



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

2024 ONTARIO YOUTH CHAMPIONSHIPS

Hiawatha Highlands, Sault Ste. Marie, Ontario

Friday, Saturday, and Sunday
March 1, 2, and 3, 2024

Information

[Registration](#)
[WhatsApp Group](#)
soofinnishrace@gmail.com

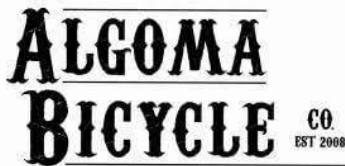
[Event Website](#)
[Cross Country Ski Ontario](#)
[Soo Finnish Facebook](#) [Soo Finnish Instagram](#)

Welcome from the 2024 Ontario Youth Championships Organizing Committee

Soo Finnish Nordic Ski Club welcomes cross country ski racers, families, coaches and support staff to participate in the 2024 Ontario Youth Championships at Hiawatha Highlands in Sault Ste. Marie, Ontario. We are excited to host a safe, fun, and fair competitive provincial championship for U8-U14 skiers, which will promote good ski technique and encourage achievement through team effort.

We would like to acknowledge and thank our land owners and partners, in addition to the City of Sault Ste. Marie, local sponsors, hoteliers, restaurants, and the numerous and extremely generous volunteers who have supported this event.

Sponsors and Partners



Committees

Organizing and Competition Committee			
Organizing Event Chair	Don Nixon	Chief of Course	Mike Kornell
Chief of Competition	Amy Wheeler Reich	Chief of Stadium	Wayne Westman
Competition Secretary	Cassandra Nielsen	Chief of Timing & Results	Chris Clowater
Banquet	Jessie Kahtava	Chief of Medical	Logan Bach

Jury	
Technical Delegate	Mary Waddell
Cross Country Ski Ontario Rep	Katja Mathys
Chief of Competition	Amy Wheeler Reich

Host and Location

[Soo Finnish Nordic Ski Club](#) (SFN) at [Hiawatha Highlands](#) sanctioned by [Cross Country Ski Ontario](#) (XCSO) and Nordic Canada.

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

Hiawatha Highlands has 50 km of trails for both classic and skate skiers, in addition to snowshoe and fat bike trails.

[Race Courses](#) and [Site Maps](#)

Communication and Contacts

Primary communication will be via the [Club website](#), a [WhatsApp messaging group](#), and the [Zone4](#) event page. Emails to registered athletes and team personnel from the Competition Secretary at soofinnishrace@gmail.com, and the Club's [Facebook](#) and [Instagram](#) accounts will also be used when appropriate. Updates on trail conditions are provided regularly on the [Hiawatha Highlands website](#) and [NordicPulse](#).

Participating in the Ontario Youth Championships 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 Club representative** (could be a coach, team captain, or designate) who will be responsible for communications with each athlete and their family.

Safe Sport

Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the [Canadian Sport Helpline](#) or the onsite Safe Sport officer [Sarah Butler](#). These individuals can connect you with support and help you file a complaint. Call 911 for emergencies.

Event Timelines and Schedule

Monday	February 12		Expression of Interest form completed by Coach/Club Representative (one per Club)
Monday	February 12		Registration opens on Zone4
Monday	February 12	11:59 PM	Souvenir Store closes for March 1 distribution
Friday	February 23		XCSO and Organizing Committee final decision to proceed with the event
Sunday	February 25	11:59 PM	Registration closes on Zone4 – No late registrations Deadline for withdrawal – No partial refunds after this date
Monday	February 26		Confirmation list posted on Zone4
Monday	February 26	7:00 PM	Mandatory Pre-event Team Captains' Meeting on Zoom
Tuesday	February 27	11:59 PM	Deadline to submit confirmation list corrections to Competition Secretary
Friday	March 1	12:00 - 5:00 PM	Official training day Race Office open for Club swag bag and souvenirs pick-up
		6:00 PM	Team Captains' Meeting on Zoom Start list posted after meeting on Zone4
Saturday	March 2	8:30 AM	Race Office open for bib pick-up
		9:45 AM	Race course closed
		10:00 AM	Interval Start, Free Technique, 30 second intervals
		1:00 PM	Fun Team Relay
		5:45 PM	Banquet hall doors open at 5:45 PM, Supper served after 6 PM
		8:00 PM	Start list posted on Zone4
Sunday	March 3	8:30 AM	Race Office open for bib-pick up
		9:45 AM	Race course closed
		10:00 AM	Mass Start, Classic Technique
		TBD	Club Banner presentation upon conclusion of races
Sunday	March 10	11:59 PM	Souvenir Store closes for mail delivery or local pick up

Eligibility

- The 2024 Ontario Youth Championships is for U14 (Years of Birth YOB 2010, 2011), U12 (YOB 2012, 2013), U10 (YOB 2014, 2015) and U8 (YOB 2016, 2017) athletes only. Age is of December 31, 2023. 'Racing up' is not permitted.
- U14 athletes must have a [2023-2024 Nordiq Canada Development Race License](#) prior to registration or purchase a Nordiq Canada Tier 2 Event License (\$6) for each race day upon race registration. More information is provided below. CPL points are awarded to race license holders only.
- U12, U10, and U8 athletes are not required to purchase a Nordiq Canada Development License or Tier 2 Event License.
- Athletes will be required to be represented by a Club representative who will be at the event.

