



2025 Ontario Cup 3

January 18-19, 2025

Hosted by the North Bay Nordic Ski Club
Northern Ontario District



Event Location

North Bay Nordic Ski Club
630 Northshore Rd
North Bay, ON

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RACE SPONSORS AND DONATIONS

The North Bay Nordic Ski Club would like to thank the growing list of event sponsors for supporting the North Bay cross-country ski community and this event. This page will be updated as needed to include additional sponsors and donations.



Revision History

Date	Revisions
January 13, 2025	<ul style="list-style-type: none">- Update to official training time on Friday- Updates to hours race trails open for pre-ski Saturday and Sunday- TCM 1 will be via Zoom and hosted at North Bay Nordic Clubhouse and can be attended in-person- Corrected distance for U14 on Sunday (1 x 3 km)

GENERAL INFORMATION

Event Committees

Organizing Committee

<u>Position</u>	<u>Name</u>
Event Committee Chair	Andrew Rees
Treasurer	Alisha Millar
Communication and Media	Kathy Wilcox
Chief of Competition	Victor Hopper
Facility / Venue Coordinator	Tom Cook

Competition Committee

<u>Position</u>	<u>Name</u>
Chief of Competition	Victor Hopper
Competition Secretary	Kathy Wilcox
Chief of Course	Kelly Wallace
Chief of Timing and Results	Henning Helms
Chief of Stadium	Tom Cook

Jury

<u>Position</u>	<u>Name</u>
Technical Delegate	Angus Carr
Chief of Competition	Victor Hopper
XCSO Representative	Stephanie Marler

SafeSport

Athletes, coaches, officials, staff, and volunteers have the right to a safe and inclusive environment, free from maltreatment and creating a safe environment is a top priority and a responsibility of all sport participants. XCSO and the North Bay Nordic Ski Club have adopted the Nordiq Canada Pan Canadian Safe Sport Policy Suite.

If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the Canadian Sport Helpline or the onsite SafeSport officer (Kathy Wilcox, kwilcox@outlook.com). These individuals can connect you with support and help you file a complaint. The Canadian Sport Helpline is an anonymous, confidential and independent service that offers help to victims or witnesses of harassment, abuse or discrimination. The Canadian Sport Helpline is available by toll-free phone line (1-888-83SPORT), email, text or live chat, in French and English. For emergencies, call 9-1-1.

Information and Communication

Primary communication will be via the Zone4 event page, email to registered athletes and team personnel, a WhatsApp messaging group, and the club's Twitter (X) page @Northbaynordic. Updates on trail conditions are provided regularly on the club's website.

Link to WhatsApp Group for the event: <https://chat.whatsapp.com/HU9WokfK7q70A7XqCONNmz>

Event Website: <https://northbaynordic.ca/2025-ontario-cup-3>

<u>Contact</u>	<u>Name</u>	<u>Emails</u>	<u>Phone</u>
Event Committee Chair	Andrew Rees	president@northbaynordic.ca	
Chief of Competition	Victor Hopper	Victor.hopper17@gmail.com	807-630-7529
Competition Secretary	Kathy Wilcox	races@northbaynordic.ca	
Facility Coordinator	Tom Cook	Thomas.cook2405@gmail.com	705-303-3106

SCHEDULE OF EVENTS

Friday January 17, 2025

11:00 am – 5:00 pm	Official Training Day. Trails open for pre-skiing, courses marked for Saturday Events <i>Note: Racers and coaches receive complimentary day pass and must sign in at Snack Bar in the clubhouse</i>
2:00 pm – 4:00 pm	Race office open
3:00 pm	Deadline for changes to Day 1 Seeding List
5:00 pm	Day 1 Start list published to Zone4
6:00 pm	Team Captain's Meeting 1

Virtual via Zoom and in-person (Hybrid):
<https://us06web.zoom.us/j/85312792878>
Meeting ID: 853 1279 2878
Note: This Zoom TCM will be hosted at North Bay Nordic Clubhouse and can be attended in-person

Saturday January 18, 2025 – Day 1

8:00 am – 2:00 pm	Race office open
9:15 am – 11:15 am	Race trails open for pre-ski
11:15 am	Race Trails Closed – Warmup and wax testing trail available
11:30 am	Race Start – Free Technique Interval Start
Following last racer	Trails will be open and marked for pre-skiing of Sunday's courses
3:00 pm	Deadline for changes to Day 2 Seeding List
5:00 pm	Day 2 Start list published to Zone4
6:00 pm	Team Captain's Meeting 2 (if required)

