

2019-20 OUA NORDIC SKI  
CHAMPIONSHIP  
INFORMATION BULLETIN

11



# NORDIC SKI

FEB. 21-23, 2020. | G3

HOST: ALGOMA  
UNIVERSITY

HIAWATHA HIGHLANDS

SAULT STE. MARIE, ONTARIO

# NORDIC SKI

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### 1.0 OUA Host and Contacts

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Position	Name	Phone Number	Email
OUA Sport Coordinator	Jackie Chan	905-635-5510 ext. 204	<a href="mailto:Jackie.chan@oua.ca">Jackie.chan@oua.ca</a>
OUA Director of Marketing and Partnerships	David Frizzell	905-635-5510 ext. 209	<a href="mailto:David.frizzell@oua.ca">David.frizzell@oua.ca</a>
OUA Manager, Digital and Communications	Chris Verlaan	905-635-5510 ext. 207	<a href="mailto:Chris.verlaan@oua.ca">Chris.verlaan@oua.ca</a>
Technical Delegate	Angus Carr		<a href="mailto:Angus.carr@gmail.com">Angus.carr@gmail.com</a>
Chief of Competition	Amy Wheeler Reich		<a href="mailto:a.wheelerreich@shaw.ca">a.wheelerreich@shaw.ca</a>
Competition Secretary	Janis Nixon		<a href="mailto:nixonjanis6@gmail.com">nixonjanis6@gmail.com</a>
Chief of Timekeeping	David Baldwin		<a href="mailto:baldwin.spatialworks@gmail.com">baldwin.spatialworks@gmail.com</a>
Host Convenor	<b>Mark Kontulainen</b>	<b>705-949-2301 x 4510</b>	<a href="mailto:Mark.kontulainen@algomau.ca">Mark.kontulainen@algomau.ca</a>
AU Athlete Services Coordinator	<b>Rachel Johnson</b>	<b>705-949-2301 x 4512</b>	<a href="mailto:Rachel.johnson@algomau.ca">Rachel.johnson@algomau.ca</a>
Event Chair	<b>Don Nixon</b>		<a href="mailto:Nixon_don@hotmail.com">Nixon_don@hotmail.com</a>

### 2.0 Event Dates

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Feb 20-23, 2020

### 3.0 Championship Facility Information

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Hiawatha Highlands  
780 Landslide Road  
Sault Ste. Marie, ON

### 4.0 Entry Fees and Deadlines

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The entry fees for the 2019-20 OUA Nordic Ski Championships are \$93/skier. This fee covers equipment costs, facility rental and officials.

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

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OUA entry fee: \$93 per athlete plus NC day license fee, as applicable  
Non-OUA entry fee: \$45 plus HST per athlete plus day license fee, as applicable  
Banquet fee: \$40 plus HST per person  
Late registration fee: \$75 plus HST penalty fee and forfeit of right to seeding  
Bib replacement fee: \$75 plus HST fee that must be paid prior to another start being granted

### Registration Deadlines:

OUA & Non-OUA entries: 11:59 pm Monday February 17 (*non-relay events*)  
Late registration: noon Thursday Feb 20 (*non-relay events*)  
Relay registration: 2:00 pm Friday Feb 21

*Relay forms available on our website at [algomathunderbirds.ca](http://algomathunderbirds.ca)*

## 5.0 Team Registration and Eligibility

OUA eligibility criteria apply for the OUA race categories, as per the OUA Nordic Regulations on the OUA website [https://oua.ca/sports/nordicski/Rules - Regulations - Nordic\\_Ski.pdf](https://oua.ca/sports/nordicski/Rules - Regulations - Nordic_Ski.pdf)

Seeding is based on CPL. Individual races are Nordiq Canada (NC) sanctioned and eligible for CPL. (*the Relay is not sanctioned by NC*). There will be an Open category for non-OUA athletes in all events.

Relay team entries must be submitted by 2:00pm Saturday Feb 22. Substitutions are permitted until 1 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 Thurs Feb 20** to Competition Secretary.

Seeding lists and/or final confirmation list will be available at the Team Captain meetings.

Start lists will be published after the Team Captains meeting preceding each race.

