

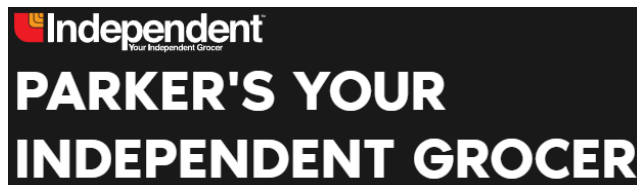


2024 Ontario Cup 2

January 5-7, 2024

Hosted by the North Bay Nordic Ski Club
Northern Ontario District

Sanctioned by Nordiq Canada and Cross Country Ski Ontario



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

GENERAL INFORMATION

Event Location

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

Directions to race site are posted on the club's website: www.northbaynordic.ca

Organizing Committee

Position	Name
Event Committee Co-Chair	Andrew Rees
Event Committee Co-Chair	Nancy Olmsted
Treasurer	Alisha Millar
Communication and Media	Kathy Wilcox
Chief of Competition	Andrew Rees
Facility / Venue Coordinator	Tom Cook

Competition Committee

Position	Name
Chief of Competition	Andrew Rees
Competition Secretary	Andrew Koski-Harja
Chiefs of Course	Kelly Wallace
Chief of Timing and Results	Henning Helms

Jury

Position	Name
Technical Delegate	Jennifer Tomlinson
Chief of Competition	Andrew Rees
XCSO Representative	Bryan Dubeau

SafeSport

Everyone has the right to a safe and inclusive environment, free from maltreatment. 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. For emergencies, call 911.

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 Twitter (X) page @Northbaynordic.

Link to WhatsApp Group for the event: <https://chat.whatsapp.com/KivsAvqkecP7of02X5CDmj>

Event Website: <https://www.northbaynordic.ca/2024-ontario-cup-2.html>

Twitter (X): <https://twitter.com/Northbaynordic>

Contact	Name	Emails	Phone
Event Committee Chairs	Andrew Rees Nancy Olmstead	president@northbaynordic.ca programs@northbaynordic.ca	
Competition Secretary	Andrew Koski-Harja	races@northbaynordic.ca	
Facility Coordinator	Tom Cook	Thomas.cook2405@gmail.com	705-303-3106

SCHEDULE OF EVENTS

Thursday January 4, 2023

- 9:00 am – 6:00 pm Trails open for pre-skiing. Courses marked for distance races
Note: Racers and coaches receive complimentary day pass. Must sign in at Snack Bar in the clubhouse
- 2:00 pm – 4:00 pm Race office open
- 3:00 pm Deadline for changes to Day 1 Seeding List
- 5:00 pm Team Captain's Meeting 1
Virtual via Zoom (Hybrid)
<https://us06web.zoom.us/j/83771524223>
Meeting ID: 837 7152 4223
Note: This Zoom TCM will be hosted at the North Bay Nordic Ski Club and as such can also be attended in-person

Friday January 5, 2023 – Day 1

- 10:00 am – 2:00 pm Race office open
- 8:00 am – 12:15 pm Race trails open for pre-ski
- 12:15 pm Race Trails Closed – Warmup and wax testing trail available
- 12:30 pm Race Start – Free Technique Interval Start
- 3:00 pm Deadline for changes to Day 2 Seeding List
- 5:00 pm Team Captain's Meeting 2
Virtual via Zoom
<https://us06web.zoom.us/j/83771524223>
Meeting ID: 837 7152 4223

Saturday January 6, 2023 – Day 2

- 8:00 am – 2:00 pm Race office open
- 8:00 am – 8:45 am Race trail open for pre-ski (classic only)
- 8:45 am Race Trail Closed – Warmup and wax testing trail available
- 9:00 am Race Start – Classic Sprint Qualifier
- 11:00 am Race Start – Classic Sprint Heats
- 3:00 pm Deadline for changes to Day 3 Seeding List
- 6:00 pm Team Captain's Meeting 3
Virtual via Zoom
<https://us06web.zoom.us/j/83771524223>
Meeting ID: 837 7152 4223

