



Soo Finnish Nordic Ski Club
in the
Northern Ontario District of Cross Country Ski Ontario
presents

2022 ONTARIO YOUTH CHAMPIONSHIPS

Hiawatha Highlands, Sault Ste. Marie, Ontario

Friday, Saturday, and Sunday
March 11, 12, and 13, 2022

Information

Competition Secretary Cassandra Nielsen
Email: soofinnishrace@gmail.com
Talk | Text: 705-943-9037

[Event Website](#)
[Cross Country Ski Ontario](#)
[Soo Finnish Nordic Ski Club](#)
[Soo Finnish Facebook](#) [Soo Finnish Instagram](#)

Welcome from the 2022 Ontario Youth Championships Organizing Committee

As cross country skiers, we have been fortunate that our sport is primarily done outdoors; however, the impact of the COVID-19 pandemic has definitely affected our participants. We all want to return to how things were at the 2020 Ontario Youth Championships in Timmins, but not all of our communities are there as of yet.

Soo Finnish Nordic Ski Club, with support from Cross Country Ski Ontario, Algoma Public Health, the City of Sault Ste. Marie, and many of your own club leaders, is preparing to host a race within a six-week time frame. Normally, clubs plan these events eight months in advance! We are excited to take on this challenge, but need everyone's support to achieve our goal: hosting a safe, fun, and fair competitive provincial championship for U10-U14 skiers, which will promote good ski technique and encourage achievement through team effort.

We ask that you carefully consider your attendance at this event. Extra precautionary measures will be established and enforced since the target audience of this event is youth, many of who may not have had access to full vaccination as of yet. Please be kind to others and remember we are all volunteers. We want this race opportunity to be positive for everyone, and hope that future events will be even better!

Race Committee

Organizing Event Chair	Don Nixon	nixon_don@hotmail.com
Chief of Competition	Amy Wheeler Reich	sfnpresident@gmail.com
Technical Delegate	Mary Waddell	marywaddell33@gmail.com
Apprentice Technical Delegate	Katja Mathys	cd@xcskiontario.ca
Competition Secretary	Cassandra Nielsen	soofinnishrace@gmail.com

Host

[Soo Finnish Nordic Ski Club](#) (SFN) at [Hiawatha Highlands](#) in cooperation with [Cross Country Ski Ontario](#) (XCSCO). Hiawatha Highlands has 50 km of trails for both classic and skate skiers, in addition to snowshoe and fat bike trails.

Location

Soo Finnish Nordic Ski Club, 769 Landslide Road, Sault Ste. Marie ON. [Link to Google Map](#).

Review the [Site Map](#) for race course, training area, wax area, concessions, trail pass purchase and parking information.

Communication and Contact

Check the Event Page on Zone4, and the [Soo Finnish Nordic Ski Club website](#) regularly for important information and communication.

Email updates will be sent to each club's/team's registered Coach Designate, Team Captain, and athletes.

XCSCO will also send WhatsApp blasts to the Coaches' Group during the event.

All questions should be directed to the Competition Secretary, Cassandra Nielsen, at soofinnishrace@gmail.com.

Coach Designate/Team Captain Registration

- Participating in a race weekend is a new experience for many, and the Organizing Committee would like to ensure that all those accompanying the racers have the relevant information required for a successful weekend. For reporting, communication, and representation purposes, each participating athlete must have a named Coach Designate or Team Captain (a coach, parent, or designate) who will be responsible for communications with each athlete.
- This is intended for the most part for athletes who may not have a direct contact with a club or club coach.
- A Coach Designate/Team Captain is required to register on Zone4 by Friday, March 4, 2022, 11:59 PM.

