



Cross Country
Ski Ontario

2025-2026

Ontario Cup 3

Official Training - January 16, 2026

Race Days - January 17 & 18, 2026



www.zone4.ca

soofinnishrace@gmail.com

[2025-2026 OCup3 WhatsApp Group](#)

Race Notice Updates

If additional versions of this document are published, all changes will be listed here, and highlighted in yellow in the body of the document for ease of reference.

- *Club Team Sprint Category Priority: The schedule can accommodate up to 120 teams (240 athletes). Priority will be given to the following categories:
 1. Official Categories - Development; Challenge; Open
 2. Unofficial Categories - Development; Challenge; Open

- Club Team Sprint
 1. Categories:

The Club Team Sprint will be contested in Official and Unofficial Categories as follows:

 - i. **Official Categories:**
 1. Development Boys (U14) - same club
 2. Development Girls (U14) - same club
 3. Challenge Boys (U16/U18/PN Standing) - same club
 4. Challenge Girls (U16/U18/PN Standing) - same club
 5. Open Women (U20/U23/Senior) - same club/team
 6. Open Men (U20/U23/Senior) - same club/team
 - ii. **Unofficial Mixed Club/Gender (Time permitting)**
 1. Development (U14)
 2. Challenge (U16/U18/PN Standing)
 3. Open (U20/U23/Senior)

U12/U10 athletes are not permitted to race up in order to participate in the Club Team Sprint. These athletes are invited to the "Fun Zone" which has been designed specifically for these younger athletes.

Land Acknowledgement

Hiawatha Highlands is located in Baawaating (“the place of the rapids”), also called Sault Ste. Marie. This is the traditional territory of the Anishnaabeg, specifically the Garden River and Batchewana First Nations and the Metis Nation of Ontario, within lands protected by the Robinson Huron Treaty.

Baawaating is a place of cultural significance. Located in the Heart of Turtle Island, Indigenous people have gathered together here since time immemorial. We are grateful that we are a part of this land, and that we can gather together to share the joy of cross-country skiing in this wonderful forest.

General Information

Host

Soo Finnish Nordic Ski Club

Location

Hiawatha Highlands, 768-780 Landslide Road, Sault Ste. Marie, ON - [Link to Google Map](#)

Race Committee

Technical Delegate	Liz Inkila
Cross Country Ski Ontario Rep	Katja Mathys
Event Chair	Amy Wheeler Reich
Chief of Competition	Cassandra Nielsen
Chief of Course	Helen Lindfors
Chief of Timing	Luke Kahtava
Chief of Stadium	Peter Uhlig
Chief of Controllers	Joe Reich
Competition Secretaries	Joanna MacDougall & Monique Wester

Communication and Contact

Check the [Zone4 2025 - 2026 OCup#3 Event Page](#) regularly for important information and communication. Updates during the event will be sent by [WhatsApp](#).

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

Team Captains' Meetings (TCM)

Time: Fri Jan 16 @ 7 PM & Sat Jan 17 @ 7 PM

Join Zoom Meeting - please use the same link both days

<https://us02web.zoom.us/j/3738018209?omn=87101623887>

Safe Sport

Creating safe environments is a top priority and is a responsibility we share with all sport participants. Athletes, coaches, officials, staff, and volunteers have the right to participate in a safe and inclusive training and competition environment that is free of abuse, inappropriate behaviour and harassment or discrimination – collectively referred to as maltreatment.

- Please review the Nordiq Canada Safe Sport policies and Cross Country Ski Ontario Safe Sport policies. We are all part of promoting a culture of safety through education, listening, and speaking up.
- Skiers U16 or older, registering with an annual Nordiq Canada Race License, must complete the NCCP Understanding the Rule of Two and NCCP Safe Sport e-modules as per the Nordic Canada Race License and Screening Policies.
- If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, please visit the [Cross Country Ski Ontario Safe Sport](#) page for the most up-to-date resources.
- During this event, you can also contact the SFNSC SafeSport officer: Mark Jobst 705-790-6795 or soofinnishsafesport@gmail.com
- For emergencies, call 9-1-1.

Rowan's Law

Rowan's Law (Concussion Safety), 2021 makes it mandatory for SFNSC to:

- Ensure athletes under the age of 26, parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources.
- Ensure athletes under the age of 26, 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, SFNSC is required by law to ensure this as well.

