



**OUA BULLETIN #1**  
**January 14, 2010**

TO: OUA Coordinators & Nordic Ski Coaches  
Carleton, Guelph, Lakehead, Laurentian, Nipissing, Queen's, Toronto, Waterloo

FROM: Michelle Turley – Championship Coordinator, University of Guelph

SUBJECT: OUA Nordic Ski Championships

HOST: University of Guelph

LOCATION: Mono Nordic Ski Club, Monora Park, Orangeville, ON (Hwy. 10, 1 km north of town)  
[www.mononordic.com](http://www.mononordic.com)

DATE: February 20 & 21, 2010

EVENTS: Saturday, February 20<sup>th</sup>

Classic Technique	9:00 a.m.	Men 10 km
Individual Starts	10:00 a.m.	Women 5 km
Relays	2:00 p.m.	Men 3 x 5 km
	2:45 p.m.	Women 3 x 2.5 km

Sunday, February 21<sup>st</sup>

Mass Start, Free Technique	9:00 a.m.	Women 10 km
	10:30 a.m.	Men 15 km

ELIGIBILITY: See OUA Nordic Ski Regulations

RULES: See OUA Nordic Ski Regulations; Cross Country Canada Rules and Regulations

OFFICIALS: Race Secretary: Michelle Turley [mturley@uoguelph.ca](mailto:mturley@uoguelph.ca) 519-824-4120, ext. 53799  
Technical Delegate: Alan White [alanwhite2001@rogers.com](mailto:alanwhite2001@rogers.com)  
Chief of Race: Ken Norris [knorris@magma.ca](mailto:knorris@magma.ca) 519-941-0322  
Chief of Course: Ross Martin [roscha@sympatico.ca](mailto:roscha@sympatico.ca)  
Chief of Timing: Everett Lusk

GUELPH CONTACTS: Michelle Turley – Intercollegiate Coordinator  
[mturley@uoguelph.ca](mailto:mturley@uoguelph.ca) 519-824-4120, ext. 53799  
Angela Orton – Intercollegiate Manager  
[aorton@uoguelph.ca](mailto:aorton@uoguelph.ca) 519-824-4120, ext. 53555  
Richard Lay – Guelph Coach  
[rlay@xplornet.com](mailto:rlay@xplornet.com) 519-856-9916

TECHNICAL MEETING: Friday, February 19<sup>th</sup> at 4:00 p.m. – Monora Park Clubhouse

COACHES' MEETING: Friday, February 19<sup>th</sup> at 4:30 p.m. – Monora Park Clubhouse  
A Coaches' Meeting will also follow the Saturday relays (at the same location).

ENTRIES & SEEDING: A Registration spreadsheet for entries and a Seeding List spreadsheet will be included in Bulletin #2. They will be accepted until Monday, February 15<sup>th</sup> at 5:00 p.m. and are to be submitted Michelle Turley at [mturley@uoguelph.ca](mailto:mturley@uoguelph.ca) and Richard Lay at [rlay@xplornet.com](mailto:rlay@xplornet.com)

NOTE: Changes to relay teams will be accepted up to 1 hour prior to the start of the race.

FEES: \$60.00 per racer which includes 2 individual races and the relay.  
Universities will be invoiced based on the number of registrants.  
Bulletin #2 will include a payment form.

FACILITIES: Sheltered outdoor waxing areas will be available. Limited power will be available, but teams are encouraged to bring generators. The heated Monora Park clubhouse will be available during training and race days. There will be a snack bar serving food and drinks on Saturday and Sunday.

ACCOMMODATION: Best Western Orangeville Inn & Suites – [www.bestwesternontario.com](http://www.bestwesternontario.com)  
7 Buena Vista Drive, Orangeville  
Telephone: 866-216-1988 or 519-941-3311  
Suites with kitchenettes are available. **Deadline for reservations is January 31<sup>st</sup>.**

TRAINING: Trails will be open and marked Friday, February 19<sup>th</sup>.

FIRST AID: The Canadian Ski Patrol will be on-course and provide first aid on race days.

SEEDING: Completed seeding forms are to be sent with entries (forms included with the next bulletin).

AWARDS: OUA Championship medals will be awarded to the top 3 finishers in each category for the Individual Classic and Free Technique races as well as the top 3 teams in the Relay events. OUA Championship banners and gold medals will be awarded to the Men's and Women's Championship teams. OUA All-Star Certificates will be given to the top 10 individual finishers. A plaque will be given to the Men's and Women's Coach of the Year.

NOTE: The OUA All-Stars will be released by the OUA Office on the Monday morning following the championships.

#### CHAMPIONSHIP COMMITTEE:

Intercollegiate Coordinator:	Michelle Turley	519-824-4120, ext. 53799	<a href="mailto:mturley@uoguelph.ca">mturley@uoguelph.ca</a>
Intercollegiate Manager:	Angela Orton	519-824-4120, ext. 53555	<a href="mailto:aorton@uoguelph.ca">aorton@uoguelph.ca</a>
Sports Information:	Michelle Pino	519-824-4120, ext. 53159	<a href="mailto:mpino@uoguelph.ca">mpino@uoguelph.ca</a>
OUA Convenor:	Jennifer Brenning	613-520-2600, ext. 8446	<a href="mailto:jennifer_brenning@carleton.ca">jennifer_brenning@carleton.ca</a>