Sunday January 7, 2023 – Day 3

- 8:00 am – 2:00 pm Race office open
- 8:00 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 Mass Start

RACE DETAILS

Category M / F	Year of Birth	Friday Interval Start Free	Saturday Classic Sprints	Sunday Mass Start Classic
		Race distances (km)		
PN Standing	all	6.6 (2 x 3.3)	800 m (Q + 1 heat)	5
PN Sitting	all	2.6 (2 x 1.3)	800 m (Q + 1 heat)	5.2 (4 x 1.3)
U8	2017-2016	1.3	800 m (Q + 1 heat)	1.3
U10	2015-2014	1.3	800 m (Q + KC)	2.6
U12	2013-2012	3	800 m (Q + KC)	3
U14	2010-2011	3.3	800 m (Q + KC)	5
U16	2008-2009	6.6 (2 x 3.3)	1000 m (Q + KC)	5
U18	2006-2007	10 (3 x 3.3)	1000 m (Q + KC)	10 (2 x 5)
U20	2004-2005	10 (3 x 3.3)	1000 m (Q + KC)	10 (2 x 5)
Senior (20-29)	1993 - 2003	10 (3 x 3.3)	1000 m (Q + KC)	10 (2 x 5)
Masters (30+)	1992 and earlier	10 (3 x 3.3)	1000 m (Q + KC)	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;
- Categories and genders may race concurrently;
- For sprint race, Q refers to individual qualifier, and KC to the Kings Court format; and
- Mass start categories may be consolidated depending on number of competitors.

ELIGIBILITY

As per Section 4 of the 2023-2024 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 #2 race registration will be handled exclusively online via Zone4. Entries must be submitted by **11:59 pm EST, Friday December 29, 2023**. Payment must be made, and event waivers completed online at the time of registration. Confirmation lists will be posted on the Zone4 website, and any errors must be reported to the Competition Secretary (races@northbaynordic.ca) by Tuesday January 2 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.

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. 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, North Bay Nordic is required by law to ensure this as well.

RACE ENTRY FEES

Race Fees	Cost
U16, U18, U20, Senior, Masters, Para-Nordic	\$45 per race + HST
U14, U12, U10, U8	\$30 per race + HST
XCSO Ontario Cup race fee for Ontario athletes U16 and up (U14 racing up must pay U16 fee)	\$7 per race
XCSO Ontario Cup race fee for Ontario U14 athletes (no fee for U12 and younger)	\$3.50 per race
NOD fee (U14 and up)	\$2 per race
Racers without a Nordiq Canada or FIS license (Supporting Member Day License fee)	\$6 per race
Late entries (seeding forfeited) – accepted until 12:00 pm (noon) on Wednesday January 3, 2024	\$45 per race + HST + \$100 late registration penalty

Notes

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

TRAIL USE FEES

On Thursday January 4 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 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.

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. A decision regarding early cancellation will be made by the Jury by 12:00 pm Wednesday January 3, 2024 and posted to the race website (and other communication channels) as soon as it is known. Refunds based on event cancellation will be provided as per the following table (Section 17.7 of the 2023-24 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

SEEDING

As per Section 16 of the 2023-24 Ontario Cup Technical Package, seeding will be based on the most recent Canada Points Lists (CPL) published by Nordiq Canada. When common distances are raced by multiple categories, the categories will 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 for the qualification sprint race will be completed by sprint CPL.

The start order of skiers for the interval start and mass start races will be determined by distance CPL. For the mass start, the skier with the highest points gets start position 1. For categories without CPL (i.e. U12 and younger and Masters), start order will be determined from Friday's race results.

Seeding lists will be posted by 9:00 am on Thursday January 4, 2024 for Day 1 and 2 races, and by 9:00 am on Saturday January 6, 2024 for Day 3 races. The deadline for changes to the Seeding List is 3:00 pm prior to each day of racing.