Sponsors and Partners



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Event Timelines and Schedule

Wednesday	February 23		Expression of Interest form completed by Coach Designate or Team Captain (one per club/team)
Friday	February 25		XCSO and Organizing Committee final decision to proceed with the event Registration opens on Zone4.ca
Friday	March 4	11:59 PM	Registration closes on Zone4 NO LATE REGISTRATIONS Deadline for withdrawal NO REFUNDS AFTER THIS DATE
Sunday	March 6		Confirmation list posted on Zone4
Monday	March 7	7:00 PM	Mandatory pre-event Team Captains' Meeting on Zoom
Tuesday	March 8	11:59 PM	Deadline to submit confirmation list corrections and Team Proof of Vaccination Attestation to Competition Secretary
Friday	March 11	12:00 - 5:00 PM	Official training day Race Office open for club/team swag bag pick-up
		6:00 PM	Team Captains' Meeting on Zoom Start list posted after meeting on Zone4
Saturday	March 12	8:30 AM	Race Office open for bib pick-up
		9:45 AM	Race course closed
		10:00 AM	Interval Start, Freestyle Technique, 30 second intervals
		12:00 - 2:00 PM	Bagged lunch pick-up at race site for athletes
		4:00 - 6:00 PM	Pre-ordered optional supper pick up at Grand Gardens North
		6:00 PM	Team Captains' Meeting on Zoom Start list posted after meeting on Zone4
REMINDER: DAYLIGHT SAVINGS TIME CHANGE SPRING FORWARD*			
Sunday	March 13	8:30 AM	Race Office open for bib-pick up
		9:45 AM	Race course closed
		10:00 AM	Mass Start, Classic Technique
		12:00 - 2:00 PM	Bagged lunch pick-up at race site for athletes
		TBD	Club Banner presentation

Eligibility

- Athletes must be registered 2021-2022 members of their home club (members of Nordiq Canada).
- The 2022 Ontario Youth Championships is for U14 (Years of Birth YOB 2008, 2009), U12 (YOB 2010, 2011), and U10 (YOB 2012, 2013) athletes only. Age is of December 31, 2021. 'Racing up' is not permitted this year.
- U14 athletes must have a [2021-2022 Nordiq Canada Race License](#) or purchase a Nordiq Canada Supporting Member Day License (SMDL) for each race event (\$5). More information is below. CPL points are awarded for race license holders only.
- U12 and U10 athletes are not required to purchase a Nordiq Canada Race License or a Supporting Member Day License.
- Athletes will be required to be represented by a Coach Designate and/or Team Captain who will be at the event.

Registration, Fees, and Withdrawal

- **Registration of coaches and support staff** to be completed on [Zone4.ca](#).
- **Trail fees**
 - Registered coaches, team captains, support staff, and athletes - included in the registration fees for Friday's training day, and both race days only
 - Non-participants and family members accompanying athletes - a special 3-day trail pass for \$30 (for March 11-13) or 4-day trail pass for \$40 will be available to purchase on-site.
- **Withdrawal consideration:** Partial refunds will be offered to those who withdraw by written notification received by the [Competition Secretary](#) prior to **Friday, March 4, 2022, 11:59 PM**. Reimbursement amount will not include Zone4 processing fees, and a \$10 administration fee will be retained to cover some of the processing expenses.
- **Event cancellation:** Refunds will be per the [XCSO OCUP technical package](#).

Mandatory Registration Fees	
Registration	\$40 + HST per race
Supporting Member Day License for U14s	\$5 per race

Optional Fees on Zone4	
Take Out Pasta Dinner	\$16 + HST per person
Souvenir T-shirt	\$17.70 + HST
Souvenir Toque	\$13.27 + HST

Event Categories and Distances

Saturday, March 12 Free Technique, Interval Start		Sunday, March 13 Classic Technique, Mass Start	
Category (YOB)	Distance	Category (YOB)	Distance
U14 (2008, 2009)	4 km (2 X 2 km laps)	U14 (2008, 2009)	4 km (2 X 2 km laps)
U12 (2010, 2011)	2 km (1 X 2 km)	U12 (2010, 2011)	2 km (1 X 2 km)
U10 (2012, 2013)	2 km (1 X 2 km)	U10 (2012, 2013)	2 km (1 X 2 km)

Race formats are subject to change based on recommendation from the local health unit, weather and course conditions, and will be announced at the Team Captains' Meeting. No refunds will be given as a result of a change of race format.

