

# Ontario Cup 5

Thea's Race  
March 14 and 15, 2020

## Race Notice

Hosted by Nakkertok Ski Club, National Capital District  
Sanctioned by Nordiq Canada and Cross Country Ski Ontario

Dear Skiers and Coaches,

The O Cup 5 2020 Organizing Committee extends a warm invitation for you to come and participate in the final provincial cup race of the year. The Nakkertok venue will provide a challenging and memorable race to cap off the 2020 season at the divisional level and will offer a great opportunity to skiers in Eastern Canada to have a major tune-up before Canadian Nationals start on March 26.

We look forward to welcoming athletes, coaches, and their families.

Todd Fairhead  
Chair of Organizing Committee

Grant Williams  
Chief of Competition

## Race Site

Nakkertok South Nordic Centre  
900 Avenue Gatineau, Cantley, Quebec

## Race Committee

Chief of Competition: Grant Williams  
Technical Delegate: Shawn Sinclair  
Chief of Stadium: Todd Fairhead  
Chief of Course: Stephen Fleming  
Chief of Timing and Results: Steve Bowman  
Competition Secretary: Tamara McCaw

## Jury

Technical Delegate: Shawn Sinclair  
Chief of Competition: Grant Williams  
Jury Member: Victor Wiltmann

## Information and Communication

Competition Secretary	Tamara McCaw	racesecretaryocup5@nakkertok.ca
Chief of Competition	Grant Williams	grantwilliams844@gmail.com
Technical Delegate	Shawn Sinclair	cleanhouse@nexicom.net
Nakkertok Website	<a href="http://nakkertok.ca/event/theas-race/">http://nakkertok.ca/event/theas-race/</a>	

Competition office will be able to email coaches who have signed up via Zone 4.

## Sanction

Nordiq Canada / Cross Country Ski Ontario. This event is eligible for CPL.

## Technical Background

- Ontario Cup Technical Package:
  - <https://xcskiontario.ca/wp-content/uploads/2019/11/OntCupTechPkge2019-2020-v1.9.pdf>
- NCD Race Series Technical Package:
  - <https://xcskiontario.ca/2019/12/04/ncd-race-series-technical-package-2020/>
- 2019 International Competition Rules (ICR) - Canadian Competition Rules (CCR)
- Nordiq Canada Fluoro Wax Policy
  - <https://www.ccski.com/Events/Technical-Packages.aspx>

## Competition Schedule

Date	Time	Activity
March 2, 2020	23:59	Early Bird Registration Deadline
March 10, 2020	18:00	Final Go/No Go Decision regarding event
March 11, 2020	23:59	Close of Registration
March 12, 2020	19:00	Confirmation List Correction Deadline
March 13, 2020	13:00 – 16:30	Official Training for Sprint
	17:00 – 19:00	Team Captains Meeting - Nakkertok
March 14, 2020	09:00	Start of Sprint Qualifiers (Women then Men)
	11:00	Start of First Bracket M/W Heats
	12:15	Start of Second Bracket M/W Heats
	13:30	Start of Third Bracket M/W Heats
	12:30/13:45/14:45	Sprint Awards
	14:45, approx	Prologue
	16:00	Fast and Female Race
	16:45	Prologue Awards
	15:00 – 16:30	Official Training for Distance Race
	17:15	Team Captains Meeting - Nakkertok
	18:00	XCSO Coaches Season Review
March 15, 2020	9:00	First Start, Distance Mass Start
	12:30	Thea's Race
	12:45	O-Cup Distance Awards
	14:30	Thea's Race Awards

### March 14 Race Format: Classic technique sprint and prologue

Competitive Category	Female		Male	
	Year of birth	Distance	Year of birth	Distance
PN Standing*	All ages	1.0 km	All ages	1.0 km
PN Sit*	All ages	800 m	All ages	800 m
U8*	2012 - 2013	800 m	2012 - 2013	800 m
U10*	2010 - 2011	800 m	2010 - 2011	800 m
U12*	2008 - 2009	800 m	2008 - 2009	800 m
U14*	2006 - 2007	1.0 km	2006 - 2007	1.0 km
U16	2004 - 2005	1.0 km	2004 - 2005	1.0 km
U18	2002 - 2003	1.0 km	2002 - 2003	1.0 km
U20	2000 - 2001	1.0 km	2000 - 2001	1.0 km
Senior	1999 - earlier	1.0 km	1999 - earlier	1.0 km
Fast and Female 2-person relay	All Ages For Fun	800 m		

\* Prologue only, no heats.

