



*Nipissing University and
The North Bay Nordic Ski Club
are proud to host the:*

***Ontario University Athletics (OUA)
Northern Ontario Invitational (NOD)
Nordic Skiing Races***

January 22 - 23, 2011

Event website: www.northbaynordic.ca

Organizing Committee:

Chief of Competition:	Andrew Rees	andrewr@nipissingu.ca
Competition Secretary:	Henning Helms	club.races@northbaynordic.ca
Head Coach, Nipissing and NBNSC	Toivo Koivukoski	toivok@nipissingu.ca

Schedule of Events:

Races:

Saturday, January 22, 2011
10:30 am Free technique
North Bay Nordic Ski Club Trails

Sunday, January 23, 2011
10:30 am Classic technique
Nipissing University Trails

Coaches Meetings:

Friday, January 21, 7:00 pm at Best Western Hotel
Saturday, January 22, in race office, after awards at North Bay Nordic Ski Club

Official Training Schedule:

Friday, January 21

The race course will be marked and groomed for free technique at North Bay Nordic and for classic technique at Nipissing University. Both sets of trails will be open from 9:00 to 17:00. A map to both venues will be available at www.northbaynordic.ca. Complimentary trail passes will be available to racers and coaches at North Bay Nordic. There are no fees to use the trails at Nipissing University.

Saturday, January 22

The race course will be marked and groomed for classic technique at Nipissing University

Race Office Schedule:

Friday, January 21, 14:00 – 16:00 at the North Bay Nordic Ski Club
Saturday, January 22, 08:00 – 14:00 at the North Bay Nordic Ski Club
Sunday, January 23, 08:00 – 14:00 at Nipissing University Main Cafeteria

Event Distances and Format

Category		Saturday Skate North Bay Nordic Ski Club			Sunday Classic Nipissing University		
	Age	Distance	Laps	Trail	Distance	Laps	Trail
Individual Starts – 30 second interval							
OUA Women	University skiers	10 km	2	Red	6 km	2	Race Loop
OUA Men		15 km	3	Red	9 km	3	Race Loop
Alumni Women	Open to former	10 km	2	Red	6 km	2	Race Loop
Alumni Men	University Skiers	15 km	3	Red	9 km	3	Race Loop
Open Women	20 and over	10 km	2	Red	6 km	2	Race Loop
Open Men		15 km	3	Red	9 km	3	Race Loop
Junior Female	18 - 19	10 km	2	Red	6 km	2	Race Loop
Junior Male		10 km	2	Red	9 km	3	Race Loop
Junior Girls	16 - 17	5 km	1	Red	6 km	2	Race Loop
Junior Boys		10 km	2	Red	6 km	2	Race Loop
Juvenile Girls	14 - 15	5 km	1	Red	6 km	2	Race Loop
Juvenile Boys	15	5 km	1	Red	6 km	2	Race Loop
Paranordic Sit Women	Open	1.3 km	1	Yellow			
Paranordic Sit Men		1.3 km	1	Yellow			
Paranordic Standing Women	Open	5 km	1	Red	6 km	2	Race Loop
Paranordic Standing Men		5 km	1	Red	6 km	2	Race Loop
Mass Starts by Category							
Midget Girls	12/13	3 km	1	Purple	2.5 km	2	Sprint Loop
Midget Boys	13/14	3 km	1	Purple	2.5 km	2	Sprint Loop
Mini-Midget Girls	9/10/11	3 km	1	Purple	1.25 km	1	Sprint Loop
Mini-Midget Boys	10/11/12	3 km	1	Purple	1.25 km	1	Sprint Loop

Category start times will be available at the coaches meeting on Friday, January 21.

Courses and Distances are subject to change depending on conditions.

Trail maps, and profiles are available online at www.northbaynordic.ca

Registration

Registration for OUA events will be handled exclusively online with Zone4 (www.zone4.ca). Entries for all categories must be submitted by Thursday, January 20 at 23:59 EST. Entries for OUA racers received after January 20 will not be accepted.

Registration for all other Categories will be handled exclusively online with Zone4 (www.zone4.ca). Entries will be accepted online until Thursday, January 20 at 23:59 EST. Entries can also be submitted to the race office after January 20, however, no later than 2 hours before event start time (NO EXCEPTIONS). Entries submitted after the online deadline will be subject to a \$5 surcharge.

Confirmation and start lists will be posted at www.zone4.ca and will also be provided at the coaches meeting on Friday, January 21. Note that confirmation lists on www.zone4.ca cannot reflect any post-registration changes so it is important to check with the race office if you have requested any changes.

Race Fees are \$20 per race for Midget/Mini-midget racers, and \$25 per race for all other categories. Race fees include a lunch meal on Sunday which will be served to all athletes at Nipissing University following the events.

Awards and Results:

Results will be posted in the stadium and outside the race office. A computer screen located near the timing office will provide real-time results. Results will also be posted online at www.zone4.ca. Awards will be based on unofficial results so they can be presented as soon as possible following the last race. Awards will be presented to the top three individuals in each category.

Facilities:

Waxing areas will be available in heated garage building at North Bay Nordic. On-site power will be available, however, large teams are encouraged to bring generators, or rent them locally to ensure reliable power supply.

Men's and Women's change rooms will be available in the clubhouse in addition to outdoor washrooms. There will be a snack bar serving food and drinks on Friday and Saturday. Race fees include a lunch meal which will be served to all athletes and coaches at Nipissing University following Sunday's events.

Waxing and athlete facilities will be available on Sunday in the main cafeteria at Nipissing University. The cafeteria is located in close proximity to both start and finish areas. Coaches are encouraged to have skis glide waxed off site or outdoors during Sunday's races to minimize wax shavings in the cafeteria.

Medical Facilities:

Volunteer EMS will be set-up on site. The North Bay General Hospital is approximately a 20 minute drive from North Bay Nordic and a 10 minute drive from Nipissing University.

Race Hotel:

Best Western Hotel and Conference Center (see map at www.northbaynordic.ca)
700 Lakeshore Drive, North Bay, ON, P1A 2G4

Telephone: 1-705-474-5800

Facsimile: 1-705-474-8699

Toll Free: 1-800-461-6199

Event Cancellation:

Any change in the event location or timing will be posted as early as it is known at the North Bay Nordic Ski Club website (www.northbaynordic.ca).