Race Courses and Site Map

Course profile and site maps are available [here](#).

Start Lists and Seeding

- Final start lists will be posted on Zone4 and on the official race bulletin board.
- **Saturday start order** - U14 start order will be determined by random draw within groups. Group 1 will be composed of licensed skiers, and group 2 will be composed of all unlicensed skiers.

- **Sundays start order** - For all categories, will be based on results from Saturday's interval start race.
- Those without results from Saturday will be grouped separately and randomly seeded at the back of the chevron start.

Competition Rules

[Nordiq Canada Competition Rules 2021](#)

This is a reminder that the following rules that pertain to races may be enforced:

- ICR 343.8.1: Classic pole length not to exceed 83% of competitor's body height, free technique pole length must not exceed 100% of the competitor's height.
- ICR 310.2.2.3: Implementation and control of marked zones specifically for Turning Technique and Diagonal Technique.

Bib Pick Up and Return

- **Bib Sort:** Bibs will be sorted for each club/team. Coach Designates/Team Captains are advised to double check bib numbers and names against the confirmation list.
- **Pick Up Schedule:** In order to limit congestion, each club/team will send only one registered representative to pick up bibs on Saturday morning and Sunday morning. Bib pick-up will be in the Race Office (blue clubhouse).
- **Bib Return:** A racer whose bib is not returned at the end of a race will be charged a \$75 replacement fee. Fee must be paid prior to another start being granted.

Mandatory Team Captains' Meeting (TCMs)

- All meetings will be held virtually on Zoom.
- Each club/team attending must have their Coach Designate and/or Team Captain attend the pre-event Team Captains' Meeting on **Monday, March 7, 2022, 7:00 PM** on Zoom. Failure to attend will result in a \$100 penalty to the club/team.
- Registered Coach Designates or Team Captains will receive the meeting link by email. Agenda will be posted.

COVID-19 Pandemic-Related Considerations

Please respect and adhere to all of the following considerations. We want to provide a safe environment for children athletes, families, coaches/team captains, support staff, volunteers and the general public. Failure to comply after a warning may result in disciplinary actions to an athlete or club/team as decided by the Race Jury.

Anyone who is sick or has any symptoms of illness should stay home and seek assessment from a health care provider, if needed.

Note that there is no such thing as zero risk and that although measures can be taken to ensure participation is as safe as possible, athletes, families, coaches/team captains, support staff, and volunteers will still be at risk for COVID-19 infection while participating.

Proof of Vaccination (POV)

- The vaccination policy applies for all participants at competitions and events. Please refer to the [XCSO COVID-19 Vaccination Policy - Event Attendance and Participation](#) for more information, including definitions.
- In lieu of checking POV for each club/team member at the event, an attestation will be made by each team's/club's Coach Designate and Team Captain (two verifications) that all registered club/team members aged 12 years and older are fully vaccinated, and will provide POV upon request by event volunteers.
- If any club/team member is not able to provide adequate POV, the entire club's/team's athletes will be disqualified from the event. Any individual asked to provide POV will have 4 hours to produce POV to the Race Office.

- Completion of the POV attestation will be required by **Tuesday, March 8, 2022, 11:59 PM**. The form will be accessible on Zone4 and the link emailed to the registered Coach Designate and Team Captain.

Masks

- Indoors: a face mask (not buff/neck gator) must be worn in all indoor spaces, at all times.
- Outdoors: everyone on-site is expected to wear a face mask (not buff/neck gator) at all times unless actively skiing or consistently maintaining a distance of greater than 2 m from others.
- Masks will be available on-site for volunteers. A limited supply of masks will be available for a fee at the Race Office.
- Volunteers will be assigned to circulate and remind people to wear a mask and wear it properly.

