

Lakehead Superior Nordic Association



**Presents
Ontario Cup #3**

**Lappe Nordic Ski Centre
Thunder Bay ON**

**Saturday, 15 February 2014
to Monday, 17 February 2014**



DATE:

Saturday, 15 February; Sunday, 16 February; and Monday, 17 February 2014.

HOST:

Lakehead Superior Nordic Association, a joint venture between Lappe Nordic Ski Club and Big Thunder Nordic Ski Club.

WEBSITE:

www.lappenordic.ca. Scroll down to the "LSSD Ontario Cups" tab for event information.

CONTACTS:

Technical Delegate	Alan White	alanwhite2001@rogers.com
Chief of Competition	Grant Hall	grant_hall@shaw.ca
Chief of Course	Eric Bailey	ed.ndctbay@gmail.com
Competition Secretary	Stephanie Marler	marlersteph@yahoo.ca (807) 474-6126

LOCATION:

Lappe Ski Centre - located 20km west of Thunder Bay. Follow Hwy 102, 8km to Dog Lake Road. Continue on Dog Lake Road for 10km. The Centre is 4km left off Dog Lake Road on Kam-Current Rd (at Lappe Church).

SCHEDULE OF EVENTS:

Monday, 10 February 2014	Midnight	Registration Deadline
Thursday, 13 February 2014	Noon	Late Registration Deadline subject to \$100 penalty and forfeit of right to seeding
Friday, 14 February 2014	9:00 am to 5:00 pm	Official training day – courses will be marked for all races
	7:00 pm	Team Leaders' Meeting - Prince Arthur Hotel
Saturday, 15 February 2014	9:30 am	Classic Sprints
	7:00 pm	Team Leaders' Meeting - Prince Arthur Hotel
Sunday, 16 February 2014	9:30 am	Classic Interval Start
	5:30 pm	Athletes' Pasta Supper at École La Vérendrye
	7:00 pm	Team Leaders' Meeting - Prince Arthur Hotel
Monday, 17 February 2014	9:00 am	Free Technique Pursuit Start

Award Presentations to follow races each day at the Lappe Nordic Ski Centre

EVENT CATEGORIES & DISTANCES:

Saturday, 15 February 2014 Classic Sprints	
Category	Distance (km)
Senior Men	1.4
Senior Women	1.2
Junior Men	1.4
Junior Women	1.2
Junior Boy	1.2
Junior Girl	1.0
Juvenile Boy	1.0
Juvenile Girl	1.0
PN Standing Men	1.0
PN Standing Women	1.0
PN Sit Men	0.5
PN Sit Women	0.5

Sunday, 16 February 2014 Classic Interval Start	
Category	Distance (km)
Senior Men	10
Senior Women	7.5
Junior Men	10
Junior Women	7.5
Junior Boy	10
Junior Girl	7.5
Juvenile Boy	7.5
Juvenile Girl	7.5
Midget Boy	2.5
Midget Girl	2.5
Master Men	10
Master Women	7.5
PN Standing Men	7.5
PN Standing Women	7.5
PN Sit Men	2.5
PN Sit Women	2.5

Monday, 17 February 2014 Free Technique Pursuit Start*	
Category	Distance (km)
Senior Men	15
Senior Women	10
Junior Men	15
Junior Women	10
Junior Boy	10
Junior Girl	10
Juvenile Boy	10
Juvenile Girl	5

Monday, 17 February 2014 Free Technique Pursuit Start (con'd)*	
Category	Distance (km)
Midget Boy	5
Midget Girl	5
Master Men	15
Master Women	10
PN Standing Men	10
PN Standing Women	10
PN Sit Men	5
PN Sit Women	5

* Start order for Pursuit Start race will be based on Sunday's Classic Interval Start race results.