## 6.0 Schedule of Events

Friday, Feb 14	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 20	9 am -5 pm	Official training day ( <i>courses will be marked for all races</i> )
	Noon	<u>Deadline:</u> Late Registration ( <i>subject to penalty fee</i> ) <u>Deadline:</u> Submit corrections to Confirmation List to Competition Secretary

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	7:00 pm	Technical meeting, followed by Annual Coaches Meeting and Team Captains Meeting ( <i>Mass Start Freestyle</i> ) <b>Water Tower Inn – room TBD</b>
Friday, Feb 21	7:00 pm	Team Captains Meeting ( <i>Classic Interval &amp; Relay</i> ) <b>Water Tower Inn – room TBD</b>
Saturday, Feb 22	2:00 pm 6:00 pm	<u>Deadline:</u> Relay Registration at Race office Banquet for OUA Athletes Award presentation for Freestyle and Classis events. <b>Water Tower Inn Pavillion Room</b>

### 7.0 Competition Schedule

Friday, Feb 21	<b>EVENT</b> 10:00 am 11:15 am	<b>Mass Start Freestyle</b> Open Men (10km) Open Women (10km)
Saturday, Feb 22	<b>Event</b> 9:30 am 10:30 am 11:30 am	<b>INTERVAL START CLASSIC</b> Open Women (12km) Open Men (12km) U16 boys (6km) & U16 girls (6km)
Sunday, Feb 23	<b>EVENT</b> 9:30 am 10:30 AM	<b>RELAY CLASSIC</b> Open Women (3 x 5km) Open Men (3 x 5km)

### 8.0 Sport Specific Rules and Officials

#### WAXING

As per the **OUA Rules & Regulations - Nordic Ski / G3 / 2019-20 Section 5.1.15**

High Fluorocarbon (HF) glide products are not permitted to be used at the OUA Championships.

5.1.15.1 Only non-fluoro (NF) or low fluoro (LF) glide waxes are permitted

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- 5.1.15.2 High fluoro (HF) or Medium fluoro (MF) glide waxes, including HF or MF powders, pucks blocks and liquids are NOT permitted. Cold weather powder additives, and hardeners are NOT permitted.
- 5.1.15.3 The adherence to this guideline is self-governed and is the responsibility of coaches, administrators, athletes, and wax technicians.

Heater trailers will be available for waxing on site

If teams are planning to bring independent waxing trailers, please notify [Rachel.johnson@algomau.ca](mailto:Rachel.johnson@algomau.ca) so that space can be allocated within reasonable proximity to the testing area. Please be advised that there is no available power source for additional trailers. Please be prepared with a generator for your trailer.

### 9.0 Therapy

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Athlete therapy will be available on site by Dr Chris Myers. Both Sault Search and Rescue as well as Canadian Ski Patrol will be on site. Sault Area Hospital is located 7 km from the race site.

### 10.0 Sports Information/Results

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All results will be recorded via Zone4 and posted at [algomathunderbirds.ca](http://algomathunderbirds.ca)

For media/sports information and related requests please contact Brian Leahy – Director of Marketing and Communications at [brian.leahy@algomau.ca](mailto:brian.leahy@algomau.ca).

### 11.0 Accommodation

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Water Tower Inn  
360 Great Northern Road  
Sault Ste. Marie, ON P6B 4Z7

\$121 per night  
Please contact Tracy White in Group Sales to book 705-945-7603

### 13.0 Food Services

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**Athlete Services:** Refreshments (fruit, Gatorade etc) will be available and free to all athletes. Location TBD.

**Food Services:** A limited menu will be available for purchase in the Kinsmen Centre.

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### 14.0 Banquet

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**Saturday Feb 22, 2020**

**6:00 pm**

**Water Town Inn Pavillion Room**

Tickets are \$40.00 and available to purchase at the time of registration on [Zone4.ca](http://Zone4.ca). Please email [Rachel.johnson@algomua.ca](mailto:Rachel.johnson@algomua.ca) regarding any dietary restrictions/allergies no later than Feb 14, 2020.

### 14.0 OUA Sponsors

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- IG Wealth Management
- Milk2Go Sport
- Wilson
- InnVest Hotels
- Baron Championship Rings
- Nothers

### 15.0 Forms

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**See page 8**

### 16.0 Course Maps

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Available at [algomathunderbirds.ca](http://algomathunderbirds.ca)

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## Men's Nordic Ski Championship Relay Form

Deadline for submission is Saturday Feb 22, 2020 at 2:00 pm. Submissions must be delivered to the race office or the Team Captains meeting on Friday, Feb 21, 2020.

Coach: \_\_\_\_\_

School: \_\_\_\_\_

*Please print clearly*

### Men's A Team

1.	
2.	
3.	

### Men's B Team

1.	
2.	
3.	



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Received by: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Women's Nordic Ski Championship Relay Form

Deadline for submission is Saturday Feb 22, 2020 at 2:00 pm. Submissions must be delivered to the race office or to the Team Captains meeting on Friday, Feb 21, 2020.

Coach: \_\_\_\_\_

School: \_\_\_\_\_

*Please print clearly*

### Women's A Team

1.	
2.	
3.	

### Women's B Team

1.	
2.	
3.	

Received by: \_\_\_\_\_ Date/Time: \_\_\_\_\_

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