

Lakehead Superior



Nordic Association

Presents
**2019-2020 Ontario Cup #2
and Ontario Winter Games Qualifier**

**Lappe Nordic Ski Centre
Thunder Bay ON**

**Friday, Saturday and Sunday
January 3, 4 and 5, 2020**



Information

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

Event Website

www.lappenordic.ca



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

WEBSITE: Please check the website regularly during the event for updated event information.
www.lappenordic.ca.

CONTACTS:

Technical Delegate	Jen Tomlinson	tomlinson@rogers.com
Chief of Competition	Grant Hall	grant_hall@shaw.ca
Competition Secretary	Stephanie Marler	marlersteph@yahoo.ca

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. 29	Midnight	Registration Deadline
Wednesday	Jan. 1	Noon	Late Registration Deadline <i>subject to late fee penalty & forfeit of right to seeding</i>
Thursday	Jan. 2	9:00 am to 5:00 pm	Official training day <i>courses will be marked for the Sprint and Interval Start</i>
		7:00 pm	Team Leaders' Meeting* <i>King's Court Sprint</i>
Friday	Jan. 3	10:00 am**	King's Court Qualifier followed by heats.
		7:00 pm	Team Leaders' Meeting <i>Classic Interval & Free Technique Mass Start</i>
Saturday	Jan. 4	10:00 am**	Classic Technique Interval Start
		6:00 pm	Pasta Supper
		7:00 pm***	Team Leaders' Meeting (if required)
Sunday	Jan. 5	9:30 am**	Free 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.

***May be combined with Team Leaders' Meeting on Friday, Jan 3 (condition dependent).

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

Enjoy a PASTA DINNER hosted by Big Thunder Nordic Ski Club

Saturday, January 4, 2020 at 6:00 pm
 Pasta with meat sauce, salad, roll, drink and dessert Cost \$19
 (gluten and vegetarian options available)
 at Hilldale Lutheran Church, 321 Hilldale Rd, Thunder Bay P7G 1Y7
 Purchase dinner tickets during Race Registration on www.zone4.ca.

EVENT CATEGORIES & DISTANCES*:

Friday, 3 January Free Technique King's Court Sprint Mixed Gender (6 per heat)		Saturday, 4 January Classic Interval Interval Start		Sunday, 5 January Free Technique Mass Start	
Category	Distance	Category	Distance	Category	Distance
Open Men: ○ Senior M ○ U20 M	1200 m	Open Men: ○ Senior M ○ U20 M ○ Master	2 x 5 km	Open Men: ○ Senior M ○ U20 M ○ Master	3 x 5 km
Open Women: ○ Senior W ○ U20 W	1200 m	Open Women: ○ Senior W ○ U20 W ○ Master W	5 km	Open Women: ○ Senior W ○ U20 W ○ Master	2 x 5 km
U18 Boy	1200 m	U18 Boy	5 km	U18 Boy	2 x 5 km
U18 Girl	1200 m	U18 Girl	5 km	U18 Girl	2 x 3.75 km
U16 Boy & Girl	1200 m	U16 Boy & Girl	5 km	U16 Boy & Girl	2 x 3.75 km
U14 Boy & Girl	800 m	U14 Boy & Girl	5 km	U14 Boy & Girl	5 km
U12 Boy & Girl	-	U12 Boy & Girl	2.5 km	U12 Boy & Girl	2.5 km

*Courses and laps are condition dependent.

RACE COURSES:

Maps will be available online at lappenordic.ca no later than Sunday, December 29, 2019.

SEEDING

The most recent Canada Points List (CPL), either distance or sprint, will be used for seeding purposes for all categories except U12. U12 will be seeded as follows: Interval start - by random draw; Mass Start – order of finish from the Interval Start Classic race.

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:

Category	Age as of 31 Dec 2019	Year of Birth	Category	Age as of 31 Dec 2019	Year of Birth
U12	10 & 11	2008 & 2009	U20	18 & 19	2000 & 2001
U14	12 & 13	2006 & 2007	Senior	20 +	1990 to 1999
U16	14 & 15	2004 & 2005	Master	31 +	1989 & earlier
U18	16 & 17	2002 & 2003			

ELIGIBILITY:

All competitors **from U14 and up** (not U12) must have a valid Nordiq Canada race license or hold a Nordiq Canada supporting member day license for each race event. 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) no later than 12:00 noon on Thursday, 2 January 2020.

ONTARIO WINTER GAMES QUALIFIER:

“LSSD is responsible for nominating a minimum of 20 athletes (10 male, 10 female) from our District for the 2020 Ontario Winter Games. The classic interval start event at the Ontario Cup on January 4th will be used as the selection race. An LSSD selection committee will be formed to review the race results and create the OWG nomination list. The top two LSSD racers of each gender and each Year of Birth (2004, 2005, 2006) will be automatically selected and the rest of the spots will be determined by the jury, in conversation with coaches from the LSSD clubs represented.”

ENTRY DEADLINE:

Online registration at Zone 4 website <http://www.zone4.ca> will open by 22 November 2019. The deadline for registration is **Sunday, 29 December 2019** at midnight.

Late registrations will be accepted until Wednesday, 1 January 2020 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, 29 December 2019 at midnight. Refunds, subject to a \$10 administration fee, must be requested in writing prior to the registration close date and time of Sunday 29 December 2019 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)

Race Fees – all athletes by category	Register by Sunday 29 December 2019 to avoid late registration penalties
U16, U18, U20, Senior & Master	\$ 45 per day
U14 & U12	\$ 25 per day
Additional Fee for Ontario athletes only	
U16, U18, U20, Senior & Master	\$ 5 per day
U14	\$ 2.50 per day
Additional Fee for Non Nordiq Canada License holders	
Nordiq Canada Day License	\$ 5 per day
Late entry penalty fee per race	\$ 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 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 1 January.

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.**

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).

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, 2 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. 2 to 5) 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 is accessible. Ample parking is available.

WAXING FACILITIES:

Each team will be provided with space in a wax trailer, included in race fees. If you would like to bring your own wax tent, email marlersteph@yahoo.ca (Stephanie – Competition Secretary)

WAXING PROTOCOLS:

At publication date:

For all Tier 2 races (Provincial Cups, Provincial Champs, CCC sanctioned events) the Nordiq Canada Fluoro policy would apply. This means that:

- 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.
- Grip powders are NOT permitted
- Does not pertain to grip wax

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

Please refer to Nordiq Canada's website for the full text of the waxing protocol:

[http://cccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-Policy-V6-\(1\).pdf.aspx](http://cccski.com/getattachment/Events/Technical-Packages/NC-Fluoro-Wax-Policy-V6-(1).pdf.aspx)

This policy is subject to any revisions to Nordiq Canada's wax policy and approved product list.

ROWAN'S LAW:

Rowan's Law (Concussion Safety), 2018 makes it mandatory for LSNA to:

1. Ensure athletes under the age of 26, parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources
2. Ensure 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, LSNA is required by law to ensure this as well.

FIRST AID:

Ski Patrol 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](#) for more detailed information.

LODGING – Official Race Hotel:

Prince Arthur Hotel, Thunder Bay - www.princearthurwaterfront.com

Room contact: Christina Grey 807-346-5120

Meal Arrangement: Jenn Hodges: 807-346-5125

Jenn@princearthurwaterfront.com





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**.
- (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 or from the CCC National Office, e-mail 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**