Virtual via Zoom:
<https://us06web.zoom.us/j/82843908059>
Meeting ID: 828 4390 8059

Sunday January 19, 2025 – Day 2

8:00 am – 2:00 pm	Race office open
8:45 am – 9:45 am	Race trails open for pre-ski (classic only)
9:45 am	Race Trails Closed – Warmup and wax testing trail available
10:00 am	Race Start – Classic Technique Pursuit Start

RACE DETAILS

Category M / F	Year of Birth	Saturday Interval Start Free	Sunday Pursuit Classic
		Race distances (km)	
PN Standing	all	6 (2 x 3)	5
PN Sitting	all	2.6 (2 x 1.3)	2.6 (2 x 1.3)
U8	2017-2018	1.3	1.3
U10	2015-2016	1.3	2.6 (2 x 1.3)
U12	2013-2014	3	3
U14	2011-2012	6 (2 x 3)	3
U16	2009-2010	7 (2 x 3.5)	5
U18	2007-2008	7 (2 x 3.5)	10 (2 x 5)
U20	2005-2006	7 (2 x 3.5)	10 (2 x 5)
Senior (20-29)	1994 - 2004	7 (2 x 3.5)	10 (2 x 5)
Masters (30+)	1993 and earlier	7 (2 x 3.5)	10 (2 x 5)

Notes:

- Courses and distances subject to change due to snow and/or weather conditions;
- Course descriptions and maps will be posted on the race website; and
- Categories and genders may race concurrently.

Eligibility

As per Section 4 of the 2024-2025 Ontario Cup Technical Package, the event is open to all NORDIQ CANADA Race License (U16+), Development License (U14), or Associate License holders, or holders of FIS or other national licenses. Athletes must purchase this license prior to registering for the OCUP. (Nordiq Canada Race License Policy - September 2023). Athletes from the United States without FIS licenses who wish to be seeded are encouraged to purchase a Nordiq Canada Associate License. Non NORDIQ CANADA Race license holders must purchase a Nordiq Canada Tier 2 Event License (currently priced at \$6.00 per day) for each day of racing. Athletes will purchase this license during OCUP registration. Age categories U12 and younger are excluded from this requirement. (Nordiq Canada Race License Policy - September 2023).

Skiers wishing to be included in University results must enter their University when registering on-line. University/College Eligibility: A student-athlete must be enrolled in a minimum of three (3) courses (minimum 9 credit hours or equivalent) in the semester in which they are competing within U SPORTS, OUA, OCAA with signed or emailed authorization from the school coach and/or Director of Athletics.

Para Nordic guides are required to register for the event via the online registration at no charge. This facilitates the completion of NORDIQ CANADA's Informed Consent and Assumption of Risk Agreement.

Registration

The Ontario Cup #3 race registration will be handled exclusively online via Zone4. Entries must be submitted by 11:59 pm EST, Saturday January 11, 2025. Payment must be made, and event waivers completed online at the time of registration. Late Registration will be accepted until 12:00 pm (noon) on Wednesday January 15, 2025 (subject to a penalty of \$100 per registration).

Confirmation lists will be posted on the Zone4 website by 11:59 pm EST Sunday January 12, 2025. Any errors must be reported to the Competition Secretary (races@northbaynordic.ca) by Tuesday January 14 at 12:00 pm.

Skiers wishing to be included in University / College results must enter their University / College as their Team Name when registering on Zone4 and meet the eligibility requirements mentioned in the Eligibility Section.

Coaches and team support staff are required to register on Zone4 by close of regular registration (11:59 PM, Saturday January 11, 2025).

Important registration dates are as follows:

Early Registration Closes	11:59 PM, Wednesday January 8, 2025
Regular Registration Closes	11:59 PM, Saturday January 11, 2025
Confirmation List Posting to Zone4	11:59 PM, Sunday January 12, 2025
Deadline for Reporting Registration Errors to Competition Secretary	12:00 PM, Tuesday January 14, 2025
Late Registration Closes (subject to fee)	12:00 PM, Wednesday January 15, 2025

Rowan's Law (Concussion Safety), 2018 makes it mandatory for the North Bay Nordic Ski Club to ensure that athletes under the age of 26, parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources and to ensure that athletes under the age of 26, parents of athletes under 18, sign a concussion code of conduct. Concussion resources will be available in the registration.

