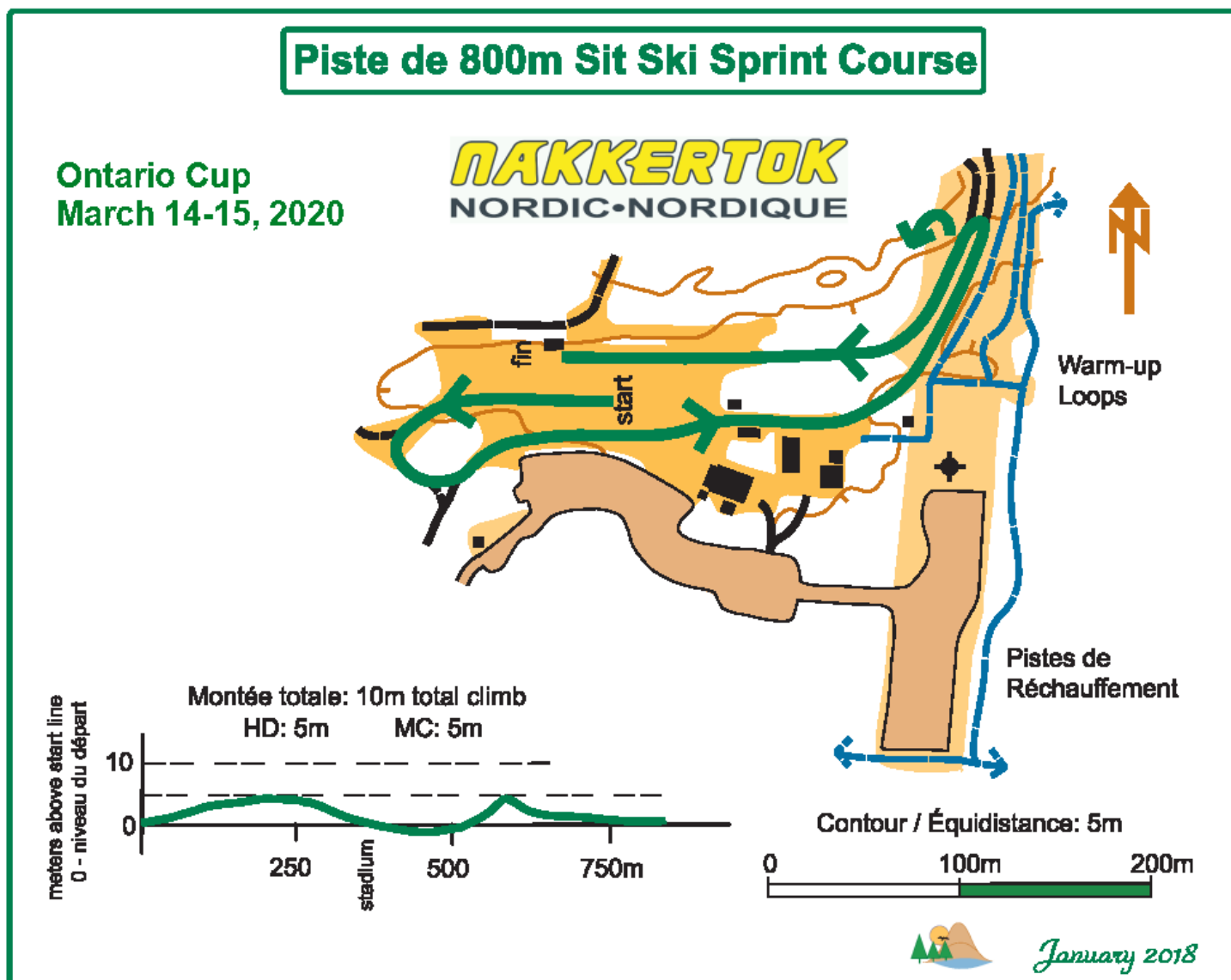


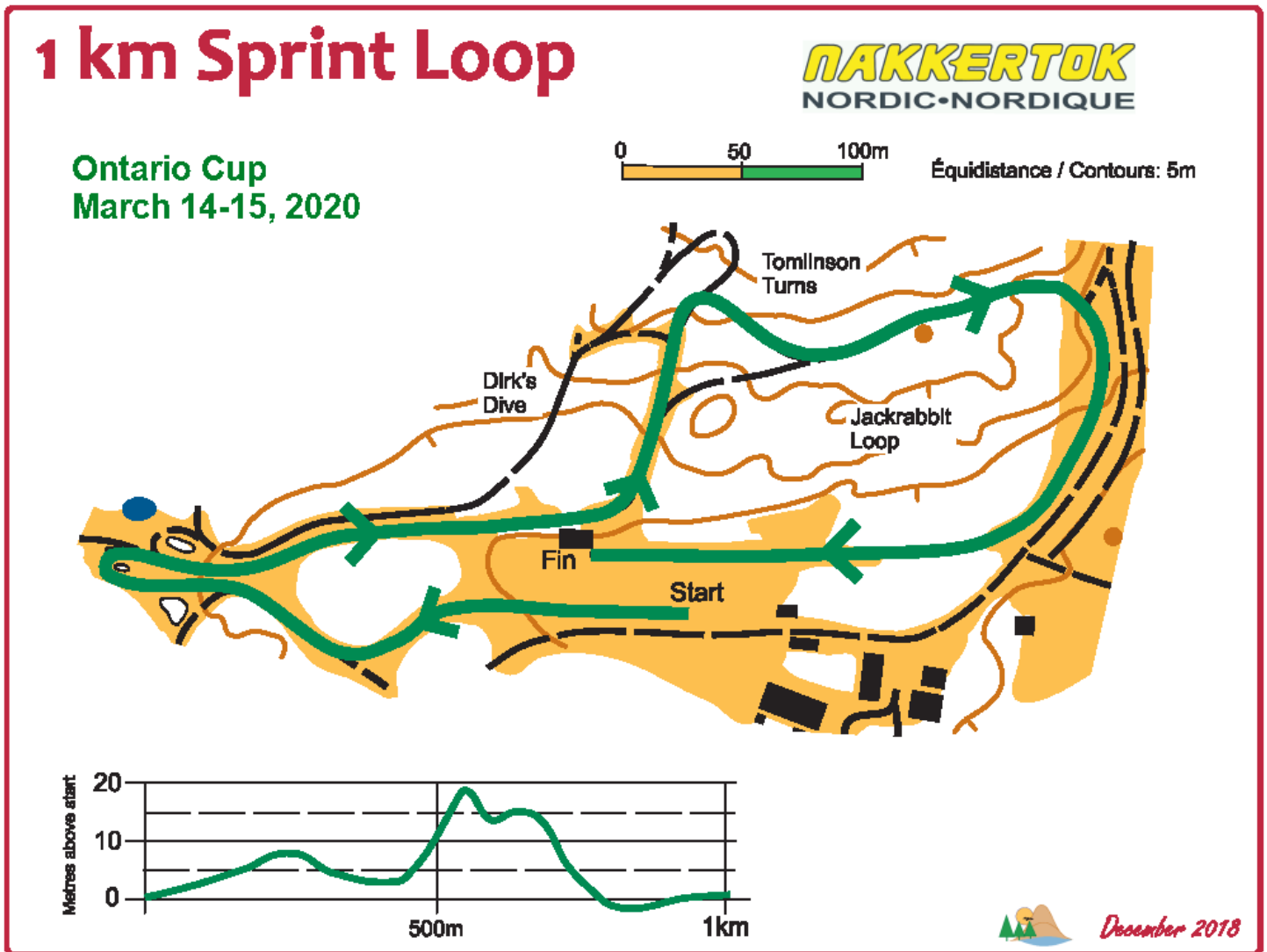
2020 Ontario Cup #5 and Thea's Race Course Maps

Saturday O-Cup: Para Nordic Sit Ski 800m Sprint Course



Saturday O-Cup: Para Nordic Standing 1000m Sprint Course

Note: Alternative course available on request

