

## 2012 NOD ONTARIO CUP #3 Race Notice

### Includes Para-Nordic Races

Saturday February 18, Sunday February 19, and Monday February 20, 2012

Porcupine Ski Runners Chalet, Timmins, Ontario.

Hosted by Porcupine Ski Runners – PSR [Porcupine Ski Runners](#)

#### CONTACTS:

Technical Delegate	Alan White	<a href="mailto:alanwhite2001@rogers.com">alanwhite2001@rogers.com</a>
Chief of Competition	Greg Deyne	<a href="mailto:deyne@vianet.on.ca">deyne@vianet.on.ca</a>
Chief of Course	Gerry Perreault	<a href="mailto:gperreault@personainternet.com">gperreault@personainternet.com</a>
Competition Secretary	Mary-Anne Church	<a href="mailto:m-amartin@hotmail.com">m-amartin@hotmail.com</a>

#### LOCATION:

Porcupine Ski Runners is located on Highway 101 East which is about 3 km east of Timmins or about 1 km east of Schumacher. [PSR Location](#)

#### SCHEDULE OF EVENTS

Friday February 10, 2012	Midnight	Registration Deadline
Friday February 17, 2012	9 am– 5:30 pm	Official training day – courses will be marked for Sat& Sun races. Prologue course will be marked after Sun race
	7:00 pm	Team Leaders Meeting at PSR Chalet
Saturday February 18, 2012	9:00 am	Free Technique Interval Start
	6:00 pm	Team Leaders Meeting at PSR Chalet
Sunday February 19, 2012	9:00 am	Classic Mass Start
	6:00 pm	Team Leaders Meeting at PSR Chalet if necessary
Monday February 20, 2012	9:00 am	Prologue- Free Technique Interval Start

#### AWARD PRESENTATIONS

Awards will be presented following the races each day at the Porcupine Ski Runners Chalet.

#### EVENT CATEGORIES & DISTANCES

Category	Year of Birth
Midget Boy	1997 & 1998
Midget Girl	1998 & 1999
Juvenile Boy	1996
Juvenile Girl	1996 & 1997
Junior Boy	1994 & 1995
Junior Girl	1994 & 1995
Junior Men	1992 & 1993
Junior Women	1992 & 1993
Senior Male/Female	1991& earlier
Master Male/Female	1980 & earlier

<b>Saturday, February 18, 2012 Interval Start Free Technique</b>	
<b>Category</b>	<b>Distance (km)</b>
Senior Men	10
Senior Women	5
Junior Men	10
Junior Women	5
Junior Boy	10
Junior Girl	5
Juvenile Boy	5
Juvenile Girl	5
Midget Boy	3
Midget Girl	3
Master Men	10
Master Women	5
PN Standing Men	5
PN Standing Men –Dev	5
PN Standing Women	5
PN Standing Women-Dev	5
PN Sit Men	3
PN Sit Men-Dev	3
PN Sit Women	3
PN Sit Women-Dev	3

<b>Sunday, February 19, 2012 Classic Mass Start</b>	
<b>Category</b>	<b>Distance (km)</b>
Senior Men	15
Senior Women	10
Junior Men	15
Junior Women	10
Junior Boy	15
Junior Girl	7.5
Juvenile Boy	7.5
Juvenile Girl	7.5
Midget Boy	5
Midget Girl	5
Master Men	15
Master Women	10
PN Standing Men	7.5
PN Standing Men –Dev	7.5
PN Standing Women	5
PN Standing Women-Dev	5
PN Sit Men	3
PN Sit Men-Dev	3
PN Sit Women	3
PN Sit Women-Dev	3

<b>Monday, February 20, 2012</b>	
<b>Prologue- Free Technique Interval Start</b>	
<b>Category</b>	<b>Distance (km)</b>
Senior Men	3.8
Senior Women	3.8
Junior Men	3.8
Junior Women	3.8
Junior Boy	3.8
Junior Girl	3.8
Juvenile Girl	3.8
Juvenile Boy	3.8
Midget Girl	3.8
Midget Boy	3.8
Master Men	3.8
Master Women	3.8
PN Standing Men	3.8
PN Standing Men –Dev	3.8
PN Standing Women	3.8
PN Standing Women –Dev	3.8
PN Sit Men	2.5
PN Sit Men -Dev	2.5
PN Sit Women	2.5
PN Sit Women-Dev	2.5

## **ELIGIBILITY**

All competitors from juvenile and up must have a valid CCC Race License or hold a CCC supporting member license (day license) in accordance with CCC Document 2.2.2. Race License Policy. Day licenses to be purchased at the time of registration for a fee of \$5/day. Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by 4 pm Friday, February 17, 2012.

## **ENTRY DEADLINE**

Registration can be completed only through the Zone4 website at <http://www.zone4.ca>. The deadline for registration is Friday, February 10 at midnight. Any late registrants will be charged an extra \$100.

## ENTRY FEES

Category	Register by Feb. 10, 2012
Juvenile, Junior, Senior, Masters, All Para-Nordic categories	\$45 per day
Midget	\$20 per day
CCC Day License	\$ 5 per day

Late entries must be submitted to the Competition Secretary before 12:00 noon on Feb. 16, 2012 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. Send all corrections or requests for assistance to [Mary-Anne Church Race Secretary](#) .

Seeding lists and/or final confirmation lists will be available on the host website by Feb. 17, 2012.

## ADMISSION TO THE TRAILS

Trail fees are included in the registration fees for race days as well as the official training day.

## FACILITIES

Porcupine Ski Runners has 30km of trails including 4 km of light trails accommodating both classic and skate skiers. There is a large chalet on site with change rooms. Waxing facilities will be the two heated garages on site. Wheelchair Accessible Porta-Pottie will be provided. Parking is available for 100 vehicles on site. There will be a contingency plan if the parking lot fills.

## FIRST AID

Will be available on site. Timmins and District Hospital is approximately 3 km. from PSR Chalet.

## RACE COURSES

Maps will be available online at Porcupine Ski Runners' Website: [O'Cup #3 Race Course Maps](#)

## LODGING

Visit PSR website for O'Cup Lodging options [O'Cup Lodging](#) .