Registration, Fees, and Withdrawal

- Registration of coaches and support staff to be completed on [Zone4.ca](#).
- **Trail fees**
 - Coaches, 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+HST (for March 1-3) will be available to purchase on-site (780 Landslide Road).
- **Withdrawal consideration:** Partial refunds will be offered to those who withdraw by written notification received by the [Competition Secretary](#) prior to **Sunday, February 25, 2024, 11:59 PM**. Reimbursement amount will be subject to a \$10 administration fee and will not include Zone4 processing fees.
 - **Note for U14s:** Tier 2 Event Licenses will not be refunded if the athlete subsequently purchases a 2023-2024 Nordiq Canada Development Race License. Tier 2 Event Licenses will not be refunded except in the event of race cancellation.
- **Event cancellation:** Refunds will be per the [XCSO OCUP technical package](#).

Mandatory Registration Fees	
Registration	\$45 + HST per race <i>includes \$3 XCSO wax fee</i> \$10 + HST fun relay
Nordiq Canada Tier 2 Event license for U14s without a Nordiq Canada Development license	\$6 per race day

Optional Fees	
Banquet Ticket	\$30 per person <i>includes HST & gratuity</i> Purchase on Zone4
Souvenir Store	Visit the online store for prices.

Event Categories and Distances

Category (YOB)	Saturday, March 2 Free Technique, Interval Start Distance	Saturday, March 2 Free Technique, Fun Relay Distance	Sunday, March 3 Classic Technique, Mass Start Distance
U14 (2010, 2011)	4 km (2 X 2 km laps)	500 m	4 km (2 X 2 km laps)
U12 (2012, 2013)	2 km (1 X 2 km)	500 m	2 km (1 X 2 km)
U10 (2014, 2015)	2 km (1 X 2 km)	500 m	2 km (1 X 2 km)
U8 (2016, 2017)	1 km (1 X 1 km)	500 m	1 km (1 X 1 km)

Race formats are subject to change based on recommendations from the Technical Delegate, 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.

Start Lists and Seeding

- Final start lists will be posted on Zone4 and on the official race bulletin board.
- **Saturday Interval 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.
- **Saturday Relay Order** – Randomly assigned mixed teams (Club and gender) according to race category.
- **Sunday Mass Start Order** - For all categories, 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.

Wax Protocols, Waxing Space and Facilities

- A mandatory common wax protocol will be implemented for glide wax for both days of competition. Rationale and methodology are described in [Appendix A](#).
- \$3 of each racer's registration will go to XCSO for glide wax.
- The community is encouraged to share kick/grip waxing recommendations via WhatsApp.
- Per the [Fluoro Wax Rule for Nordiq Canada Sanctioned Races 2023-24](#) waxing products with fluoro are not permitted for kick or glide.
- A Club Representative must complete the [Expression of Interest](#) form (one per club/team) by **Monday, February 5, 2024**, to indicate if they will be bringing their own covered shelter/trailer, and indicating the approximate size dimensions they will require to set up.
- Power/electricity will be available via generators; complete the [Expression of Interest](#) form to indicate interest.

Bib Pick Up and Return

- Bib Sort: Bibs will be sorted by Club. Club Representatives are advised to double-check bib numbers and names against the confirmation list each day.
- Pick Up Schedule: Each Club will send one representative to pick up bibs in advance of each race 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.

Team Captains' Meeting (TCMs)

- Monday and Friday's meetings will be held virtually on Zoom.
- Attendance will be taken. Please edit your Zoom name to include Club (e.g., Soo Finnish - Cassandra Nielsen).
- Event registered Club coaches/representatives will receive the meeting link by email. Slides presented during the TCMs will be posted following the TCMs on the Zone4 event page.

Temperature Considerations

- The weather will be recorded, posted, and sent to members of the [2024 OYC Whats App group](#) starting two hours prior to race start time and 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 Chief of Medical, postpone or cancel the competition.

Facilities and Chalet Access

- Porta-potties will be provided in various locations on site. There will be no indoor use of toilets.
- Hiawatha Highlands chalet (780 Landslide Road):
 - For purchase of trail passes, canteen items, and hot lunch.
 - Access to indoor changerooms.
 - Participants will be able to eat, drink, and warm-up in the building; however, no tables and limited seating is available.
- Soo Finnish Nordic Ski Club blue clubhouse (769 Landslide Road):
 - Limited to event volunteers and scheduled swag bag and bib pick-up.

