



ONTARIO CUP #2

2017-January-13-15

HOSTED BY THE

HIGHLANDS TRAILBLAZERS

AT

HIGHLANDS NORDIC

DUNTROON, ONTARIO

January 13 – 15, 2017 Ontario Cup Race #2 sanctioned by Cross Country Canada

PLEASE PAY CLOSE ATTENTION TO DEADLINES.

Event website is www.ccski.com/ocup2017.

Chief of Competition	Shawn Sinclair	
Competition Secretary	Debra Friendly	
Technical Delegate	Rod Somppi	
Chair – Organizing Committee	Richard Lemoine	

*Please put OCUP#2 in the subject line of the e-mail.

ALL TIMES ARE EASTERN STANDARD TIME.

REGISTRATION:

Registration will be handled exclusively on-line with Zone4 (www.zone4.ca) . Registration will open by December 15, 2017. Entries must be submitted by **Midnight, Monday, January 9, 2017**. Entries received after this date will be subject to acceptance by the jury and subject to a late fee of **\$50 per race**. In addition, a paper waiver will be required if payment is made outside the Zone 4 system. Entries received after January 9 must be made by e-mail to [Debra Friendly](#) . Please put OCUP#2 in the subject line of the e-mail.

Athletes and coaches are responsible for verifying their registration and should notify the organization of any changes before Thursday, January 12, 2017 at 3:00 P.M. by e-mail to [Debra Friendly](#), **Confirmation lists will be automatically generated on Zone4 until the January 9th deadline. Thereafter, it will be posted to www.ccski.com/ocup2017 and will also be provided at the team captains' meeting on Friday, January 13, 2017. Please check the confirmation list if you have requested any changes.**

ELIGIBILITY:

In order to participate, a skier* must have a valid racing license issued by FIS, CCC or a non-Canadian National Ski Association (e.g. USSA) or a CCC Day License. The Day License (which includes a waiver) must be purchased when registering on Zone4.

***NEW THIS YEAR:** Skiers racing in **Midget** categories need a Developmental License from CCC or a CCC Day License.

Skiers wishing to be included in University results must meet the varsity requirements of their institution (CIS, OUA, OCAA), must be enrolled in a minimum of 3 courses per semester in the current academic year (September to April) with signed or e-mailed authorization from the school coach and/or Director of Athletics and must enter the name of their institution when registering on Zone 4.

Bibs cannot and will not be issued to athletes without the appropriate license and/or waiver.

Para-nordic guides: Guides are required to register on-line (no race fee). See below under Fees for license requirements.

Full eligibility rules are available in the Technical Package which is available at the XCSO website.

FEES:

Fees are non-refundable, payable via Zone 4 only **until midnight, January 9, 2017** and by cheque to Highlands Trail Blazers Racing Society thereafter. Fees include access to trails on official training and competition days only. Zone4 charges are extra.

Open, Masters, Junior, Juvenile and Para-nordic categories: \$45 per race (add \$50 per race after Jan. 9) - plus \$5 XCSO, \$5 SOD fees and HST

Midget: \$22.50 per race (add \$25 per race after Jan. 9) – plus \$2.50 XCSO, \$2.50 SOD fees and HST

Paranordic guides: No race fee but must register (on Zone4) including waiver. Day license fees are waived IF the athlete for whom the PN guide is guiding has purchased the annual CCC VI guide license or the guide has a CCC, FIS or non-Canadian NSA license. Please check with your athlete. No bib will be issued to a guide who does not have one of the required licenses.

CCC Day License (if required): \$5 per race

Bib replacement fee: Competitors' clubs will be charged \$100 for replacement of any bib which is not returned at the end of EACH race. Competitors with no club affiliation will be charged the \$100 fee.

TEAM CAPTAINS' MEETINGS:

Meetings will be held at Highlands Nordic in the Rockside Room on:

Friday, January 13 5:30 p.m.

Saturday, January 14 4:00 p.m.

