



ONTARIO CUP 4
February 13, 14 and 15, 2010
NOD RACE SERIES

February 13 & 14, 2010

hosted by the ONAPING FALLS NORDICS SKI CLUB

www.onapingfallsnordics.com

Sanctioned by Cross Country Canada

Location:

Windy Lake Trails located on Old Cartier Road just off of Hwy 144, across the road from Windy Lake Provincial Park

Organizing Committee:

Chief of Competition:	Lise LeBlanc	lise@onapingfallsnordics.com
Competition Secretary:	Sue Tarlton	susan@onapingfallsnordics.com
Technical Delegate:	Al White	al@onapingfallsnordics.com

Race Office Location:

The race office will be located at the Windy Lake Motel & Restaurant, at the corner of Old Cartier Road and HWY 144. Parking will be at the side of and behind the Motel. It is a 500 meter ski from the Motel to the stadium. The Motel is wheelchair accessible.

Race Office Schedule:

Friday, February 12, 2:00 p.m. to 4:00 p.m.
Saturday, February 13, 8:00 a.m. to 4:00 p.m.
Sunday, February 14, 8:00 a.m. to 4:00 p.m.
Monday, February 15, 8:00 a.m. to 2:00 p.m.

Coaches Meetings: Friday, February 12 at 7:00 p.m. in Sudbury - location to be confirmed

Eligibility:

A CCC Race Licence entitles the holder to compete in this CCC-sanctioned event. All others must purchase a CCC Supporting Member Day Licence (SMDL). The SMDL must be purchased prior to racing for a fee of \$5 per day. All athletes competing in the midget age category and below are exempt from this requirement.

Signed waivers are required for all athletes who do not hold a valid CCC Racing Licence.

Official Training: Friday, February 12, 10:00 a.m. to 4:00 p.m.

Entry Method:

All entries **must be completed** by online registrations at www.zone4.ca

Registration deadline: Friday, February 6, 2010 at 8:00 p.m. EST

Entry Fees:

Category	Fees
Juvenile, Junior, Senior, Master, all Para-Nordic categories	\$35.00 per day
Midget & Mini-Midget	\$15.00 per day
CCC Day Licence	\$5.00 per day
Replacement fee for lost or non-returned bibs	\$60.00

Food:

The Windy Lake Restaurant will offer packed lunches for \$10.00 and they must be pre-purchased on Zone 4. A la carte meals will also be available and the event specials will be Chicken Chili and Chicken Noodle Soup.

Accommodation:

Sudbury's Howard Johnson Plaza Hotel: 50 Brady St, Sudbury, ON

1-800-461-1144

<http://www.hojosudbury.ca/>

- block of 50 rooms
- 40 rooms will have two double beds
- 10 rooms will have one queen bed and a double pull-out couch
- rate of \$97.00 (per night, plus taxes)
- rooms will be released 30 days out, if people have not called to book
- Suite 134 will be provided (at no cost) for the weekend for the skiers to wax their skis

Radisson Hotel: 85 ST. Anne Road, Sudbury ON

1-800-395-7046

<http://www.radisson.com/sudburyca>

- block of 10 rooms with two double beds
- rate of \$115.00 (per night, plus taxes)
- no waxing room available
- rooms will be released 30 days out, if people have not called to book

Race Schedule and distances (subject to change because of course conditions):

Category	Year of birth	Saturday February 13	Sunday February 14	Monday February 15
Start time		10 am	10 am	9 am
Format		Sprints	Medium Distance	Medium Distance
Technique		Free technique	Classic	Free Technique
Mini-Midget Boys	1999 & 1998	0.1	2	2
Mini-Midget Girls	1999 & 1998	0.1	2	2
Midget Boys	1997 & 1996	0.2	2.5	2.5
Midget Girls	1997 & 1996	0.2	2.5	2.5
Juvenile Boys	1995 & 1994	0.8	5	7.5
Juvenile Girls	1995 & 1994	0.8	5	7.5
Junior Boys	1993 & 1992	1.2	10	7.5
Junior Girls	1993 & 1992	1.2	5	10
Junior Men	1991 & 1990	1.2	10	15
Junior Women	1991 & 1990	1.2	5	10
Senior Men	1989 or earlier	1.2	10	15
Senior Women	1989 or earlier	1.2	5	10
Master Men	1979 or earlier	1.2	10	15
Master Women	1979 or earlier	1.2	5	10
P/N Standing Men		0.8	5	10
P/N Standing Men Developmental		0.5	5	7.5
P/N Standing Women		0.8	5	7.5
P/N Standing Women Developmental		0.2	5	5
P/N Sitting Men		0.2	2.5	5
P/N Sitting Men Developmental		0.1	2.5	1.5
P/N Sitting Women		0.2	2.5	1.5
P/N Sitting Women Developmental		0.1	2.5	1.5

Pre-packaged Lunches:

- \$10.00
- Must be ordered and prepaid on Zone 4

Option 1:

- 10" Chicken & Swiss Wrap (chicken, Swiss cheese, lettuce, peppers, honey mustard)
- 1 Yogurt Cup
- 1 Box of raisins
- Vegetable sticks
- 1 bottle of juice

Option 2:

- Homemade Sandwich (chicken, Cheddar cheese, lettuce, mayo)
- 4 oz. cup of Bean Salad
- English muffin with honey/jam
- Almonds
- 1 bottle of juice

Option 3:

- Bagel Sandwich (veggie patty, lettuce, hummus)
- Vegetable sticks
- NutriGrain Bar
- Apple
- 1 bottle of juice