The Fast and Female category is a celebration of skiing that is part of Thea's Race. It takes the format of a two-person relay. We especially encourage mother and daughter teams. Costumes are also encouraged.

## Hybrid Sprint Format

Divided by gender, all competitors (U16, U18, and Open categories) ski a single qualifier and may be placed in one of the following three brackets based on their times:

1. The 30 fastest qualifying times, regardless of age category.
2. The next 30 fastest skiers restricted to skiers aged 17 to 14 years of age.
3. The next 30 fastest skiers restricted to skiers aged 15 to 14 years of age.

The hybrid format encourages youth-skier development. Because the top category takes best times only, this format gives younger skiers more opportunities to participate in heats, especially at the U18 and U16 levels.

## March 15 Race Format: Free technique distance mass start

### *O-Cup and NCD Races*

Competitive Category	Female		Male	
	Year of birth	Distance	Year of birth	Distance
PN Standing	All ages	7.5 km	All ages	7.5 km
PN Sit	All ages	5 km	All ages	5 km
U8	2012 - 2013	1 km	2012 - 2013	1 km
U10	2010 - 2011	1.5 km	2010 - 2011	1.5 km
U12	2008 - 2009	2.5 km	2008 - 2009	2.5 km
U14	2006 - 2007	3.75 km	2006 - 2007	3.75 km
U16	2004 - 2005	7.5 km	2004 - 2005	7.5 km
U18	2002 - 2003	10 km	2002 - 2003	10 km
U20	2000 - 2001	10 km	2000 - 2001	10 km
Senior	1999 - earlier	10 km	1999 - earlier	10 km

### *Thea's Race*

Recreational Category	Female		Male	
	Year of birth	Distance	Year of birth	Distance
Open	All Ages	7.5 km	All Ages	7.5 km
Fun	All Ages	5 km	All Ages	5 km

Thea's Race commemorates the contribution made to Nakkertok and women's sports by Thea Holloway a founding member and past-president of the club. The race has been held annually since 1995 at Nakkertok, originally on trails set on land purchased jointly by Thea and Meg Weber and is open to men and women of all categories.

**NOTE:** Courses and distances are dependent upon trail conditions and may be altered.

## Eligibility

The competition is open to everyone; however, all competitors U14 and up (that is, excluding U12 and younger), must hold a valid Nordiq Canada race license **or** purchase a Supporting Member Day License (SMDL) during the online registration process for each race day. SMDL application (link on Zone 4 event page) must be completed for all unlicensed skiers and received by the Competition Secretary by email [racesecretaryocup5@nakkertok.ca](mailto:racesecretaryocup5@nakkertok.ca) no later than March 11, 2020.

## Proof of University/College/CEGEP Status

If you wish to be considered for the University category, you must select the university/College/CEGEP check box when you register and then send your proof of university registration (course schedule, registration letter) to Victor Wiltmann [coach@xcskiontario.ca](mailto:coach@xcskiontario.ca). If we do not receive the proof by March 11 and/or it does not meet the requirements you will not be listed as part of the category.

***University/College Eligibility:** The eligible athlete meets the varsity requirements of their institution, (CIS, OUA, OCAA), is enrolled in a minimum of 3 courses per semester in the current academic year (September through April) with signed or emailed authorization from the school coach and/or Director of Athletics.*

## Registration, Fees, Cancellation, and Refund Policy

Only online registration at [zone4.ca](http://zone4.ca) will be accepted. Partial refund requests will be considered if the race is cancelled on or before March 10 by the race organizers due to lack of snow. Any change in event location or timing will be posted to the race website as soon as it is known. Refunds based on event cancellation will be provided as per Section 17.6 of the XCSO 2019-2020 Ontario Cup Technical Package.