OFFICIAL TRAINING SCHEDULE:

Friday, January 13 9 a.m. – 3 p.m. all courses will be open

Saturday, January 14 after race completion until 5 p.m.

RACE OFFICE SCHEDULE:

Friday, January 13 9:00 a.m. – 6 p.m.
(closed during team captains' meeting)

Saturday, January 14 7:30 a.m. – 6 p.m.
(closed during team captains' meeting)

Sunday, January 15 7:30 a.m. – 4 p.m.

Bib pickup from 7:45 a.m. on race days

WAXING, WAX TESTING & WARM UP AREAS:

Main wax area will be the groomer bay and trailers. Space for waxing tables (no power) will be provided in the stadium. Teams can bring generators or they can be rented locally. The main chalet will serve as the warming area and will also house the race office and first aid station.

Please refer to the new waxing protocol in the Ontario Cup Technical Package
<http://www.xco.org/coaching/document/OntarioCupTechnicalPackage.pdf> (paragraph 20, page 12).

SEEDING:

The current CPL for both distance will be used. Foreign skiers will be seeded as determined by the Jury with reference to the competitors' CPL points. Where a foreign skier has no CPL points, the Jury will use its discretion in seeding the skier. The Ontario High Performance Committee (HPC) will only consider special seeding cases based upon written submission to the HPC Chair. These submissions must be received by Tuesday, January 9. The HPC will notify the organizing committee and TD of their decision.

JURY: The Jury will consist of the Technical Delegate, Chief of Competition and a coach to be nominated at the Team Captains' Meetings.

COURSE MAPS: URL will be provided when the course maps are available.

COMPETITION SCHEDULE: Times will be posted closer to the competition. The competition is a 2 day pursuit with classic technique on Saturday and free technique on Sunday. Distances are suggested only (by the HPC) and will depend upon snow conditions.

COACHES: Please contact the Competition Secretary with the names of para-nordic development athletes who will be attending the race. We can endeavor to make changes to the courses to best suit the abilities of the athletes. We are aware that many of these athletes will not have had a lot of time on snow prior to this race.

Category	Distance (km) Classic Interval Start	Distance (km) Free Pursuit Start
	Jan 14	Jan 15
Open Men (Sr/Jr, Master)	10	15
Junior Boy	7.5	10
Juvenile Boy	7.5	10
Midget Boy	~3.5	5
PN Sit Men*	3.5	5
PN Standing Men*	7.5	10
Open Women (Sr/Jr, Master)	5	10
Junior Girl	5	7.5
Juvenile Girl	5	7.5
Midget Girl	~3.5	5
PN Standing Women*	5	7.5
PN Sit Women*	3.5	5

AWARDS & RESULTS:

Results will be posted in 2 places on site. These locations will be announced at the Team Captains' Meeting on Friday. Results will be on line at www.zone4.ca. Our timing crew expect to use Zone 4 live results.

Awards will be presented approximately 20 minutes after the last racer in a category has crossed the finish line and will be based on unofficial results. The location will be announced at the Team Captains' Meeting on Friday.

Medals and merchandise awards will be presented to the top three individuals of both genders in all classes offered. Sunday's awards will be based on 2 day overall results.

ACCOMMODATION: Information is at the event site www.ccski.com/ocup2017 including directions from Toronto's Pearson International Airport, local hotel information and local maps.

MEDICAL:

Canadian Ski Patrol (CSP) personnel will be on-site. The closest hospital is Collingwood General & Marine, 459 Hume Street, Collingwood. Telephone 705-445-2550. Click here for directions <http://www.cgmh.on.ca/contact>.

Highlands Nordic has a full service chalet with cafeteria and pro shop. www.highlandsnordic.ca

CANCELLATION: Any change in the event location or timing will be posted as early as it is known at www.ccski.com/ocup2017 . Where possible, a decision on event cancellation or change of site will be made by XCSO no later than Tuesday, January 9, 2017 in consultation with the organizing committee and TD.