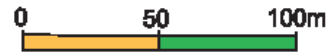


Saturday O-Cup: 1000m Sprint Course for Senior, U20, U18, U16
Saturday NCD: 1000m Prologue Course for U14

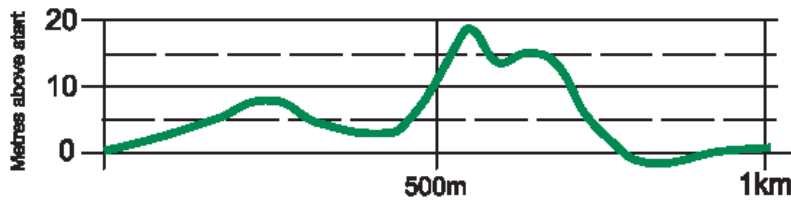
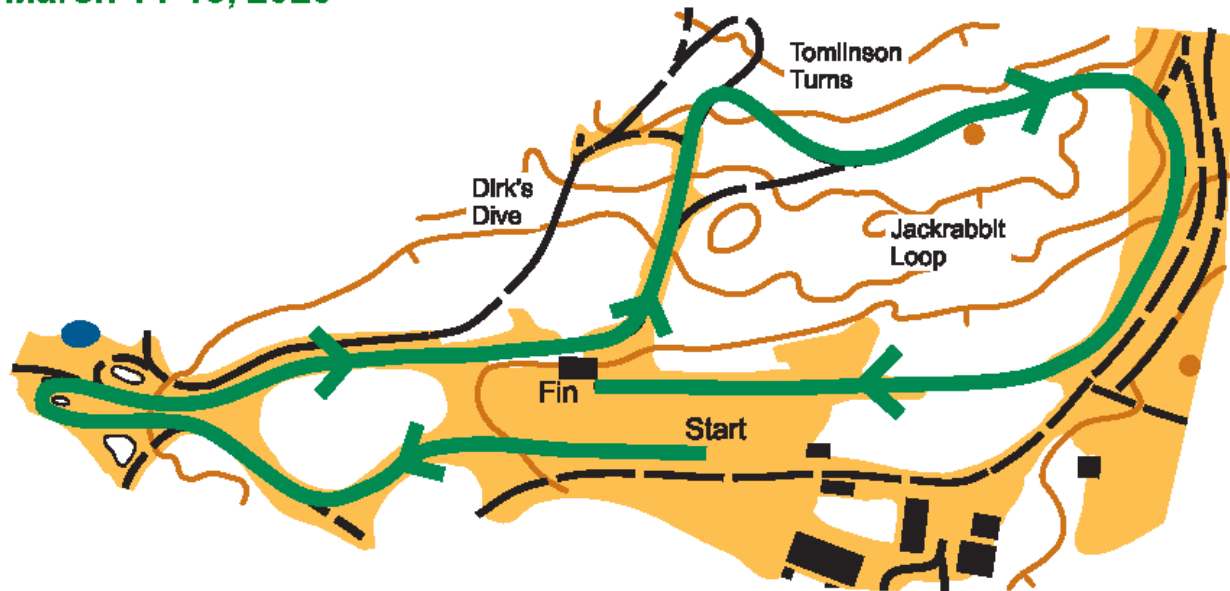
1 km Sprint Loop