Daily COVID-19 Screening

- Everyone must [self-screen for COVID symptoms](#) prior to arriving on site each day.
- Do not come to the event site if you have any symptoms or feel unwell.
- Do not attend if anyone in your household is isolating due to COVID-19 symptoms or testing positive for COVID-19 (unless you have tested positive on a rapid antigen test or PCR test in the previous 90 days and have completed your isolation period).
- Anyone involved in sports or physical activity within a community setting who has completed their 5-day isolation period or is self-monitoring as a close contact, **MUST NOT** return to practice or play for an additional 5 days from the end of their isolation period or self-monitoring period if they are not able to maintain masking and physical distancing requirements (10 days from symptom onset or from the date of your test, whichever came first, or 10 days from the close contact exposure). If they are able to maintain masking and physical distancing requirements, the individual can participate. This is because an infected person may be contagious up to 10 days after symptom onset/date of test.

COVID-19 Emergency Plan

- If an athlete, coach designate/team captain, support staff or volunteer exhibits any COVID-19 symptoms during the event, they must:
 - Immediately separate from others.
 - Wear a mask.
 - Club/Team staff caring for athlete will wear a mask and maintain physical distance as much as possible.
 - The affected individual will leave the event site as soon as possible. This may involve club/team staff contacting a guardian to pick up the athlete immediately. Determine the ETA of the guardian, and then determine a pick-up location that reduces the risk of the affected individual being in close contact with others.
 - Practice hand hygiene and respiratory etiquette (cough in elbow, etc.) while the affected individual is waiting to be picked up.
 - Attempt to maintain confidentiality of the ill individual.
 - Make a note to club's/team's Coach Designate or Team Captain.
 - The Coach Designate or Team Captain will inform the Chief of Medical who will make note of the situation including, name, symptom, time and date of when the individual arrived and left the event area, and a list of others who may have been potentially exposed. Chief of Medical will assess if contacts need to be notified, following provincial guidelines.
 - The ill individual (and guardian) is advised to seek medical advice. Refer to [Algoma Public Health's Case and Contact Guide](#).

Race Site Congestion - Start Groups

- In order to reduce race site congestion, all teams are encouraged to come up with a plan that has athletes on site for the minimum time possible during this event.
- Start lists will be posted after the Team Captains' Meeting the evening before each race start.

Wax Protocols, Waxing Space and Facilities

- [Per the XCSO - SFQ Wax Protocol](#), Tier 2 events (OCups/Regional CPL races) will be no-fluoro (NF) for the 2021-2022 season. XCSO will also impose further NF restrictions to lessen the number of waxes required for purchase and to uphold the intent of the past Low Fluoro (LF) policies. These include but are not limited to, more coaching time with athletes rather than waxing, less investment in waxes and different wax types and healthier environments.
- A daily recommendation for liquid glide wax will be provided at the Team Captains' Meeting and via WhatsApp.
- Indoor heated wax space will not be available on site.
- The club/team's Coach Designate or Team Captain must complete the [Expression of Interest](#) form (one per club/team) by **Wednesday, February 23, 2022**, to indicate if they will be bringing their own covered shelter or trailer, and indicating the approximate size dimensions they will require to set up.
- The Race Committee will attempt to find shelters for those clubs/teams who do not have one.
- No power/electricity will be provided to/for the tents or trailers.
- Teams are encouraged to keep on-site waxing to a minimum.

Temperature Considerations

- The weather will be recorded, posted, and sent to Coach Designates/Team Captains starting two hours prior to race start time for every 30 minutes thereafter until two hours after the start time.
- ICR/CCR Rule 315.9: If the temperature is below -20 degrees Celsius (°C), measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury. Athletes under 12 years of age may not race if the temperature is below -15°C.
- If there are difficult weather conditions, the Jury may, in consultation with the team leaders and Chief of Medical, postpone or cancel the competition.