Seeding

As per Section 17 of the 2024-25 Ontario Cup Technical Package, seeding will be based on the most recent Canada Points Lists (CPL) published by Nordiq Canada. The number of groups in each category will be determined from the number of entrants as per ICR 313.5.2. When common distances are raced by multiple categories, the categories may be seeded together. Results will be published as combined and for each category. Categories younger than U14 will be seeded as one group and Masters category will be seeded as one group.

Seeding lists will be posted by 12:00 pm on Thursday January 16, 2025 for Day 1 races. The deadline for changes to the Seeding List is 3:00 pm prior to each day of racing.



Race Entry Fees

Race Fees	Early Registration (to Jan 3)	Regular Registration (Jan 4 – Jan 11)
U16, U18, U20, Senior, Masters, Para-Nordic	\$45 per race + HST	\$50 per race + HST
U14, U12	\$30 per race + HST	\$35 per race + HST
U10, U8	\$20 per race + HST	\$25 per race + HST
XCSO Ontario Cup race fee for Ontario athletes U16 and up (U14 racing up must pay U16 fee)	\$7 per race	\$7 per race
XCSO Ontario Cup race fee for Ontario U14 athletes (no fee for U12 and younger)	\$3.50 per race	\$3.50 per race
NOD fee (U14 and up)	\$2 per race	\$2 per race
Racers without a Nordiq Canada or FIS license (Tier 2 Event License Fee)	\$6 per race	\$6 per race
Late entries (seeding forfeited) – accepted until 12:00 pm (noon) on Wednesday January 15, 2025	\$50 per race + HST + \$100 late registration penalty	

Notes

- Para-Nordic guides are not charged entry fees
- Fees do not include Zone4 fees

Cancellations and Refund Policy

If required, due to inappropriate snow, poor trail conditions, insufficient registration or *force majeure*, all or part of the event will be cancelled. Any change in the event will be posted to the race website as soon as it is known, as well as messages on WhatsApp. As per Section 6.3 of the 2024-25 Ontario Cup Technical Package, a final decision regarding cancellation or moving the race to a back up location will be made 1 week prior to the event and posted to the race website (and other communication channels). Refunds based on event cancellation will be provided as per the following table (Section 18.7 of the 2024-25 Ontario Cup Technical Package).

Cancellation Circumstances	Authority	Refunds (yes/no)	Refund Amount
Individual prior to registration closing	OC	Yes	Race entry fee, XCSO fee, District fee: 100% Less \$10 administration fee
4 days prior to the first race based on low snow, extreme weather conditions or circumstances	OC, TD & XCSO	Yes: race entry fees/XCSO fees/District fees (if applicable)	Race entry fee: % based on expenses already incurred XCSO fee: 100% District fee: 100% A \$10 administration fee is applicable to all refunds
On site	Jury	No	n/a

Start Lists

Start lists will be available on Zone4 once they are finalized.

Results and Awards

Results will be posted on the official notice board beside the stadium area and will be available online at www.zone4.ca. Awards will be arranged immediately following each event and presented near the stadium based on unofficial results 1/2 hour after the last skier from each category completes their race. Ontario Cup medals will be presented to U8 - U20 categories to the top three of each gender in each category. Awards will also be presented to the University / College and Masters Categories.

Bibs and Transponders

Bib pick-up will take place in the Race Office beside the Chalet. Bibs will be available for pick up in the Race Office during each day of competition and will be sorted by Team or Club as identified during registration. There will be a \$100 replacement fee for lost bibs, which must be paid prior to another race start being granted.

