



Race Notice

Ontario Cup #1 - Nakkertok Alumni Candy Cane Cup

Organization

Nakkertok Nordic/Nordique

Site

Nakkertok South Nordic Centre
900 Avenue Gatineau
Cantley Quebec

Date

15/16 December 2018

Race Committee

Chief of Competition: Jennifer Tomlinson
Co-Chief of Competition: Frederic Forge
Technical Delegate: Jacques Dumont
Chief of Stadium: Todd Fairhead
Chief of Course: Stephen Fleming
Chief of Timing and Results: Steve Bowman
Competition Secretary: Carolyn Johnson-Grall

Jury

Technical Delegate: Jacques Dumont
Chief of Competition: Jennifer Tomlinson
Coach or Team Captain: To be assigned in discussions with XCISO

Information

Ardeth Kirkham
admin@nakkertok.ca

Website and Coach Communications

Nakkertok.ca/events/ - Please visit here for race information

Zone4/ Event Page - Please visit here for registration, race notice, maps, start lists, and other specific race information

Other Communications will be via e-mail to coaches and/or race registrants directly



Sanction

Cross Country Ski de Fond Canada / Cross Country Ski Ontario - this is a CPL race

Technical Background

[Ontario Cup Technical Package](#)

[2018 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2018 Precisions highlighted October 2018](#)

Format

Category* (Age by December 31 2018)		Saturday December 15 Sprint Free	Sunday December 16 Interval Start Classic
Midget B/G	12/13 years old 2006, 2005	n/a	2.5 K (1 X 2.5K)
Juvenile B/G (Challenge)	14/15 years old 2004, 2003	1.3 K	5 K (2 X 2.5K)
Junior B/G (Challenge)	16/17 years old 2002, 2001	1.3 K	10 K (4 X 2.5 K)
Junior M/W (Open)	18/19 years old 2000, 1999	1.3 K	10 K (4 X 2.5 K)
Senior M/W (Open)	20 and older 1998 and before	1.3 K	10 K (4 X 2.5 K)
Masters M/W (Open)	30 and older 1988 and before	1.3 K	10 K (4 X 2.5 K)

NOTE 1: Sprint Heats on Saturday will be run as combined categories; Open M (top 30 men Senior M/ Jun M) and Open W (top 30 women Senior W/Jun W) and Challenge Boy (top 30 junior B/Juvenile B) and Challenge Girl (top 30 junior G/Juvenile G)

NOTE 2: As this is an early season race, course distances may change depending on snow levels.

NOTE 3: CPL points will be given for the sprint qualifier Saturday and interval start Sunday

NOTE 4: If you choose to race up in a category be aware of the potential implications regarding Provincial team selections

Eligibility

The competition is open to all, however:

- All skiers must hold a valid racing license issued by CCC. If not, a Supporting Member Day License (SMDL) needs to be purchased during the online registration process for each race day.



Registration and Fees

Only online registration at zone4.ca will be accepted. Partial refund requests will be considered if the race is cancelled by the race organizers due to lack of snow on or before December 10.

The deadline for registration will be December 11, 2018 at 23:59. Registration confirmation lists will be posted on December 12, with final start lists posted after the Team Captains' meeting on December 14.

Registration costs for the event are as follows:

Category	Full two-race weekend	Saturday Only	Sunday Only
Early Bird Discount of \$5 per race if registered prior to Nov. 30			
Ontario Athletes			
Midget	n/a	n/a	\$30 plus \$2.50 Ontario fee
Juvenile	\$70 plus \$10 Ontario Fee	\$40 plus \$5 Ontario fee	\$40 plus \$5 Ontario fee
Junior B/G	\$70 plus \$10 Ontario Fee	\$40 plus \$5 Ontario fee	\$40 plus \$5 Ontario fee
Junior M/W	\$70 plus \$10 Ontario Fee	\$40 plus \$5 Ontario fee	\$40 plus \$5 Ontario fee
Senior M/W	\$70 plus \$10 Ontario Fee	\$40 plus \$5 Ontario fee	\$40 plus \$5 Ontario fee
Masters M/W	\$70 plus \$10 Ontario Fee	\$40 plus \$5 Ontario fee	\$40 plus \$5 Ontario fee
Athletes from other provinces / USA			
Midget	n/a	n/a	\$30
Juvenile	\$70	\$40	\$40
Junior B/G	\$70	\$40	\$40
Junior M/W	\$70	\$40	\$40
Senior M/W	\$70	\$40	\$40
Masters M/W	\$70	\$40	\$40
Additional Fee if you do not have a CCC or USSA Licence			
SMDL	\$10	\$5	\$5

Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added to the race fees only.