Facilities and Chalet Access

- There is no access to indoor heated spaces. Come prepared to remain outdoors while on-site.
- Porta-potties will be provided in various locations. Masks are required.
- Hiawatha Highlands chalet (780 Landslide Road):
 - Masks required
 - Capacity limit set by the government of Ontario
 - For purchase of trail passes, canteen items, and access to an indoor one-person washroom
 - People will not be able to eat, drink, or warm-up in the building
- Soo Finnish Nordic Ski Club blue clubhouse (769 Landslide Road):
 - Masks required
 - Limited to select volunteers for timing, scheduled bib pick-up, and for medical services

Parking

- Site maps are available [here](#).

Swag Bag and Souvenir T-shirt or Toque

- A swag bag will be provided for each registered athlete.
- The Coach Designate or Team Captain will be responsible for distribution, and may pick-up their club's/team's swag bags at the Race Office on **Friday, March 11, 2022, 12:00 - 5:00 PM**. Masks required.
- Limited quantities of event t-shirts and toques are available for pre-order on [Zone4](#) upon registration. First come, first served. No refunds.
- Pre-ordered t-shirts and toques will also be picked up at the Race Office by the Coach Designate or Team Captain on **Friday, March 11, 2022, 12:00 - 5:00 PM**.

On-Site Food Service

- Drinks and snacks will be for sale at the Hiawatha Highlands’ canteen (coffee, hot chocolate, sports drinks, bottled water, Go Bars energy snack, and individually wrapped desserts, etc.), but cannot be consumed in the chalet. Hot lunch available for purchase Friday, Saturday and Sunday, first come first served. Masks are required to access the chalet.
- We recommend everyone bring their own water in a reusable bottle or drink belt to limit the use of single-use plastic bottles. There is no water fill station available on site.
- Athletes will be offered a post-race refreshment of SFN’s hot grape drink or water.
- Bagged lunch:
 - Provided for registered athletes to pick up post-race on Saturday and Sunday (mask required)
 - Included in registration fees
 - Contains a sandwich, a cookie, and a piece of fruit. Vegan and gluten-free dietary restrictions must be identified on Zone4 upon registration.
 - One bagged lunch will be provided for a club’s/team’s registered Club Designate and Team Captain free of charge each day.
 - No additional or same day purchases available.
- An optional pasta dinner (Saturday’s ‘traditional’ banquet supper) will be take-out only, and available to pre-order on Zone4 registration only. Supper menu: penne with house-made red sauce, three meatballs, a garden salad with dressing on the side, and a brownie for dessert. Cost: \$16+HST. Coach Designates/Team Captains/support crew members or parents will be responsible for picking up their optional pasta dinner from [Grand Gardens North](#) on **Saturday, March 12, 2022, 4:00 - 6:00 PM**. Masks are required to access the restaurant’s take-out area. Unfortunately, no vegan or gluten-free options are available for this supper. No refunds.
- Other off-site restaurant suggestions and coupons will be provided in each athlete’s swag bag.

Results and Awards

- Results will be posted on the official notice board outside of the Race Office (blue clubhouse) and on Zone4.
- Results will be produced by year of birth (YOB) and by category (combined and uncombined).
- Awards for both days will be presented on-site on Sunday, as soon as results become available for each category, and if weather permits.
- Awards: first, second, and third for each year of birth and gender.
- The podiums will be separated to encourage 2 m distance between athletes, and masks will need to be worn by all attending the awards ceremony.
- Technique awards are organized by XCSO’s Coaching Development Coordinator, Katja Mathys.
- The Ontario Youth Championships’ Club Banner will be awarded to the club that accumulates the most points over the course of the event. Points are given for both races and awarded as follows:

Position	Points Awarded
First	7
Second	5
Third	4
Fourth	3
Fifth	2
All placings sixth and lower get 1 point	

- The Coach Designate/Team Captain will be given the awards for distribution if the awards ceremony is unable to proceed.

Rowan’s Law

Rowan’s Law (Concussion Safety), 2018 makes it mandatory to:

1. Ensure athletes under the age of 26, as well as parents of athletes under 18, confirm every year that they have

reviewed Ontario's concussion awareness resources.