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Ontario Cup
March 14-15, 2020



Équidistance / Contours: 5m



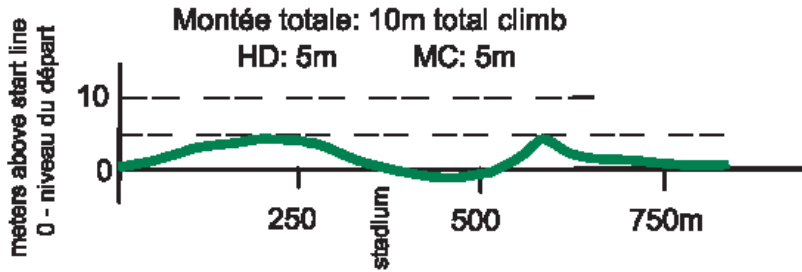
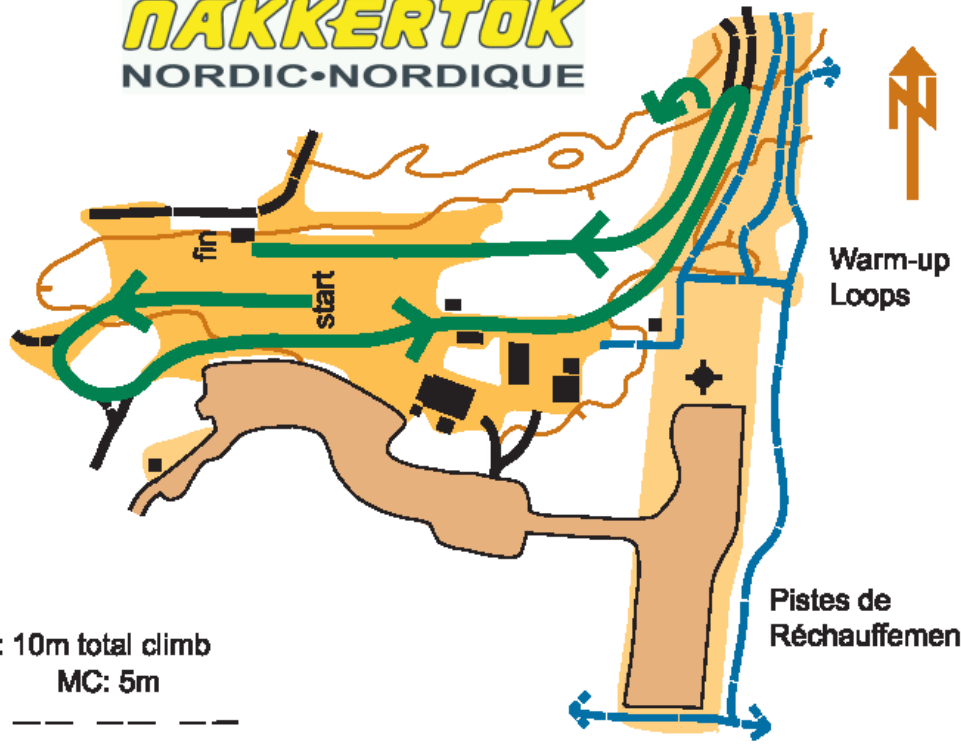
December 2018

