



# Race Notice

**2020 Ontario Youth Championships Presented by  
Porcupine Ski Runners**

Sponsored by



## Event & Competition Committee

Chief of Competition: Christine Dorion

TD Mary Waddell

Competition Secretary: Heather Hickman/Kim Wagner

Organizing Committee Co-Chairs: Brenda Smith/Christine Adamson

## Registration

**Race Entries** must be submitted by 11:59 PM EST, **Monday March 2nd, 2020**. Registration will only be done via [Zone4.ca](http://Zone4.ca). Payment and waivers must be completed online during registration. No refunds for race entry fees or banquet tickets. Late Registration must be submitted by 11:59pm EST, Tuesday March 3rd, 2020. Confirmation lists will be posted on the Zone4 website, and any errors must be reported to [skirunnersevents@gmail.com](mailto:skirunnersevents@gmail.com) by Thursday, March 5th, 2020.

All competitors in the U14 category require a Nordiq Canada developmental race license or hold a Nordiq Canada supporting member day license for each race day.

Race License can be purchased at <http://ccski.com/Events/License-Applications.aspx>.

Day licenses can be purchased via zone4 during registration. \$5 per race day

If the event needs to be moved or cancelled due to poor trail conditions, insufficient registration or force majeure, it will be announced by 11:59 PM EST, Tuesday March 3rd, 2020 on the Porcupine Ski Runners website and registered participants will be emailed. In case of cancellation, refunds will be provided less expenses incurred in the planning of the event.

## Awards and Results

\* Results will be posted on the notice board outside the Chalet and will be available online at [www.zone4.ca](http://www.zone4.ca).

\* Awards for Saturday's races will be presented at the banquet and awards for Sunday's races will be presented on site after the conclusion of the race.

\* Banquet tickets can also be purchased in advance during online registration.

Contact email : [skirunnersevents@gmail.com](mailto:skirunnersevents@gmail.com)

## Race Details

Category	Year of Birth	Saturday Classic interval	Saturday Classic Relay	Sunday Freestyle Mass
U8 Boys	(2012-2013)	1km	500m	1km
U8 Girls	(2012-2013)	1km	500m	1km
U10 Boys	(2010-2011)	2km	500m	2km
U10 Girls	(2010-2011)	2Km	500m	2km
U12 Boys	(2008-2009)	3Km	500m	3Km
U12 Girls	(2008-2009)	3Km	500m	3Km
U14 Boys	(2006-2007)	4Km	500m	4Km
U14 Girls	(2006-2007)	4Km	500m	4Km
Para-Nordic Boys	(2006-2011)	TBD	TBD	TBD
Para-Nordic Girls	(2006-2011)	TBD	TBD	TBD

In the event of cold temperature, races will be delayed or cancelled when temperatures are lower than -18°C. If athletes below age category U12 are present, the minimum is -15°C.

## Cost

### Race Entry Fees

Saturday Classic Interval \$40+HST  
(Late registration \$80+HST)

Saturday Classic Team Relay \$5+HST  
(Late registration \$10 +HST)

Sunday Free Mass Start \$40+HST  
(Late registration \$80+HST)

### Banquet Dinner tickets

\$20 each (incl. taxes & gratuity)

Lasagna, salad, garlic bread & drinks

## Schedule

### Friday March 6th, 2020

Race office opens 1 pm  
Course open from 1 pm - 4 pm  
Team Leader Meeting 6 pm for all events

### Saturday March 7th, 2020

Race office opens 8am  
Classic Interval Race 10 am first start  
Classic Relay Race 1 pm first start  
**Banquet**  
Doors open 5:30pm  
Dinner served 6pm  
Awards presentations 7pm

### Sunday March 8th, 2020

Race Office opens 8am  
Skate Mass Start 10 am by category

### Porcupine Ski Runners

1875 Hwy 101 E, Schumacher, ON  
P0N 1G0

### Northern College Banquet

4715 Highway 101 E, South Porcupine  
ON P0N 1H0



## Individual Events

### Saturday Interval Classic

For the interval start classic technique race, start order will be determined by random draw within groups . Group 1 will be composed of licensed skiers . Group 2 will be composed of all unlicensed skiers.

### Sunday Mass Starts

For all categories the start order will be based on results from Saturday's interval start race.. Those without results from Saturday will be grouped separately and randomly seeded at the back of the chevron start.

**NOTE - U14 seeding will use the published CPL points from March 1st 2020. Please note all athletes in the U14 category must have a Nordiq Canada race license or purchase a Nordiq Canada day license available in the zone4 race registration.**

## Team Events

Fun team classic technique races will be held on Saturday afternoon for participants registered in at least one or both individual races. Placement and Teams for Relay will be based on the number of participants and possibly may involve heats.

## Governing Rules, Polices & Details

IPC RULES & REGULATIONS  
CCC COMPETITION MODEL  
XCSCO ONTARIO YOUTH CHAMPIONSHIPS TECHNICAL PACKAGE

<http://cccski.com/Events/Rules-and-Regulations.aspx>  
FIS/CCC COMPETITION RULES

<https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>

### Responsible Coaching

<http://xcskiontario.ca/wp-content/uploads/2019/02/XCSO-Responsible-Coaching-Guidelines-v5.pdf>