2. Ensure athletes under the age of 26, as well as parents of athletes under 18, sign a concussion code of conduct. Concussion resources will be available in the Zone4 registration and hard copies will be available at the Race Office. Please note, even if you have signed off on having read the concussion resources and signed the concussion code of conduct with your home club, SFN and XCSO are required by law to ensure this as well.

On-Site Emergency Plan Overview

- The Chief of Medical will have an indoor First Aid Station set up in the blue clubhouse (767 Landslide Road) on Friday, Saturday, and Sunday. Oxygen and an AED will be on site. An additional AED is located in the Hiawatha Highlands chalet, 780 Landslide Rd.
- Inhalers, EpiPens, and other medications should be carried by parents or coaches/team captains in the stadium area, to be readily available in the event of an emergency.
- Please be cognizant of minimizing exposure of others to any nut products you bring.
- Canadian Ski Patrol will be on-site on Friday, Saturday, and Sunday.
- When calling EMS, the 2022 Ontario Youth Championships is being held at:
 - Soo Finnish Nordic Ski Club, Hiawatha Highlands, Kinsmen Park
 - 769-780 Landslide Road, Sault Ste. Marie
 - Phone Number: 705-256-7258
- Address of Sault Area Hospital: 750 Great Northern Rd, Sault Ste Marie
 - Directions from Hiawatha Highlands to Sault Area Hospital:
 - Head South onto Landslide Road leaving Hiawatha Highlands.
 - Continue onto Fifth Line.
 - Turn South/left onto Highway 17.
 - Stay on Highway 17- Great Northern Road for approximately 3.5 km.
 - Turn Left onto Lukenda Drive into Hospital driveway; follow signs to Emergency.

Accommodations

[Quattro Hotel and Conference Centre](#)

229 Great Northern Rd 1-800-563-7262 or 705-942-2500
Rooms blocked for "Youth Championships - Cross Country Skiing"
Complimentary breakfast, on site restaurant, spa
2 beds or King + pull out \$119-\$129/night
Block ends: February 18, 2022

[Microtel Inn and Suites](#)

724 Great Northern Rd 705-910-0180
Rooms blocked for "Provincial Championships Soo Finnish Nordic Ski Club"
Complimentary hot breakfast, pool. 2 beds or King + pull out \$101.15/night
There are 2 methods of booking, calling the hotel directly or online:
<https://www.wyndhamhotels.com/microtel>
Choose the city, choose the date. Click Special Rates, choose group code. Your group code is: CGXCFS. Click DONE, then BOOK. It will bring you to your personalized group block found with the corresponding date and group code. Click BOOK.
You then fill out your information to complete the reservation.
Block ends: March 4, 2022

[Algoma's Water Tower Inn](#)

360 Great Northern Rd 1 800-461-0800 or 705-949-8111
Rooms blocked for 'Youth Championships X-Country Skiing'
Complimentary breakfast, pool, outdoor hot tub, on-site restaurant 2 double beds \$129/night
Block ends: February 28, 2022

[Fairfield Inn and Suites by Marriott Sault Ste. Marie](#)

633 Great Northern Rd (705) 253-7378
[Click here to book your group rate for Youth Championships - SFN](#)
Complimentary hot breakfast, pool 2 queen beds \$119/night
Block ends: February 28, 2022

[Super8 Motel](#)

184 Great Northern Rd 705-254-6441 1-705-910-2585
Complimentary Breakfast \$92.65/night
Rooms blocked for 'Provincial Championships'
There are 2 methods of booking, calling the hotel directly or online:
<https://www.wyndhamhotels.com/en-ca/super-8>
*Please note there are 2 Super 8's, choose the one on Great Northern Rd, the other one is in the USA, and not available for this event. Choose the city, choose the date. Click Special Rates, choose group code. Your group code is: CGPCXC. Click DONE, then BOOK. It will bring you to your personalized group block found with the corresponding date and group code. Click BOOK. You then fill out your information to complete the reservation.
Block ends: March 4, 2022