

RACE NOTICE



2017 Ontario Midget Championships

Presented by LLF Lawyers LLP

Kawartha Nordic

March 3–5, 2017



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



kawarthanordic.ca

Kawartha Nordic is pleased to host the 2017 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	Todd Harris
Finance	Kim De Leenheer
Hospitality	Nicola Lyle
Venue Planning	Kent Todd
Marketing	Jen Cureton

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	Frances Norlen

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, the Banquet 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 & 2017 Ontario Midget Championships.



SCHEDULE OF EVENTS

Friday 3 March 2017

- Official training day. Course open from 11:00am to 4:00pm
- Race office opens 2:00pm
- Team Leaders' Briefing for ski cross 4:45pm at Kawartha Nordic
- King's Court head-to-head freestyle ski cross in heats of 6 every 3 minutes. First start 5:30pm
- Team Leaders' Meeting for all Saturday & Sunday events 6:00 pm at Kawartha Nordic

Saturday 4 March 2017

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

Sunday 5 March 2017

- Race office opens 8:00am
- Classic Technique Mass Start race by category. First start 9:30 am
- Classic Technique Team Sprint race. First start 11:30 am

RACE DETAILS

Category	Year of Birth	Fun Race	Points Race	Fun Race	Points Race	Fun Race
		Friday Freestyle Ski Cross	Saturday Freestyle Interval Start	Saturday Freestyle Relay	Sunday Classic Mass Start	Sunday Classic Team Sprint
Para-Nordic Girls	2001–2007		200 m		450 m	4 × 60 m
Para-Nordic Boys	2001–2007		200 m		450 m	4 × 60 m
Pee-Wee Girls	2005–2007	250 m	3 km	3 × 700 m	3 km	4 × 60 m
Pee-Wee Boys	2004–2007	250 m	3 km	3 × 700 m	3 km	4 × 60 m
Midget Girls	2003–2004	250 m	5 km	3 × 700 m	5 km	4 × 60 m
Midget Boys	2002–2003	250 m	5 km	3 × 700 m	5 km	4 × 60 m

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.

Individual Events

For the ski cross freestyle race on Friday, the categories Peewee Girls, Peewee Boys, Midget Girls and Midget Boys will be run as separate King's Court-style events each with 3 rounds of 3 heats. There will be no qualification round and initial heat placement will be determined by random draw. Each skier will be guaranteed three King's Court-style heats of 6 skiers over a course of ups, downs, jumps, slalom and other obstacles. Registration for this ski cross event is limited to 18 athletes per category.

For the interval start freestyle race on Saturday, start order will be determined by random draw with grouping by year-of-birth. The classic technique race on Sunday will be a chevron-style mass start with start order based on results from Saturday's interval start race. Those without results from Saturday will be placed last in the start order.

Team Events

Fun team races will be held on Saturday and Sunday afternoon for participants registered in at least one of the three individual races. Saturday's 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. Sunday's teams will be created by random draw with seeding based only on category, and will also 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 require all skiers to classic ski without poles or use a sit ski.

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



Pole length will be measured as per FIS ICR-CCR 343.8.1, and should be at most 83% of the athlete's height for the classic technique events.

REGISTRATION

Entries must be submitted by 11:59 pm EST, Monday February 27, 2017.

2017 Ontario Midget Championship race registration will be handled exclusively online via Zone4 (<https://www.zone4.ca>). Payment must be made and event waivers completed online at the time of registration. Confirmation lists will be posted on the Zone4 website, and any errors must be reported to the Competition Secretary (omc.kawarthanordic@gmail.com) by Thursday March 2, 2017. There are no refunds for race entry fees or banquet tickets.

Race Entry Fees

Saturday and Sunday Individual race entry fees include a warm lunch on-site, but none of the race entry fees include the Zone4 service fee.

Event		Cost	Before 22-Feb	Before 1-Feb
Friday Freestyle Ski Cross	Fun Race	\$50	\$40	\$35
Saturday Freestyle Interval Start	Points Race	\$50	\$40	\$35
Saturday Freestyle Team Relay	Fun Race	No charge		
Sunday Classic Technique Mass Start	Points Race	\$50	\$40	\$35
Sunday Classic Technique Team Sprint	Fun Race	No charge		

Backup Site and Cancellation

If temperatures are below -18°C, races will be delayed or cancelled. For Pee-wee athletes, the minimum is -15°C.