### Rowan's Law: Concussion Awareness Resources

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

<http://xcskiontario.ca/safe-sport/>



## Waxing

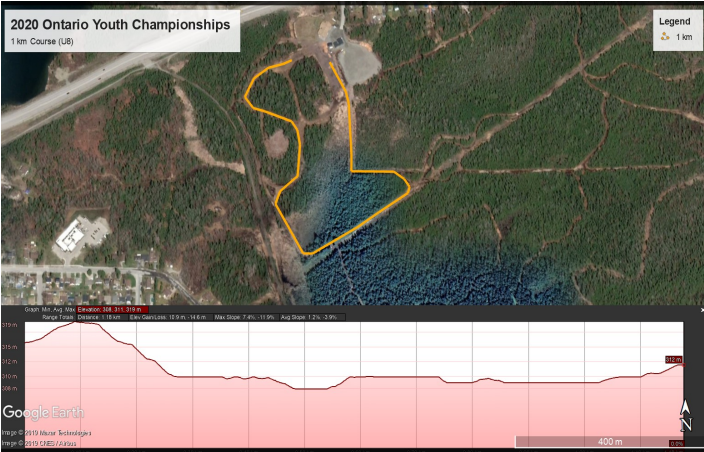
We have waxing building on site - space is limited. Waxing must follow with the current Nordiq Canada Tier 2 waxing protocols on waxing safety and the use of fluorinated glide waxes from all coaches, wax technicians, parents and applies to out-of-province or international skiers who are competing at these events.

Visit <http://cccski.com/Events/Technical-packages.aspx>

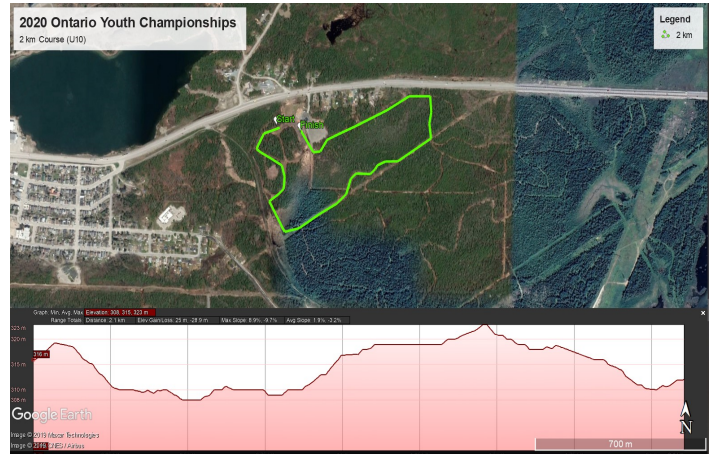


# Maps and Profiles

## 1km U8



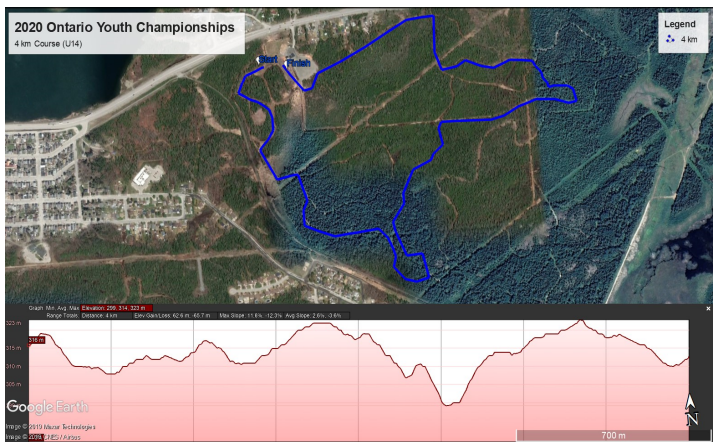
## 2km U10



## 3km U12



## 4km U14



## Classic Fun Team Relay



Race courses subject to change





## Services

### Food Service

Hot lunch will be provided for athletes registered in races, coaches with 5 or more athletes registered. Additional lunches, drinks and snack can be purchased cash only. Additional tickets also available during registration. **Please request any special dietary needs during registration for both lunch and banquet.**

### Medical Services

Ski Patrol will be on site during competition. AED is located inside the main chalet lounge. Oxygen on site. The Timmins & District Hospital is located a 10 min drive from the club. Ambulance response time is 5 min from club.

### Parking

Parking is available on site but limited. Please carpool. Parking attendants will be on site. Shuttle service will be available if required and will be posted on website and information available at the chalet.

### Accommodations

There are 150 hotel rooms booked in two hotels that have been blocked for the period of March 6th, 2020 to March 8th, 2020.

The rooms will be released **on January 31, 2020**. Any reservations not made by this date will automatically be released to the public. Booking group name is **Cross Country Ski Racers**.

**\*\*Reservations must be made directly at each hotel for special rate\*\***

**Super 8** 705-268-7171  
730 Algonquin Blvd E, Timmins, On

52 Two Double Beds  
13 One Queen with pull out sofa

**Travelodge** 705-360-1122 1136  
Riverside Dr, Timmins, On

56 Two Double beds  
14 One Queen with pull out sofa  
15 One King with pull out sofa

**Room rate: \$125 plus tax and fees and includes hot buffet breakfast and access to fitness center.**

### Other hotels in the Timmins area

**Hampton Inn** 705-531-6000  
848 Riverside Dr. Timmins, ON

**Cedar Meadows Resort and Spa** 705-268-5800  
1000 Norman St, Timmins, ON

**Holiday Inn Express and Suites** 705-531-4000  
30 Algonquin Blvd W, Timmins, ON

**Comfort Inn** 705-264-9474  
939 Algonquin Blvd E, Timmins, ON

**Ramada Inn** 705-267-6241 1800  
Riverside Dr. Timmins, ON

**Microtel Inn and Suites** 705-264-1477  
1960 Riverside Dr, Timmins, ON



Northern  
Ontario  
District



Ontario Youth  
Championships