECLARATION**

In consideration of **Cross Country Canada** (hereinafter called **CCC**) enabling the undersigned competitor to train and compete according to **CCC** rules and regulations in force from time to time, and to participate at the ski area(s) where the races named above will be held, all of which races are fully authorized and sanctioned by **CCC**, I hereby agree and declare as follows:

- (i) That the sport of Cross Country Skiing has risks and inherent dangers that could cause me bodily injury, including death.
- (ii) That my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing.
- (iii) That I will abide by all the Rules and Regulations as set forth by **CCC** and **FIS**.

### **FIS.**

(iv)

That as a participant in CCC sanctioned sport and as a CCC race license holder I will participate in and be subject to the *Canadian Anti-Doping Program (CADP)* and document 1.10 *CCC Anti-Doping Policy*. CCC has adopted the 2009 CADP, which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of

CCC and participants in CCC sanctioned activities. All members of CCC, whether in the role of athletes or athlete support personnel, are subject to the CADP. By signing below, I acknowledge that I am a member of CCC and I am aware that the CADP applies to me and I consent to its application to me. I am fully aware of the doping violations and consequences rules set out in the CADP. I am fully aware of the penalties that will be imposed in the event of an anti-doping rule violation and I understand that refusal to submit to sample collection as required under the CADP is considered to be an anti-doping rule violation. For further information, please visit the Athlete Zone on the CCES website (<http://cces.ca/athletezone>). Document 1.10 *CCC Anti-Doping Policy* is available on the CCC website, [www.cccski.com](http://www.cccski.com) or from the CCC National Office, e-mail [info@cccski.com](mailto:info@cccski.com) or phone (403) 678-6791.

Adult and Minor Athlete Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Name of Legal Guardian (if athlete is under age of majority): \_\_\_\_\_

Signature of Legal Guardian: \_\_\_\_\_

Witness: \_\_\_\_\_

**NOTE:** Your name, year of birth, club name and division affiliation is considered public information and will be accessible on the CCC website as racing license confirmation for the current season. This information will also be made available to race organizers and event registration services in order to validate your registration details.

Please note that if an athlete enters a FIS or IPC sanctioned event and provides an International License number (whether it has been renewed for that season or not) the International license will become activated automatically and payment will be required by the athlete if it has not been already made.

Please check that this Note has been read and understood.

**Attention Host Club:** Please have all skiers without a CCC racing license sign this form and an Informed Consent and Assumption of Risk Agreement when participating in a CCC Nationally Sanctioned event. All current CCC racing license holders need not complete any additional documents when participating in these events.

**NOTE:** Supporting Member Forms are to remain with the **Host Club Executive**.

**DO NOT** submit these forms to **CCC** or the **Host Division Office**