

RACE NOTICE



2016 Ontario Midget Championships

Kawartha Nordic

February 26–28, 2016



Presented by

LLF Lawyers LLP

Peterborough ON





HOSTED BY KAWARTHA NORDIC SKI CLUB, SOUTHERN ONTARIO DISTRICT OF CROSS COUNTRY ONTARIO

kawarthanordic.ca

Kawartha Nordic is pleased to host the 2016 Ontario Midget Championships for cross country skiing and invites skiers from across Ontario and beyond to participate.

The objectives of this event are:

- To provide a fun, social, and competitive provincial championship for all pee-wee and midget age Nordic skiers.
- To encourage achievement through team effort
- To promote good ski technique

Event Organizing Committee	
Event Organizing Committee Chair	Jon Grimwood
Finance	Kim De Leenheer
Hospitality	Nicola Lyle
Venue Planning	Kent Todd
Marketing	Jamie Tompkins

Competition Committee	
Chief of Competition	Todd Harris
Chief of Course	Dave Woodfine
Chief of Stadium	Bruce Wurtele
Chief of Timekeeping	Reinout Westbroek
Competition Secretary	Ann Way-Nee
Technical Delegate	Len Pizey

LOCATION

Race events will be held at Kawartha Nordic, located at 7107 Highway 28, North Kawartha, ON (44.623153 -78.134007)

For a map to Kawartha Nordic and local accommodations and amenities, with directions via Google Maps, please visit <https://goo.gl/F9t3RY>

CONTACT

By email omc.kawarthanordic@gmail.com or during the ski season at 705-931-KNSC

SPONSORS

We would like to thank the following sponsors for their commitment to Cross Country skiing, and for their support of the 2016 Ontario Midget Championships.



SCHEDULE OF EVENTS

Friday 26 February 2016

- Official training day. Course open from 11:00am to 4:00pm
- Race office open 2:00pm to 4:00pm
- Team Leaders' Meeting 7:00 pm, The Village Inn, Lakefield (<https://goo.gl/F9t3RY>)

Saturday 27 February 2016

- Race office opens 8:00am
- Classic Technique Interval Start race by category. First start 10:00 am
- Classic Technique Team Relay race by category. First start 1:30 pm
- Banquet 6:00–8:00pm. Doors open 5:30pm

Sunday 28 February 2016

- Race office opens 8:00am
- Freestyle Mass Start race by category. First start 10:00 am
- Freestyle Team Sprint race. First start 1:00pm

RACE DETAILS

Category	Year of Birth	Saturday Classic Interval Start	Saturday Classic Team Relay	Sunday Freestyle Mass Start	Sunday Freestyle Team Sprint
Para-Nordic Girls	2000–2006	200 m		450 m	4 × 60m
Para-Nordic Boys	2000–2006	200 m		450 m	4 × 60m
Pee-Wee Girls	2004–2006	3 km	3 × 650m	3 km	4 × 60m
Pee-Wee Boys	2003–2006	3 km	3 × 650m	3 km	4 × 60m
Midget Girls	2002–2003	3 km	3 × 650m	4.5 km	4 × 60m
Midget Boys	2001–2002	3 km	3 × 650m	4.5 km	4 × 60m

Para-Nordic Events

The listed para-nordic events are offered on shorter rolling courses suitable for beginner to intermediate sit skiers. Para-nordic skiers are welcome to request the option to complete multiple laps of their courses, or to compete on the longer and hillier courses used by other categories in the same event. These requests will be granted in consultation with coaches.

Team Events

Fun team races will be held on Saturday and Sunday afternoon for participants registered in at least one of the two individual races. Teams will be created by random draw based on seeding from the morning race's results, and will be a mix of skiers from different clubs. If necessary, categories will be collapsed and/or some skiers may be asked to ski multiple laps to ensure a fun team event. Depending on numbers, the team races may involve heats.

Sunday's Team Sprint will include a creative twist on teammate tagging and each team will include at least one para-nordic skier or athlete using a sit ski (provided by Kawartha Nordic).

Individual Events

For the interval start classic race on Saturday, start order will be determined by random draw with grouping by year-of-birth. The freestyle race on Sunday will be a chevron-style mass start with start order based on results from Saturday's interval start race.

Results

Results will be posted on the official notice board outside the WOODfine chalet and will be available online at zone4.ca.

Governing Rules, Policies & Details

FIS/CCC
Competition Rules



IPC
Rules & Regulations



CCC
Competition Model
CCC Para-Nordic
Race Guidelines



CCO
Ontario Midget
Championships
Technical Package



REGISTRATION

Entries must be submitted by 11:59 pm EST, Tuesday February 23, 2016.

2016 Ontario Midget Championship race registration will be handled exclusively online via Zone4 (<https://www.zone4.ca>). Registration will open December 7 and close February 23 — late entries will not be accepted. Payment must be made online at the time of registration, and all race participants must fill out the Event Waiver as they register online with Zone4. Confirmation lists will be posted on the Zone4 website, and any errors must be reported to the Competition Secretary.

Race Entry Fees

Individual race entry fees include a warm lunch on-site but do not include the Zone4 service fee.

