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

Nipissing Nordic/North Bay Nordic Invitational Nordic Ski Races

January 21 - 22, 2011

Event website: www.northbaynordic.ca
Event contact: *Victor Whiltman, programs(at)northbaynordic.ca*

Schedule of Events:

Races:

Saturday, January 21, 2012
12PM Free technique, Middle Distance, Wave starts
North Bay Nordic Ski Club Trails

Sunday, January 22, 2012
10:00 am Classic technique, Middle Distance, Individual Starts
Nipissing University Campus Trails

Coaches Meetings:

Friday, January 20, 5:00 pm at Nipissing Athletics Boardroom (with food)
Saturday, January 21, in race office, after awards at North Bay Nordic Ski Club (with coffee)

Coaches please seed your skiers and provide team rosters to Victor: programs(at)northbaynordic.ca

Coaches please ask Toivo - toivok(at)nipissingu(dot)ca – if you have any bus parking needs or other site-related questions.

Official Training Schedule:

Friday, January 20

The race courses 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 12:00 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 21

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

Race Office Schedule:

Friday, January 20, 14:00 – 16:00 at the North Bay Nordic Ski Club
Saturday, January 21, 10:00 – 16:00 at the North Bay Nordic Ski Club
Sunday, January 22, 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***
Varsity Women	Varsity skiers	10 km	2	Red	9 km	3	Race Loop
Varsity Men		10 km	2	Red	9 km	3	Race Loop
Alumnae Women	Open to former Varsity Skiers	10 km	2	Red	9 km	3	Race Loop
Alumni Men		10 km	2	Red	9 km	3	Race Loop
Open Women		10 km	2	Red	9 km	3	Race Loop
Open Men		10 km	2	Red	9 km	3	Race Loop
Junior Women		10 km	2	Red	9 km	3	Race Loop
Junior Men		10 km	2	Red	9 km	3	Race Loop
Junior Girls		5 km	1	Red			
Junior Boys		5 km	1	Red			
Juvenile Girls		5 km	1	Red			
Juvenile Boys		5 km	1	Red			
Midget Girls		3 km	1	Purple			
Midget Boys		3 km	1	Purple			
Mini-Midget Girls		3 km	1	Purple			
Mini-Midget Boys		3 km	1	Purple			

Awards are on offer for record woman's and man's lap times on the Campus course.

Category start times will be available at the coaches meeting on Friday, January 20.

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 19 at 23:59 EST. Entries for OUA racers received after January 19 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 19 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. 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 20. 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 $10 per race for Midget/Mini-midget, Juvenille and Junior racers, and $25 per race for all other categories. Open, Varsity and Alumnae/i race fees include a lunch meal which will be served to all athletes at Nipissing University following Sunday's 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.

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. Open, Varsity and Alumnae/I race fees include a lunch meal which will be served to all athletes 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 should 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

A waxing room has been set aside at the race hotel.

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).