Saturday NCD 800m Prologue Course for U12, U10, U8

Piste de 800m Sit Ski Sprint Course

Ontario Cup
March 14-15, 2020

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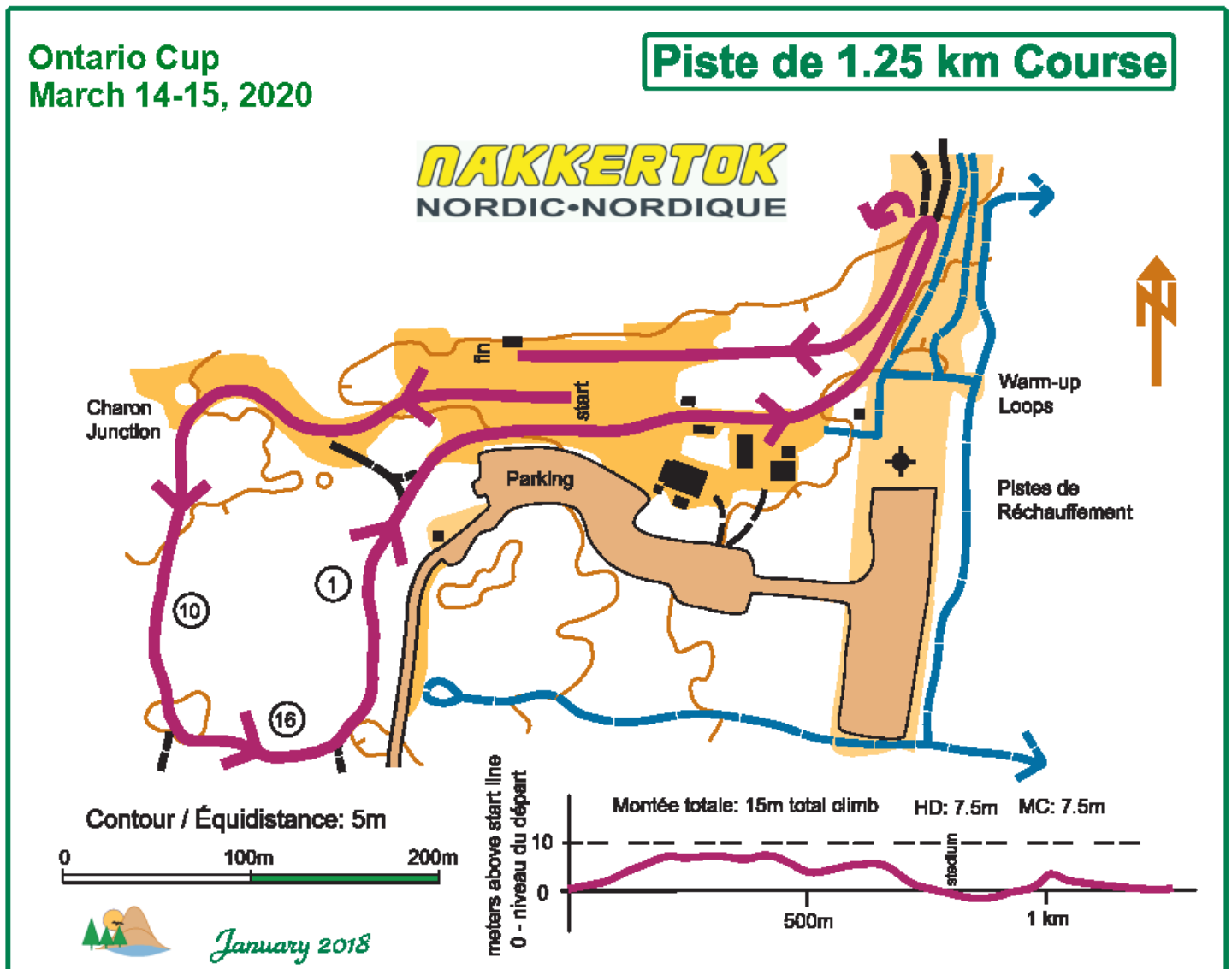