CATEGORIES - By age and year of Birth:

Category	Age as of 31 Dec. 2013	Year of Birth
Midget Boy	13 & 14	1999 & 2000
Midget Girl	12 & 13	2000 & 2001
Juvenile Boys	15	1998
Juvenile Girls	14 & 15	1998 & 1999
Junior Boys	16 & 17	1996 & 1997
Junior Girls	16 & 17	1996 & 1997
Junior Men	18 & 19	1994 & 1995
Junior Women	18 & 19	1994 & 1995
Senior Men	20+	1993 & earlier
Senior Women	20+	1993 & earlier
Master Men	31 +	1982 & earlier
Master Women	31 +	1982 & earlier

ELIGIBILITY:

All competitors from Juvenile and up must have a valid CCC race license or hold a CCC supporting member license (SDML) in accordance with OCUP Technical Package. Day licenses can be purchased at the time of registration for a fee of \$5.00 per day.

Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by 4:00 pm Friday 14 February 2014.

OUA ENTRANTS :

In order to tabulate OU results, OUA participants **must identify their University at time of online registration.**

ENTRY DEADLINE:

Registration can be completed only through the Zone 4 website at <http://www.zone4.ca>. The deadline for registration is Monday, 10 February 2014 at midnight. Any late registrants will be charged an extra \$100.00.

ENTRY FEES:

Race Fees – all athletes	Register by Monday, 10 February 2014
Juvenile, Junior, Senior, Master All Para-Nordic categories	\$ 40 per day + HST
Midget category	\$ 20 per day + HST
Additional Fee for: Ontario athletes only	
Juvenile, Junior, Senior, Master All Para-Nordic categories	\$ 5 per day
Midget category	\$ 2.50 per day
Additional Fee for: Non CCC License holders	
CCC Day License	\$ 5 per day

Late entries must be submitted to the Competition Secretary **before** 12:00 noon on Thursday, 13 February 2014 **with full payment, including the late entry penalty fee of \$100**. Late entries will forfeit the right to seeding.

The first step in ultimately achieving correct **official results** in a timely fashion is the receipt of complete, correct, on-time entries.

Accordingly, athletes and coaches are expected to carefully check their entries as posted on the confirmation list on the Zone4 website, and send all corrections to marlersteph@yahoo.ca.

Seeding lists and/or final confirmation lists will be available on the host website by 13 February 2014.

ADMISSION TO THE TRAILS:

Trail fees are included in the registration fees for race days as well as the official training day, Friday, 14 February 2014 to Monday, 17 February 2014. Athletes **must** buy a trail pass **at the Lappe Ski Centre** for all other days.

Trail fees for participants and family members, and their coaches for non-race days:

Students: \$10 per day Adults: \$15 per day

FACILITIES:

Lappe Nordic Ski Centre has 13.6 km of trails for both classic and skate skiers. There is a large chalet on site with change rooms. Trailers will be available for waxing on site. Wheelchair accessible Porta-Potties will be provided. The main level of the chalet will be accessible. Ample parking is available.

ON-SITE FOOD SERVICES:**Athlete Services:** (downstairs)

There will be bananas, oranges and Gatorade available free to all athletes.

Jack Rabbit Café: (downstairs)

Hosted by the Lappe Nordic Ski Club Jack Rabbit Program

Daily menu consisting of a hearty soup or stew, hot apple cider and cookies.

Jaana's Kitchen: (upstairs)

The best Finnish pancakes in Thunder Bay!

FIRST AID:

Will be available on site. Thunder Bay Regional Hospital is approximately 20 km from Lappe Nordic Ski Centre.

RACE COURSES:

Maps will be available online at www.lappenordic.ca. Scroll down to the LSSD Ontario Cups link.

BIBS:

A racer who does not return their bib at the end of a race will be charged a \$75 replacement fee that must be paid prior to another start being granted.

LODGING – Official Race Hotel:

Prince Arthur Hotel, Thunder Bay, Ontario

www.princearthur.on.ca

BIG THUNDER – Pasta Dinner:

Big Thunder Nordic Ski Club is hosting a pasta dinner on Friday evening. Athletes, coaches and parents, come out and carb load on pasta, while chatting with teammates and other clubs.

Meal: Pasta with meatballs, salad, roll, drink and dessert

Cost: \$17.00 (includes HST)

When: Sunday, 16 February 2014 at 5:30 pm

Where: École secondaire catholique de la Vérendrye
175 High St. N, Thunder Bay ON

Register for the dinner on the OCup #3 Race Registration on www.zone4.ca.