The deadline for registration is March 11, 2020 at 23:59. Athletes and coaches are to carefully check the confirmation list posted on the Zone4 website, and send all corrections to Competition Secretary at [racesecretaryocup5@nakkertok.ca](mailto:racesecretaryocup5@nakkertok.ca) by March 12 2020 at 19:00. Seeding lists will be posted on Zone4 on March 13, 2020. Final start lists will be posted after the Team Captains' meeting on March 13, 2020.

**Early Bird Discount of \$5 per race if registered prior to March 2<sup>nd</sup>.**

<b>Event and Category</b>	<b>Costs</b>
<i>Saturday Classic Sprint</i>	
All Categories U16 and older, including Para	\$45 + QST, GST
U8, U10, U12, U14	\$30 + QST, GST
Fast and Female	Free
<i>Sunday Free Distance</i>	
All Categories U16 and older, including Para	\$45 + QST, GST
U8, U10, U12, U14	\$30 + QST, GST
Open Rec	\$30 + QST, GST
Fun	\$15 + QST, GST

No refunds will be made for supporting member day licenses purchased in error.

## **Additional Fees for Ontario Skiers**

Cross Country Ontario Race Fee

- \$5 per race for U16 and older
- \$2.50 per race for U14

## **Rowan's Law**

Rowan's Law (Concussion Safety), 2018 requires 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 Zone4 registration and hard copies will be available at race office.

## **Course and Stadium**

Links to maps will be available at [nakkertok.ca/events](http://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 licensed skiers from the USA as appropriate.

For the mass start distance races, the most recent Distance CPL will be used when seeding all categories. Skiers without CPL will be placed at the back of the grid and will be seeded by random draw.

## **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. For prologue on Saturday afternoon, bibs may be picked up from 12:30 to 13:30. Bibs will be sorted by club or team. Please identify how you would like your bib sorted during registration.

A racer who does not return their bib and/or chip at the end of a race will be charged a \$75 replacement fee for each. (Fee must be paid prior to another start being granted).

See venue map below for details regarding site locations.

## **Competition Office and Notice Board**

- The Competition Office will be located on the second floor of the barn. Hours will be:
  - March 13, 2020: 14:00 to 16:00
  - March 14, 2020: 7:00 to 16:30
  - March 15, 2020: 7:00 to 15:00
- Notice board will be located at the waxing shed, between the chalet and the barn.

## **Awards**

Saturday's Awards will be provided to:

1. The top three Open women and Open men based on final heat results
2. The top three U18 girls and U18 boys overall after heat results
3. The top three U16 girls and U16 boys overall after heat results
4. The top three University/College/CEGEP men and women if the field is 5 or more.
5. The top three by gender in para-nordic categories
6. NCD awards to the top three boys and girls in each year of birth for the prologue categories

Sunday's Awards will be provided:

1. By category and gender for U16 and up, including University /College/CEGEP categories if the field is 5 or more.
2. The top three by gender in para-nordic categories
3. NCD awards to the top three boys and girls in each year of birth for U14 categories and below
4. Awards for Thea's Race: Rec Open and Rec Fun



### NCD Race Series Points:

- Racers from the National Capital Region will earn points in the NCD Race Series in accordance with the series technical package. The Saturday Sprint event and the Sunday Distance event represent the final two races of the 2020 series. NCD points will not be awarded for Thea's race or the Fast and Female events.
- Points for the sprint events are awarded on the timed qualifier results and not the final heat results. Youth racers (U14 and under) competing out of category will not receive NCD YOB points but can receive points towards a higher age category trophy.

## Waxing

There will be waxing facilities available on-site, coaches are asked to contact [racesecretaryocup5@nakkertok.ca](mailto:racesecretaryocup5@nakkertok.ca) identifying wax space/service requirements. Teams and clubs are encouraged to be self-sufficient where possible.

## 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>

## Map of Venue