Contour / Équidistance: 5m



January 2018

Sunday O-Cup: 5km (4 x 1.25km) Para Nordic Sit Ski Course



Sunday O-Cup: 7.5km (2 x 3.75km) Para Nordic Standing Course

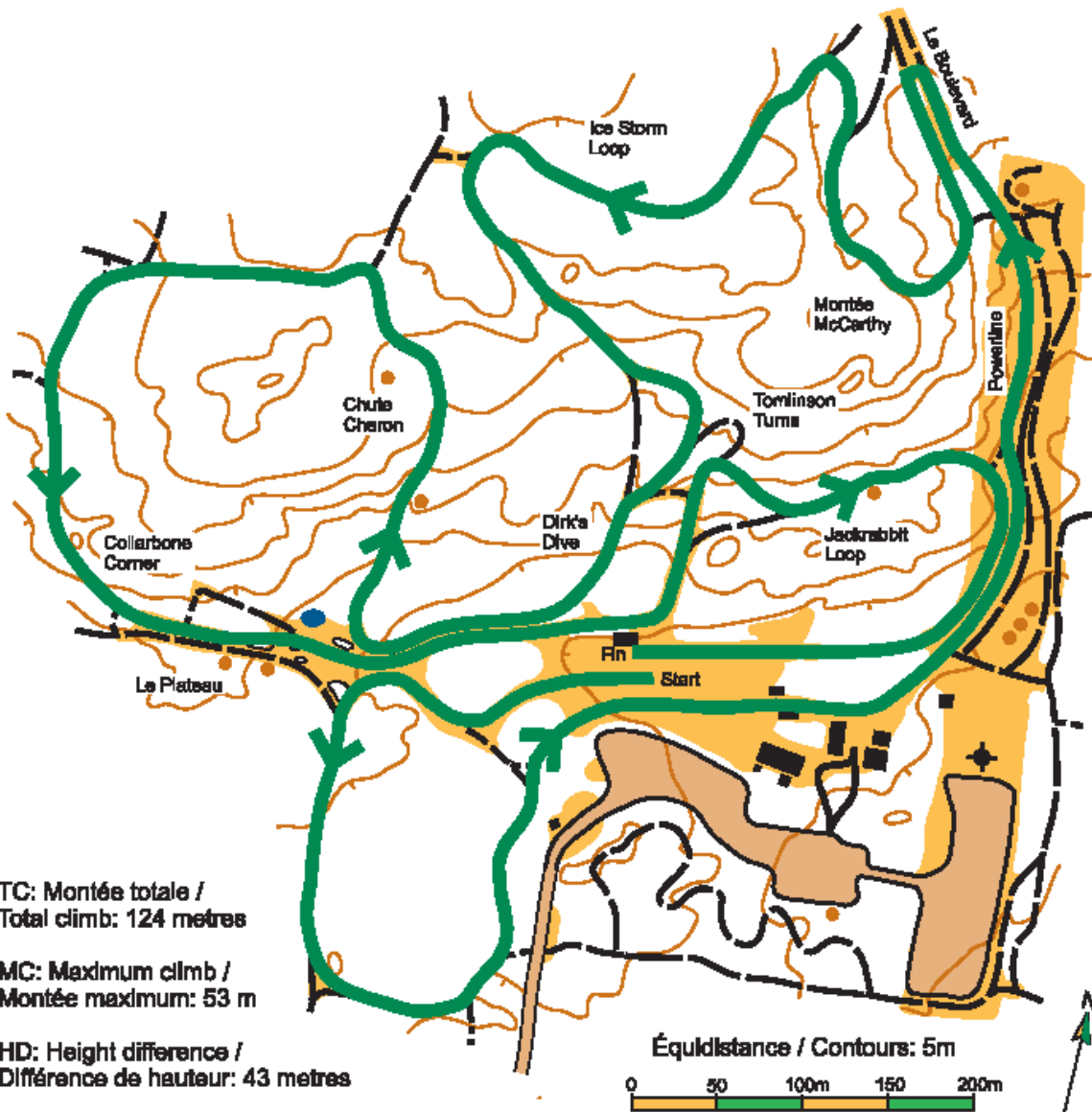
Sunday O-Cup: 7.5km (2 x 3.75km) Course for U16

Sunday NCD: 3.75km Course for U14

Ontario Cup
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3.75 km loop

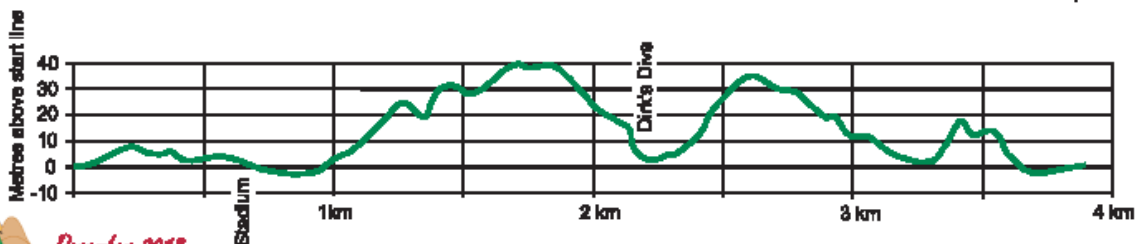
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TC: Montée totale /
Total climb: 124 metres