Event	Cost
Classic Technique Interval Start	\$35
Classic Technique Team Relay	No charge
Freestyle Mass Start	\$35
Freestyle Team Sprint	No charge

Backup Site and Cancellation

If required, due to inappropriate snow and trail conditions or *force majeure*, all or part of the event will be moved to Glebe Park, Haliburton, ON, or cancelled.

If there is a need to cancel the entire event, it will be announced by noon Thursday February 25 on the Kawartha Nordic web site and by email to registered participants. In case of cancellation, refunds will be provided less expensed costs incurred in the planning of the event that cannot be re-used in future events.

CHAMPIONSHIPS BANQUET

A fun banquet designed to celebrate skiing and racing will be held Saturday evening in Lakefield.

- **Location:** Lakefield District Secondary School
71 Bridge St, Lakefield, ON
turn south at Clementi St to park and enter at the rear of the school
- **Schedule:**
 - 5:30pm doors open. Entertaining table activities will be organized.
 - 6:00pm dinner served.
 - 7:00pm awards presentations.
- **Cost:**
 - \$20 + HST/person (tickets purchased online with Zone4 at time of registration)
 - \$30 + HST/person (all other ticket purchases)

Dietary Restrictions

While there will be a vegetarian option available for both the on-site athlete lunches and the championships, we are not able to accommodate other dietary restrictions.

Awards

Awards will be based on unofficial results so they can be presented as soon as possible. Awards for Saturday's events will be presented at the banquet and for Sunday's events will be presented at the race site. Awards are given for each event by year-of-birth and category.

FACILITIES

Kawartha Nordic will have available the following facilities & services:

- WOODfine Chalet — a two-story chalet with adjacent indoor heated washrooms.
- Temporary Warming Tent — serving athlete food and drinks and a place to stay warm.
- Temporary Waxing Trailers — ventilated and heated space for waxing on-site.
- Canadian Ski Patrol — on-site emergency trail transport and medical services.
- Peterborough Regional Health Centre — a 45-minute drive from Kawartha Nordic.

Parking

Kawartha Nordic has limited on-site parking space. A parking plan is being developed and clubs will be notified of parking arrangements in advance of the event. Each club is encouraged to carpool.

WAXING PROTOCOL

Please adhere to the Cross Country Ontario No Fluoro Protocol that states:

Cross Country Ontario respectfully requests all coaches, wax technicians, and parents abide by a self governed protocol while waxing skis for athletes racing in the midget age categories and younger. Our request also applies to out-of-province or international skiers who are competing at these events.

*The recommended **glide** waxing protocol for midget categories and younger is as follows:*

- *Use of Non-Fluoro (NF) or Low Fluoro (LF) glide waxes only*
- *High Fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids are NOT permitted*
- *Cold weather powder additives and hardeners are NOT permitted*

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

ACCOMMODATIONS

It is **strongly suggested** to reserve your accommodations (if required) as soon as possible as there are limited accommodations within 30 minutes of Kawartha Nordic.

For an interactive map of local accommodations and amenities, please visit <https://goo.gl/F9t3RY>

Partners

All teams booking with our accommodation partners should state that they will be participating in the Ontario Midget Championship at Kawartha Nordic.

Pine Vista Resort

Gilchrist Bay, ON — 20 minutes to ski trails / 25 minutes to banquet

705-877-2108

pinevista.com

Contact: Kevin Drain (info@pinevista.com)

Description: All of our condo/apartment-style accommodations have a fully equipped kitchen, 4-pc washroom, wood fireplace, Satellite TV/DVD/VCR player and private deck with BBQ. We also have WI-FI access throughout the entire resort. The deluxe and superior styles also offer a dishwasher and whirlpool bath, while many of the larger units have a second washroom. The linens and towels including dishtowels and soap are provided for you. Pine Vista can accommodate up to 130 guests.

Viamede Resort

Woodview, ON — 10 minutes to ski trails / 25 minutes to banquet

705-654-3344

viamede.com

Contact: Vanessa Rudkin (vanessa@viamede.com)

Description: In the winter Viamede has 7 cottages and 28 guestrooms available to accommodate up to 120 guests.

The Village Inn

Lakefield, ON — 20 minutes to ski trails / 2 minutes to banquet

1-800-827-5678

villageinn.ca

Contact: Kevin Drain (info@villageinn.ca)

Description: The Village Inn is situated in the scenic and historic little village of Lakefield, Ontario in the heart of the Kawartha Lakes. The Inn is comprised of twenty-six rooms and two luxury suites. This charming country inn offers a wonderful balance of old and new, convenience and comfort, historic tradition and modern amenities, all presented in an atmosphere of country charm.

Irwin Inn

Crowes Landing, ON — 20 minutes to ski trails / 25 minutes to banquet

1-800-461-6490

irwininn.com

Contact: Jennifer Craig (inquiry@irwininn.com)

Description: Luxurious accommodation in self-catered cottages or suites, woodstove fireplaces, up to 70 guests

Other Accommodations

The following additional accommodations can be found in Peterborough, ON and will all be about 45 minutes from the ski trails and 20 minutes from the banquet.

Best Western Otonabee Inn

1-800-373-5843

Quality Inn

705-748-6801

Comfort Inn Hotel & Suites

705-740-7000

Super 8 Hotel

1-800-800-8000

Holiday Inn Peterborough-Waterfront

705-743-1144

Motel 6

705-748-0550

Peterborough Inn & Suites Hotel

1-866-446-4451