START LISTS

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

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	Thursday January 4, 2024
10:00 am – 2:00 pm	Friday January 5, 2024
8:00 am – 2:00 pm	Saturday January 6, 2024
8:00 am – 2:00 pm	Sunday January 7, 2024

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 the distance races, as well as the Sprint Qualifier. Transponders will be distributed in the 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, teams will be charged a replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

COURSE AND STADIUM MAPS

Maps of the courses and stadium maps will be available on the Zone4 event page and the race webpage.

RACER FEED

There will be energy 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.

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 the event and presented 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.

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, so 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 15-minute drive from North Bay Nordic.

ATHLETE / COACH FACILITIES

The Snack Bar in the Chalet will be open Thursday, Friday, Saturday, and Sunday and food will be available for sale. Complimentary hot drinks (coffee, tea, hot chocolate) will be available for registered coaches. 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 December 29, 2023 at 11:59 pm to reserve team trailer parking or waxing space. It will be allocated on a first come first serve basis.

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/>

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. During the sprint race day, the course will be opened after the sprint qualifier and before the heats. 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 efficient parking. Space will be reserved in the lot nearest the stadium for Para-Nordic participants, ambulance access, and skier drop-off pickup. As noted above, please contact Facility Coordinator to arrange parking for wax trailers.

Each team registered by the December 29, 2023 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 issued by the City of North Bay and jeopardize the club’s access to future street parking.

ACCOMMODATIONS

- HOMEWOOD SUITES (King Studio Suite \$159/night or a 2 Queen Bedroom \$189/night)

495 Oak Street West, North Bay, Ontario, P1B 2T3, Canada

TEL: +1-705-495-3000

Group Name: NSC Group Block

Booking Link:

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=YYBNOHW&arrivalDate=2024-01-05&departureDate=2024-01-07&groupCode=CHWNESC&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

CUT-OFF DATE: December 5, 2023

- FAIRFIELD INN & SUITES BY MARRIOTT (\$130/night, 2 queen beds)

115 Eloy Rd | North Bay | ON | P1B 9T9

“New Year Winter Ski Race Package”

Abel Sandoval (abel.sandoval@fairfieldnorthbay.com)

P: (705) 256-6784

- HAMPTON INN BY HILTON (\$169/night, 2 queen beds)

950 Mckeown Avenue, North Bay, ON, P1B 9P3

Cassy Beaudrey (cassy.beaudry@hilton.com)

TEL: 1-866-238-4218

- SUPER 8 BY WYNDHAM (\$139.99/night for standard room)

570 Lakeshore Dr, North Bay, ON, P1A 2E6

Phone: (705) 495-4551

- BEST WESTERN (\$135.99/night)

700 Lakeshore Drive | North Bay | ON | P1A 2G4

Cindy Rivest-Vainio (Cindy@bwnorthbay.com)

P: (705) 474-5800 | F: (705) 474-8699

- TRAVEL LODGE BY WYNDAM (\$114.99/night, includes hot buffet breakfast)

718 Lakeshore Dr, North Bay, ON, P1A 2G4

Phone: (705) 980-0264

- RAMADA BY WYNDHAM PINEWOOD PARK (\$89.99/night, 2 queen beds for 2 people)

201 Pinewood Park Dr, North Bay, ON, P1B 8Z4

Phone: (705) 472-0810



- DAYS INN & SUITES BY WYNDAM (\$109/night, 2 queen beds)

340 Main St W, North Bay, ON P1B 9V1
Phone: (705) 707-1058

- GRAY'S LOG HOUSE BED AND BREAKFAST (\$220/night including taxes, 1-4 guests)

5270 Highway 63, North Bay ON P1B 8G4
Phone: (705) 495-2389

- GLEN GARRY MOTEL AND COTTAGES

Cottages - 2 King beds - \$210 plus tax per night, 3 King beds - \$295 plus tax per night, 2 King and 1 Queen bed - \$265 plus tax per night. All cottages have a kitchen, dining, living and 1 washroom.

Motel Rooms - 2 beds - \$80 plus tax per night, 1 King bed - \$75 plus tax per night, 1 Queen bed - \$70 plus tax per night

785 Lakeshore Dr, North Bay ON P1A 2G7
Phone: (705) 498-3532