MC: Maximum climb /
Montée maximum: 53 m

HD: Height difference /
Différence de hauteur: 43 metres

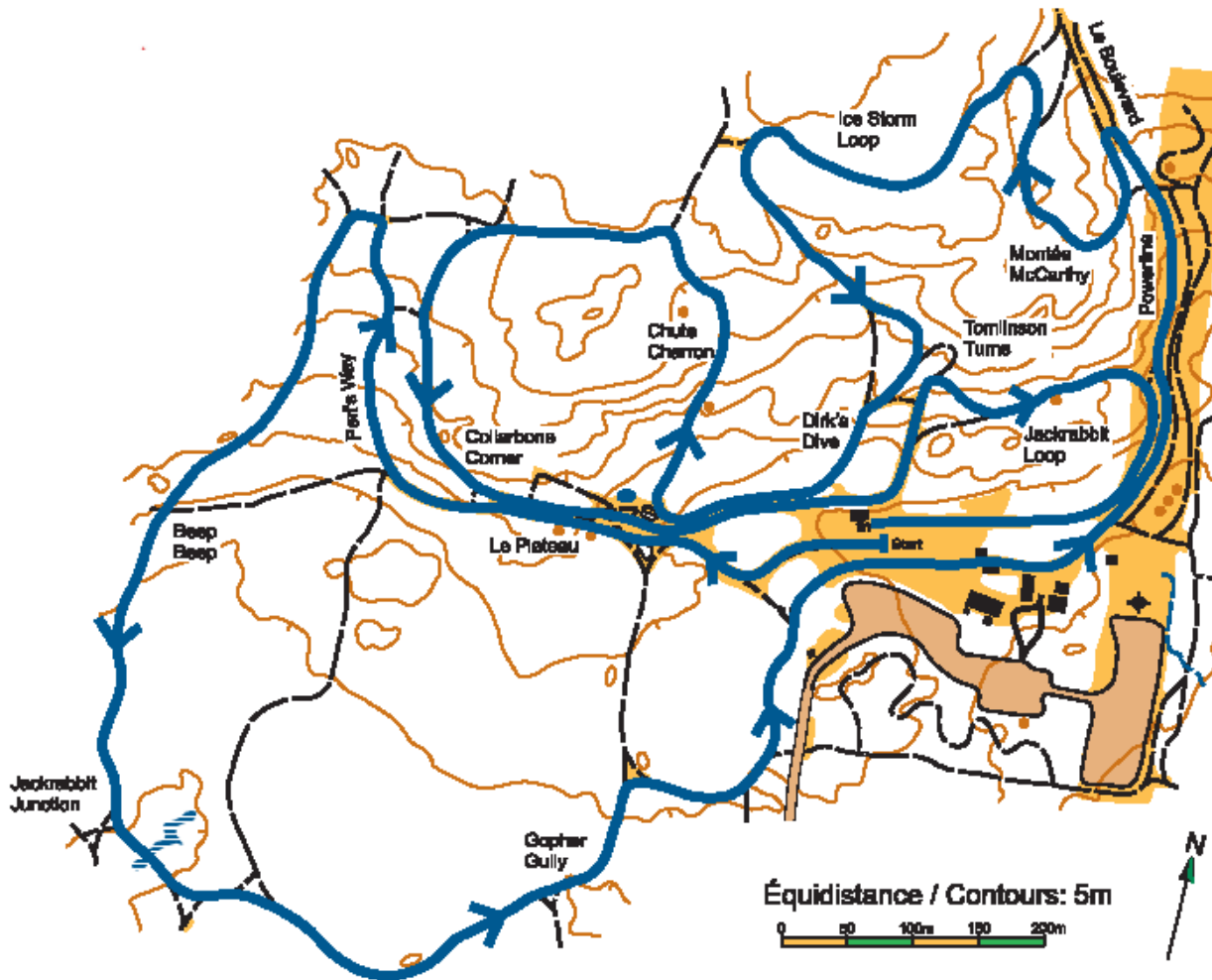


Sunday O-Cup: 10 km (2 x 5km) for Senior, U20, U18

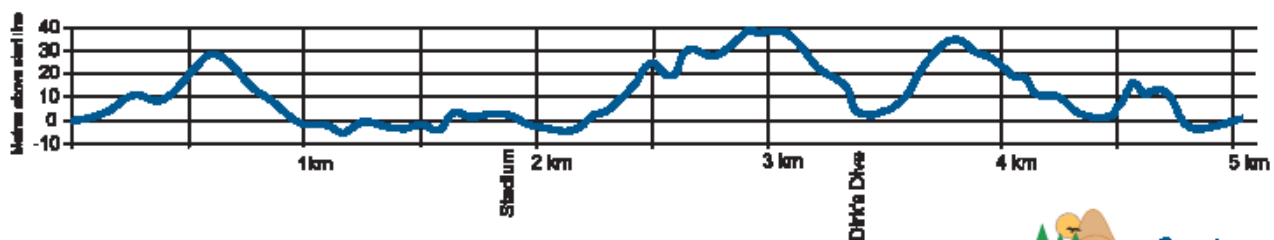
Ontario Cup
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5 km Loop

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MC: Maximum climb / Montée maximum: 53 metres
HD: Height difference / Différence de hauteur: 45 metres
TC: Montée totale / Total climb: 185 metres