Parking

- [Race Courses](#) and [Site Maps](#)
- We encourage carpooling when possible.
- Parking attendants will be on site.
- Parking at the Bible Fellowship Church will not be available on Sunday morning; please only park in designated areas.

Swag Bag and Souvenirs

- A swag bag will be provided for the first 225 registered athletes, and available for pick up by the Club representative at the race office on Friday, March 1, 2024, 12:00 - 5:00 PM.
- Event t-shirts, hoodies, and toques are available for purchase through the [Soo Finnish Nordic/SK Group online store](#). Items can be purchased only from this online store (not via Zone4). **Merchandise ordered by Monday, February 12, 2024 at 11:59 PM will be available for pick up by the Club representative at the race office on Friday, March 1, 2024. Any merchandise ordered after February 12 (until the store closes on Sunday, March 10, 2024 at 11:59 PM) will be delivered AFTER the event. Orders received after February 12, 2024 will include the delivery options of either free pickup at the SK Group location in Sault Ste. Marie, or shipping to your home address at an additional charge.** As items are made to order, there will be no refunds, even in the case of event cancellation. Please indicate your Club name when ordering.

Food Services

- Drinks and snacks will be for sale at the Hiawatha Highlands' canteen. Hot lunch available for purchase Friday, Saturday and Sunday, first come first served.
- We recommend everyone bring their own water in a reusable bottle or drink belt to limit the use of single-use plastic bottles. Water coolers will be available on site.
- Athletes will be offered free post-race refreshments and snacks.
- The banquet at the [Water Tower Inn](#) on Saturday evening includes a pasta dinner and awards for Saturday's free technique, interval start race. Tickets are available for pre-purchase via Zone4 registration only; 290 tickets are available. Supper menu includes: salad, bread, pasta and meatballs, dessert, coffee and tea. Cost: \$30 per person, inclusive of HST and gratuity. A confirmation list will be posted at the door to the banquet hall. Please indicate food allergies on registration form (vegan, gluten-free, and peanut-free). No refunds; however, if pre-purchased tickets are not being used, a message can be sent via WhatsApp to communicate ticket availability for purchase.

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 Saturday's free technique, interval start race will be presented at Saturday's banquet. Sunday's awards will be presented as soon as possible after results become available for each category, and as weather permits.
- Awards: first, second, and third for each year of birth and gender.

- Technique awards are organized by XCISO's Coaching Development Coordinator, Katja Mathys.
- The Ontario Youth Championships' Club Banner will be awarded to the club that accumulates the most points over Saturday's free technique, interval start and Sunday's classic technique, mass start race. 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 Club representative will be given the awards for distribution if the awards ceremony is unable to proceed.
- Non-XCISO member athletes/clubs will not be eligible for Club Banner points.
- Out-of-province athletes are not eligible for medals and cannot displace an Ontario skier in results.

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 via 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, Soo Finnish Nordic and Cross Country Ski Ontario 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 a trailer beside 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 Road.
- Inhalers, EpiPens, and other medications should be carried by parents or your club supporters 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 2024 Ontario Youth Championships are 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 and follow it to the Hospital driveway; follow signs to Emergency.

Accommodations

Booking information can be accessed [here](#).

Appendix A: Mandatory Common Wax Protocol

The mandatory common wax protocol at this year's Ontario Youth Championships is aimed at providing an inclusive opportunity for all athletes and coaches by ensuring they have the tools and support necessary for a successful race experience. As such, we will be using a common liquid glide wax for both the Free Technique Interval Start race and the Classic Technique Mass Start race.

How will this work?

- XCSO's Technical Director, Bryan Dubeau, will be onsite and will distribute liquid glide wax products and be the primary information contact for coaches. (<mailto:techdirector@xcskiontario.ca>)
- Clubs will continue to use designated wax areas and wax areas they are accustomed to using (i.e., own trailers).
- Application of the liquid glide wax is mandatory.
- All wax areas will remain clear of all glide wax not prescribed by the XCSO's Technical Director.
- Coaches and wax techs are responsible for their own structure tools.
- Liquid glide wax is to be applied according to the manufacturer's product label on a cleaned ski.
- Additional products cannot be applied on top of the liquid glide wax.

What will be provided?

- A liquid application, non-fluoro glide wax in one of three temperature ranges. Enough for one pair of skis per athlete.
- The manufacturer of the glide wax is subject to a competitive bid process and will be disclosed at the first Team Captains' Meeting.
- Teams are required to use their own brushes and tools.
- These will be the only glide waxes permitted in the waxing areas.

What will NOT be provided?

- Grip waxes will not be provided.
- As per ICR–CCR 222.8, the use of fluorinated wax or tuning products containing fluorine including kick wax, is not allowed for all categories. For guidance, refer to [Nordiq Canada's Wax Tech Resources](#) page.
- Grip cleaner and base cleaner will not be provided.