



2018 OUA NORDIC SKI CHAMPIONSHIPS

Hosted by Lakehead University

Feb 23 to Feb 25 (Training day Feb 22)

Lappe Ski Centre
Thunder Bay, Ontario

CONTACTS:

Technical Delegate	Mary Waddell	marywaddell33@gmail.com
Chief of Competition	Ross Johnston	treguy99@gmail.com
Competition Secretary	Mary Ellen Ripley	mripley@tbaytel.net
Chief of Timekeeping	Angus Carr	angus.carr@gmail.com
Host Convenor	Tom Warden	twarden@lakeheadu.ca
Lakehead Univ Liaison	Leif Lennie	leiflennie@yahoo.ca
Lakehead Univ Liaison	Amanda Kates	lunordiccoach@gmail.com
Organizing Committee Chair	Liz Inkila	liz.inkila@shaw.ca

REGISTRATION Fees & Deadlines

Registration for Banquet & non-relay events on Zone4 at <http://www.zone4.ca>

- OUA entry fee: \$120 per athlete plus CCC day license fee, as applicable
- Non-OUA entry fee: \$ 40 per athlete per race plus day license fee, as applicable
- Banquet fee: \$ 35 per person
- Late registration fee: \$ 75 penalty and forfeit of right to seeding
- Bib replacement fee: \$ 75 fee that must be paid prior to another start being granted.

Registration Deadlines:

- OUA & Non-OUA entries: 11:59 pm Monday, Feb 19 (*non-relay events*)
- Late registration: Noon Thurs, Feb 22 (*non-relay events*)
- Relay registration: 2:00 pm Friday, Feb 23

Relay forms available on website: <http://thunderwolves.ca/nordic-oua-championships/>

ELIGIBILITY

OUA eligibility criteria apply for the OUA race categories, as per the OUA Nordic Regulations on the OUA website: [http://oua.ca/sports/nordicski/2017-18/files/Nordic Ski Regulations 2017-18.pdf](http://oua.ca/sports/nordicski/2017-18/files/Nordic%20Ski%20Regulations%202017-18.pdf)

Seeding is based on CPL. Individual races are CCC sanctioned and eligible for CPL. (The relay is not sanctioned by CCC). There will be an Open category for non-OUA athletes in Friday and Saturday events.

Relay team entries must be submitted by 2:00pm Friday, Feb 23. Substitutions are permitted until one hour before the relay race, as per the OUA Nordic Regulations.

Athletes and coaches are expected to carefully check their entries as posted on the confirmation list on the Zone4 website. Submit all **corrections no later than Noon Thursday, Feb 22** to Competition Secretary.

Seeding lists and/or final confirmation list will be available at the Team Captains meetings. Start lists will be published after the Team Captains meeting preceding each race.

SCHEDULE OF EVENTS

Monday, Feb 19	11:59 pm	<u>Deadline:</u> Registration OUA (<i>non-relay events</i>) <u>Deadline:</u> Registration Open Categories (<i>non-OUA</i>)
Thurs, Feb 22	9am to 5pm	Official training day (<i>courses will be marked for classic & relay races</i>)
	Noon	<u>Deadline:</u> Late Registration (<i>subject to penalty fee</i>)
	Noon	<u>Deadline:</u> Submit corrections to Confirmation List to Competition Secretary
	7:00 pm	Team Captains Meeting (<i>Classic Event</i>) Prince Arthur hotel
Friday, Feb 23	10:00 am	EVENT – Interval Start Classic Open Men (10km)
	11:00 am	Open Women (5km)
	2:00 pm	<u>Deadline:</u> Relay registration at Lappe Race Office
	7:00 pm	Team Captains Meeting (<i>Relay & Sunday Freestyle</i>) Prince Arthur hotel
Saturday, Feb 24	2:00 pm	EVENT – Relay Free Technique Open Women (3 x 3km)
	3:00 pm	Open Men (3 x 3km)
	6:00 pm	<i>Banquet for OUA Athletes</i> <i>Award presentation for Classic & Relay events</i> <i>Prince Arthur hotel</i>
Sunday, Feb 25	9:30 am	Competition – Mass Start Free Technique Open Men (15km)
	10:30 am	Open Women (10km)

Distances are subject to change based on conditions.

Team Captains Meetings:

As per the OUA Nordic Regulations, a coach or coach representative must be present at all Coaches meeting, or available via conference call. A \$50 fine will be applied for not meeting this criteria.

Results:

- Will be posted daily on Zone 4
- Will be sent to all participating schools

Award presentations:

- for Friday and Saturday races will occur at the banquet on Saturday evening
- for Sunday race and overall awards will be on Sunday after the races, approximately 12 noon.

COURSE MAPS

Race Notice and course maps available online on Lakehead Thunderwolves website:
<http://thunderwolves.ca/nordic-oua-championships/>

FACILITY

Event is being hosted at the **Lappe Ski Centre**, located 20km west of Thunder Bay.

Heated trailers will be available for waxing on site.

Lappe Nordic Ski Centre has 13.6 km of trails for both classic and skate skiers. Lappe trail pass holders will have access to the trails that are not being used by the OUA event. There is a large chalet on site with change rooms. Porta-Potties will be provided. The main level of the chalet will be accessible. Ample parking is available.

Directions: 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).

ON-SITE FOOD SERVICES

Athlete Services: (*downstairs*)

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

Lappe Centre Kitchen: (*upstairs*)

The best Finnish pancakes in Thunder Bay!

FIRST AID

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

BANQUET

Saturday, Feb 24 6:00pm Prince Arthur Waterfront Hotel & Suites
\$35 (*paid at time of registration on Zone 4*)
Details: Amanda Kates at lunordiccoach@gmail.com

SPONSORSHIP DISCOUNTS



FLIGHT:

Porter is offering a flight discount, when booking via Porter Group bookings.
Contact Leif Lennie for the Promo Code: leiflennie@yahoo.ca

ACCOMMODATION:

Prince Arthur Waterfront Hotel & Suites, 17 North Cumberland Street, Thunder Bay
\$89 per 2 person room; \$99 per 4 person room if teams book by Feb 17

Room rates include a hot breakfast

Website: www.princearthurwaterfront.com

Contact: Matt Winters 807-345-5125 matt@princearthurwaterfront.com



OUA Nordic Ski Men's Championship Relay Form

Championships 2017-2018

Deadline for submission is at the Team Captains' Meeting preceding the race.

COACH: _____

SCHOOL: _____

Please print clearly

Men's A Team

1	
2	
3	

Men's B Team

1	
2	
3	

Received by: _____

Date: _____ Time: _____

OUA Nordic Ski Men's Championship Relay Form

Championships 2017-2018

Deadline for submission is at the Team Captains' Meeting preceding the race.

COACH: _____

SCHOOL: _____

Please print clearly

Women's A Team

1	
2	
3	

Women's B Team

1	
2	
3	

Received by: _____

Date: _____ Time: _____