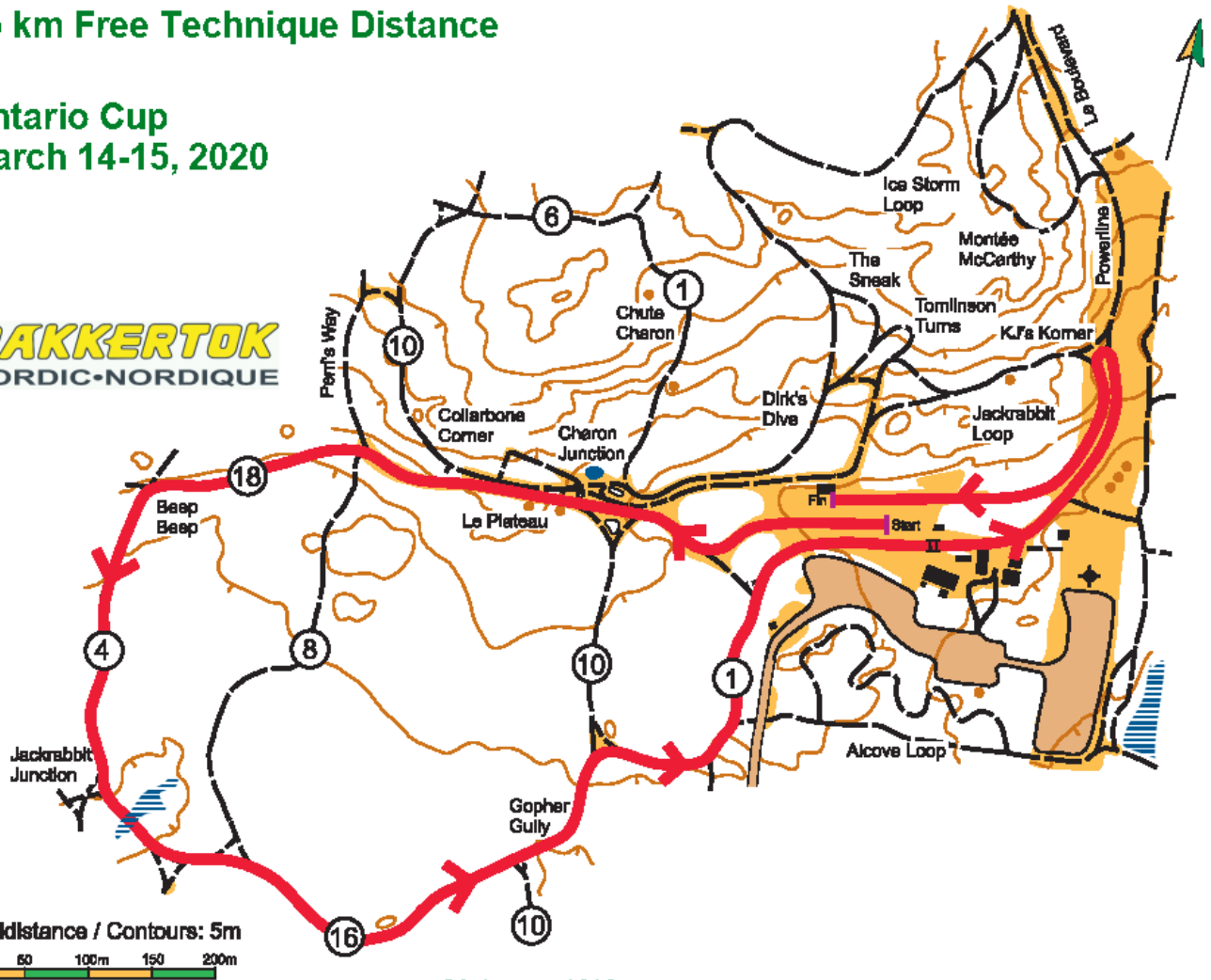
December 2018

Sunday NCD: 2.5 km Course for U12

2.5 km Free Technique Distance

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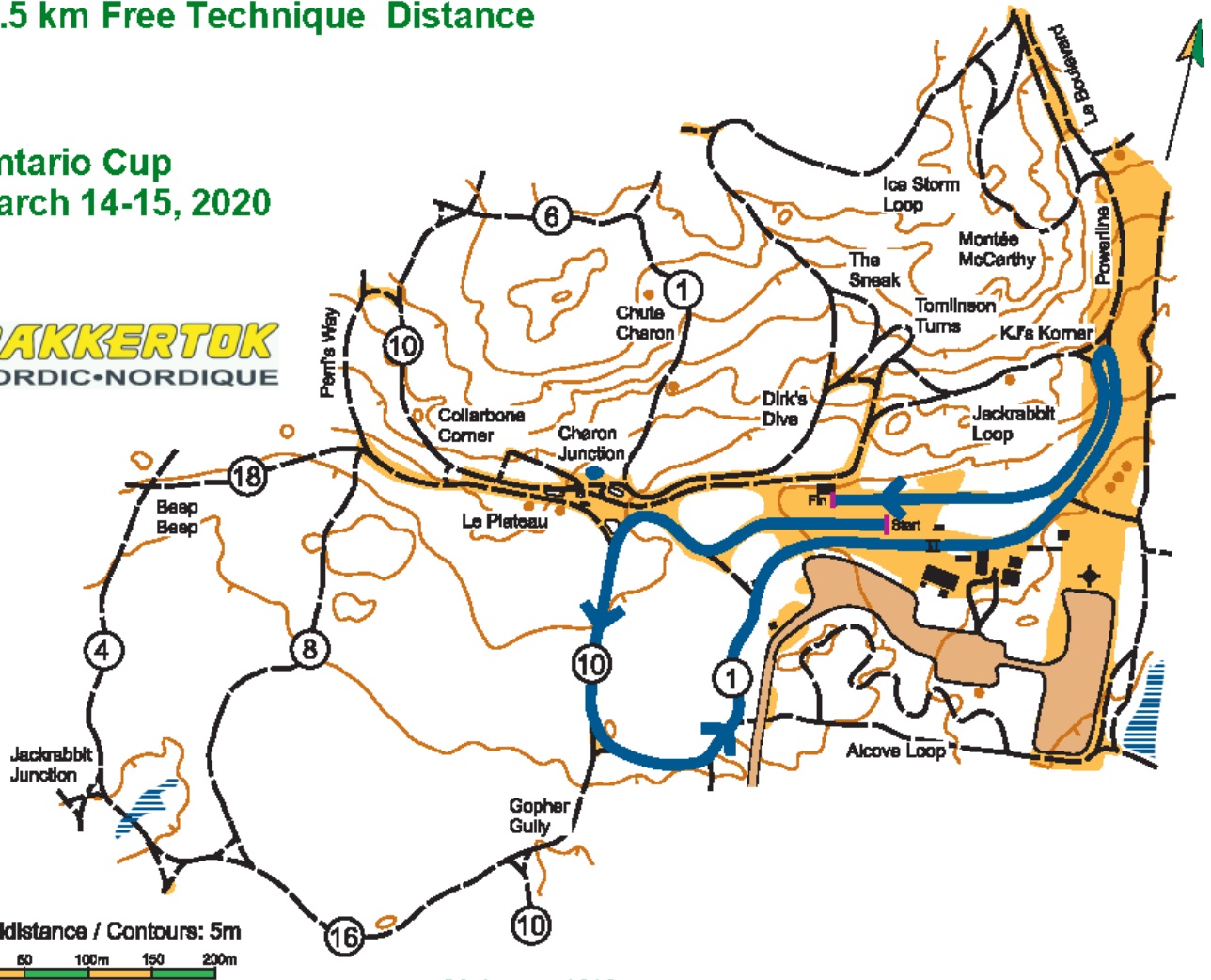
SA January 2020