If required, due to inappropriate snow, poor trail conditions, insufficient registration 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 11:59 pm EST, Tuesday February 28, 2017 on the Kawartha Nordic website 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 Peterborough.

Adam Scott Collegiate & Vocational Institute
175 Langton St, Peterborough, ON
Park and enter at the rear of the school – south side off of Hilliard St

Schedule

- 5:30pm doors open. Entertaining table activities will be organized
- 6:00pm dinner served
- 7:00pm awards presentations

Menu

Dinner will consist of salad, bread, pasta with marinara sauce and a choice of meatballs or chicken strips. Please note when purchasing banquet tickets online, if you have a medically necessary dietary restriction.

Tickets

Banquet tickets are available online either when registering for race events, or separately through a banquet ticket only registration with zone4.ca. Space is limited and tickets can sell out early.

Event	Cost	Before 22-Feb
Saturday Banquet	\$34 (HST incl)	\$23 (HST incl)

Awards & Results

Results will be posted on the official notice board outside the WOODfine chalet and will be available online at kawarthanordic.ca and zone4.ca. Results will be separated by year-of-birth and/or category.

Awards will be presented at the banquet and on Sunday at the race site, and may be based on unofficial results. Points toward the Ontario Midget Championships team awards and Cross Country Ski Ontario medals are given for the Saturday interval start and Sunday mass start events only.

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 Trailer & Tent — ventilated and heated spaces for waxing on-site.
- Canadian Ski Patrol — on-site emergency trail transport and medical services.
- Peterborough Regional Health Centre — a 40-minute drive from Kawartha Nordic.

Medical Services

An AED is located in the Canadian Ski Patrol room on the bottom floor of the WOODfine Chalet, and emergency oxygen will be available in addition to standard first aid services.

Inhalers, Epi Pens and other medications should be carried by parents or coaches in the stadium area, so as to be readily available in the event of an emergency.

Please be cognizant of minimizing exposure of others to any nut products you bring.

On-site Food Services

On Saturday and Sunday, a warm lunch will be provided for all athletes registered in the day's individual event. One coach for every five registered athletes will also have lunch provided.

Limited food will also be available for cash purchase during lunch service, including coffee.

Rocky Ridge will be providing water but this service will require that you bring your own bottle or cup.

A vegetarian option will be available for both the on-site lunches and the banquet.

Parking

Kawartha Nordic has limited on-site parking space – teams are encouraged to carpool.

WAXING PROTOCOLS

All coaches, wax technicians and parents are expected to be familiar with and to abide by the current Cross Country Ski Ontario waxing protocols on waxing safety and the use of fluorinated glide waxes.

Waxing Safety

Please limit exposure to the hazards of fluorinated waxes, particulates and wax removers, by

- Use of appropriate Personal Protective Equipment (mask, goggles, gloves)
- Use of appropriate waxing facilities, equipment and cleaning solvents
- Limiting unprotected access to work areas, especially by athletes

As outlined in [http://xco.org/hp/temporar/16-09-13 Waxroom Safety Guidelines v5.pdf](http://xco.org/hp/temporar/16-09-13_Waxroom_Safety_Guidelines_v5.pdf)

No Fluoro Protocol

Cross Country Ski 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.

http://www.xco.org/youth/document/14-10-16_CrossCountryOntarioGlideNoFluoroOrLowFluoroWaxingProtocol.pdf

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>

Pine Vista Resort

Gilchrist Bay, ON — 25 minutes to ski trails / 35 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 / 35 minutes to banquet

705-654-3344

viamede.com

Contact: Kim Kerr (kim@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 / 15 minutes to banquet

1-800-827-5678

villageinn.ca

Contact: Jessica Northey (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.

Best Western Otonabee Inn

1-800-373-5843

Comfort Inn Hotel & Suites

705-740-7000

Holiday Inn Peterborough-Waterfront

705-743-1144

Peterborough Inn & Suites Hotel

1-866-446-4451

Quality Inn

705-748-6801

Super 8 Hotel

1-800-800-8000

Motel 6

705-748-0550