Competition Schedule

Activity	Date	Time
Early Bird Registration Deadline	November 30, 2018	23:59
Final Go/No Go Decision regarding event	December 10, 2018	18:00
Close of Registration	December 11, 2018	23:59
Confirmation List Correction Deadline	December 13, 2018	19:00
Official Training for Sprint	December 14, 2018	13:00 to 16:30
Team Captains Meeting - Nakkertok		17:00 – 19:00
Start of Qualifiers (Women then Men)	December 15, 2018	09:00
Start of Women's Heats (Open and Challenge)		11:00
Start of Men's Heats (Open and Challenge)		12:15
Awards		13:30
Official Training for Distance Race		14:00 to 16:00
First Start	December 16, 2018	09:00
Awards		noon



Course and Stadium

Links to maps will be available on or before December 11 at nakkertok.ca/events and Zone 4

Seeding

All skiers are seeded together by gender for the Sprint Qualifying round in order of most recent Sprint CPL with the highest CPL starting first. Skiers without CPL will be seeded at the end in random order. The race jury will attempt to seed licenced skiers from the USA as appropriate.

For interval start distance races, the most recent Distance CPL will be used when seeding all categories. Within each gender and distance skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will then be randomly assigned within each group. The decision of the Jury will specify the order of start for each group. Athletes without CPL ranking or with a SMDL will be assigned to a separate group and randomized.

Number of groups will be as follow:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

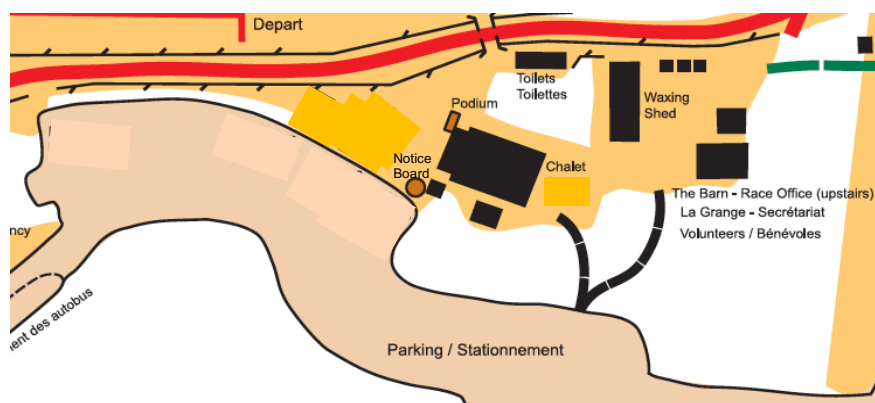
Bib Distribution

Bibs will be available on the second floor of The Barn from 7 am to 8 am Saturday and 7 am to 9 am Sunday. See venue map below and on website and zone 4 for details regarding site locations.

Secretariat and Notice Board

- Secretariat will be located on the second floor of the barn from 7 am to 1 pm both days.
- Notice board will be located in front of the main chalet.

Venue Map





Awards

Saturday: Awards will be provided to:

1. The top three Open Women and Open Men based on final heat results;
2. The top three Challenge Girls and Challenge Boys based on final heat results;
3. By category and gender – these will be based on final finish order in each category (combined heats and qualifier)
4. Top three qualifier results for University/College/CEGEP Men and Women

Sunday: Awards will be provided:

1. By category and gender for all races including University/College/CEGEP categories.
2. Additional YOB awards will be provided for Midget B/G, Juvenile B/G and Junior B/G

NOTE: University/College/CEGEP awards will only be awarded to competitors entered in the open categories.

Proof of University/College/CEGEP Status

If you wish to be considered for the University category you must be attending school full time – meaning a minimum six courses throughout the year, three in each semester. To be considered please select the university/College/CEGEP check box when you register and then send your proof of university registration (course schedule, registration letter) to admin@nakkertok.ca. If we do not receive the proof by Dec. 12 and/or it does not meet the requirements you will not be listed as part of the category.

Waxing – **This event is a low-fluoro event**

There will be waxing facilities available on-site, coaches are asked to contact admin@nakkertok.ca identifying wax space/service requirements. Teams and clubs are encouraged to be self-sufficient where possible.

Guideline on the Use of Fluoro Glide Waxes for **ALL CATEGORIES**

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. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents, athletes and wax technicians.

Weather

http://weather.gc.ca/city/pages/qc-59_metric_e.html

First Aid

First aid will be provided by the Canadian Ski Patrol.

**Refreshments**

Warm beverages will be provided at the finish line for all competitors.

Accommodation

For a list of accommodation sites in Gatineau, visit the Tourisme Outaouais website
<https://www.tourismeoutaouais.com/en/where-to-sleep/#page=1&view=grid>