Sunday NCD: 1.5 km Course for U10

1.5 km Free Technique Distance

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March 14-15, 2020

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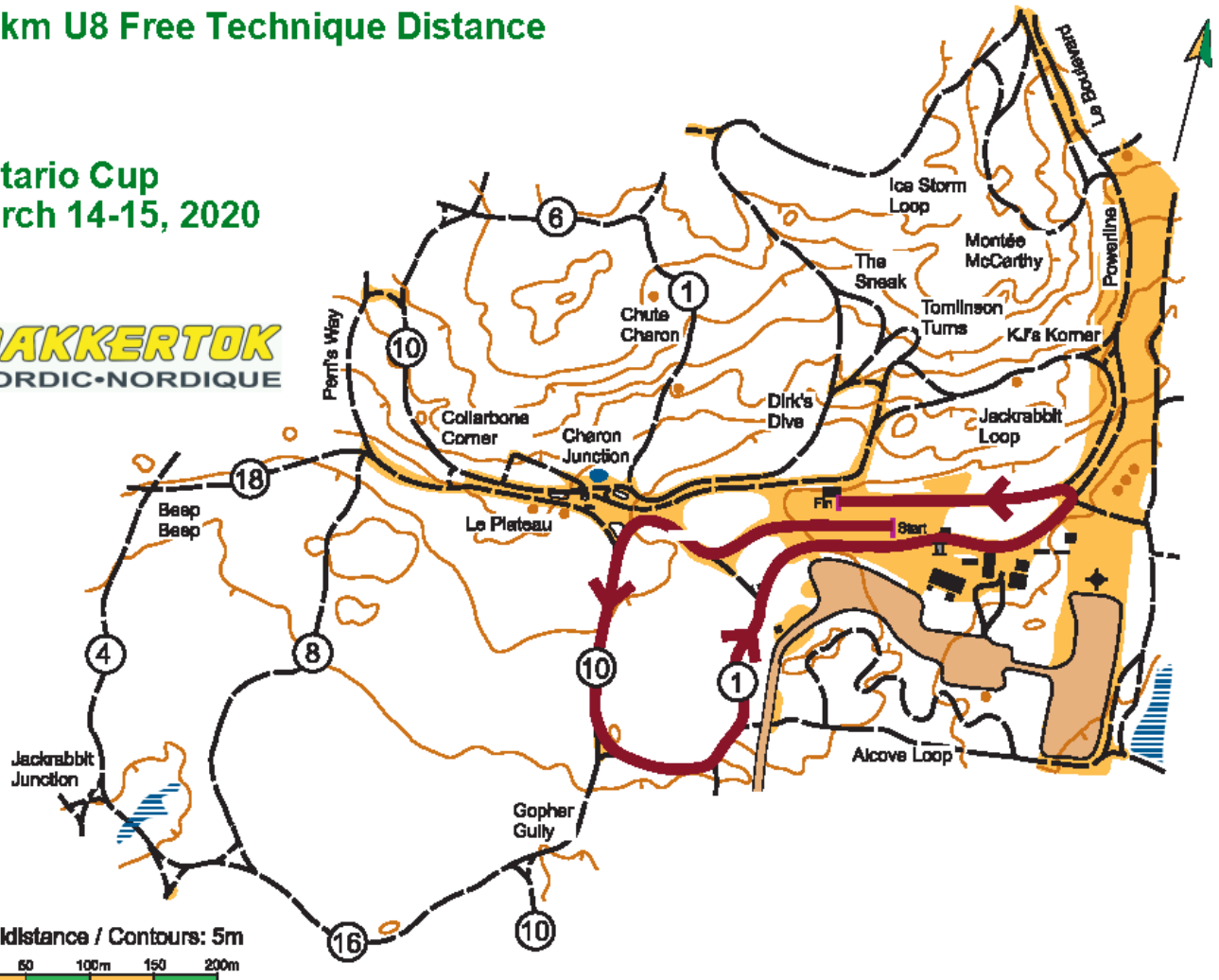
SA January 2020

Sunday NCD: 1.0 km Course for U8

1 km U8 Free Technique Distance

Ontario Cup
March 14-15, 2020

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SA January 2020