GoChip transponders will be used for both races. Transponders will be distributed in an area immediately beside the start. Distribution will begin 15 minutes before the first race start time. Chips will be collected with bibs at the finish line. Clubs and teams will be charged a replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

Waxing Protocols

As per ICR–CCR 222.8, the use of fluorinated wax or tuning products containing fluorine including kick wax is not allowed for all categories. For guidance refer to Nordiq Canada's wax tech resources page:

<https://nordiqcanada.ca/coaches-and-wax-techs/wax-techs/wax-tech-resources/>

FACILITY INFORMATION

Trail Use Fees

On Friday January 17, and on race days, access to the trails for registered athletes and coaches is included in the registration fees. Non-members of the club using the trails on race day or other days must pay appropriate day fees and sign a day-use agreement form at the Chalet. Access to the racing trails on race days will be restricted.

Race Office

The Race Office will be located in the building adjacent to the chalet (see Facility Layout Map) and marked with a sign beside the door. The race office will be open the following hours:

2:00 pm – 4:00 pm	Friday January 17, 2025
8:00 am – 2:00 pm	Saturday January 18, 2025
8:00 am – 2:00 pm	Sunday January 19, 2025

Course and Stadium Maps

Maps of the courses and stadium maps will be available on the Zone4 event page and the race webpage no later than one week prior to the start of the event.

Racer Food

There will be sports drink and water available on self-serve basis at the finish of every race along with light refreshments (fruit, granola bars) for athletes available in the chalet.

First Aid and Medical Services

First aid and medical services will be available during all race events. First responders will be available throughout the event in the volunteer / medical hut located adjacent to the stadium. An AED is located on the top floor of the North Bay Nordic Ski Club Chalet. Inhalers, Epi Pens and other medications should be carried by parents or coaches in the stadium area, as to be readily available in the event of an emergency. The North Bay Regional Health Centre is located at 50 College Dr, which is a 20-minute drive from the North Bay Nordic Ski Club.

Athlete / Coach Facilities

The Snack Bar in the Chalet will be open Friday, Saturday, and Sunday and food will be available for sale. Complimentary hot drinks (coffee, tea, hot chocolate) will be available for registered coaches in the Race Office. Change rooms and athlete warming space will be available. The indoor toilets will be closed as the clubhouse water supply is inadequate for large events. Outdoor washrooms will be available at multiple locations.

Waxing Facilities

The indoor heated and powered equipment garage will be available for waxing space along with outdoor covered wax tents with power and ducted heat. Teams are encouraged to bring their own generator as backup for outdoor space if they have one. In the event of cold temperatures and/or mechanical issues, a portion of the equipment garage may need to be used overnight for the grooming equipment.

Wax trailer parking space will be available in the parking lot and space for team tents will be available in various locations. Teams should request space in advance to ensure space is set aside. Teams who bring their own trailer and/or tents should bring a generator to ensure reliable power. Please contact Facility Coordinator Tom Cook at Thomas.cook2405@gmail.com or 705-303-3106 by Wednesday January 8, 2025 at 11:59 pm to reserve team trailer parking or waxing space. It will be allocated on a first come first serve basis.

Wax Testing and Athlete Warm-up

Racers can warm-up and wax test on the course until 15 minutes prior to the start of the first races. The race courses will then be closed until the end of the race. All skiers must ski in the direction of the race course when warming up or wax testing. Skiers (racers and coaches) who do not respect the warm-up guidelines will be sanctioned. The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

A two-way trail will be available for warm-up and wax testing on each day and will be groomed and prepared in the same manner and at the same time as the competition course in order to simulate race conditions. There will be approximately 2 km of trail available and coaches are requested to remind their athlete to use caution due to two-way traffic.

Parking Facilities

The club has on-site parking space for approximately 100+ vehicles. Athletes, coaches, and spectators are encouraged to carpool to the maximum extent possible. Parking attendants will be available to assist with efficient parking. Space will be reserved in the lot nearest the stadium for Para-Nordic participants, ambulance access, and skier drop-off and pickup. As noted above, please contact Facility Coordinator to arrange parking for wax trailers.

Each team registered by the January 10, 2025 deadline will receive one priority parking pass.

Street parking is available near the club for an additional 30-40 vehicles in clearly marked locations (one side of the street only). Failure to obey no parking signs will result in tickets being issued by the City of North Bay and jeopardize the club's access to future street parking.



ACCOMMODATION AND LOCAL INFORMATION

Tourism North Bay provides up to date information on where to eat and links to hotels in North Bay:

<https://www.tourismnorthbay.com/stay/hotels/>

Additional accommodation information, such as blocked rooms or special rates, will be posted to the race website if available.