Schedule of Events

Today		Join WhatsApp and follow us on Instagram
Thr Jan 1		Registration opens for all race events
Sun Jan 11	11:59 PM	Close of regular registration
Wed Jan 14	12:00 PM	Close of late registration (late registration is subject to a penalty of \$100 per registration)
	3:00 PM	Final confirmation list posted for review
Thr Jan 15	12:00 PM	Close of Team Sprint declaration
	3:00 PM	Seed lists posted for Day 1 Individual Sprint and Day 2 Interval Start races
	6:00 PM	Seed list posted for Official Club Team Sprint categories
Fri Jan 16	12 – 8 PM	Wax area open
	12 – 5 PM	Training day
	12 – 5 PM	Race office open
	3:00 PM	Deadline to submit corrections to Day 1 seed list
	6:30 PM	Overnight security in force
	7:00 PM	TCM #1 Join Meeting
Sat Jan 17	7 AM – 8 PM	Wax area open
	7 AM – 5 PM	Race Office open
	7:30 AM	Bib pick up
	8:45 AM	Race course closed
	9:00 AM	Individual Sprint races
	9:00 AM	Deadline to submit Team Sprint substitutions
	11:30 AM	Team Sprint races
	3:00 PM	Deadline to submit corrections to Day 2 seed list
	6:30 PM	Overnight security in force
	7:00 PM	TCM #2 Join Meeting
Sun Jan 18	6 AM – 2 PM	Wax area open
	7 AM – 2 PM	Race Office open
	7:30 AM	Bib pick up
	8:30 AM	Entrance to 5 km race course closed
	8:45 AM	2 km race course closed
	9:00 AM	Individual Start distance races

Event Categories and Distances

Category	Year of Birth	Day 1 AM Sat Jan 17	Day 1 PM Sat Jan 17	Day 2 Sun Jan 18
		Free Technique Individual Sprint	Free Technique Team Sprint	Classic Technique Interval Start
U10	2016 - 2017	500 m	n/a - Fun Zone	2 km (1 lap X 2 km)
U12	2014 - 2015			
U14	2013 - 2012	500 m	2 X 2 - 500 m laps*	4 km (2 laps X 2 km)
U16	2011 - 2010	800 m	2 X 2 - 800 m laps	5 km (1 lap X 5 km)
U18	2009 - 2008			10 km (2 laps x 5 km)
U20	2007 -2006	800 m	2 X 2 - 800 m laps*	10 km (2 laps x 5 km)
U23	2005 - 2003			
Senior	2002 - 1996			
Master	1995 & earlier			
PN Stand		800 m	Integrated with U16/U18	5 km
PN Sit		500 m	n/a	2 km

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1. Official Categories - Development; Challenge; Open
2. Unofficial Categories - Development; Challenge; Open

General Category Information

- All race formats or distances, and other event details are subject to change based on shifting conditions.
- The Saturday morning Individual Sprint is open to all athletes.

Club Team Sprint

The purpose of the Club Team Sprint is to provide athletes with an experience similar to what they may encounter at the 2026 Nordiq Canada Ski Nationals.

1. Categories:

The Club Team Sprint will be contested in Official and Unofficial Categories as follows:

i. **Official Categories:**

1. Development Boys (U14) - same club
2. Development Girls (U14) - same club
3. Challenge Boys (U16/U18/PN Standing) - same club
4. Challenge Girls (U16/U18/PN Standing) - same club
5. Open Women (U20/U23/Senior) - same club/team
6. Open Men (U20/U23/Senior) - same club/team

ii. **Unofficial Mixed Club/Gender (Time permitting)**

1. Development (U14)
2. Challenge (U16/U18/PN Standing)
3. Open (U20/U23/Senior)

U12/U10 athletes are not permitted to race up in order to participate in the Club Team Sprint. These athletes are invited to the "Fun Zone" which has been designed specifically for these younger athletes.

2. Registration:

Athletes registered in the Individual Sprint will ONLY be entered in the Club Team Sprint if they complete the separate Zone4 Team Sprint Declaration form by the stated deadline.

- a. XCSO will circulate a form to facilitate the pairing of Unofficial Team Sprint athletes (those without a club partner). It is, however, the responsibility of each Unofficial Team to complete the Zone4 Team Sprint Declaration form by the deadline.

2. Laps and Seeding:

- a. Sprint partners for the Official Challenge, Open, and Development categories must be from the same club or university/team and will race in the category of the eldest team member.
- b. Sprint teams will consist of two skiers alternating two laps each.
- c. Seeding will be based on combined CPL, not on Individual Sprint times. Seed list will be produced by 6:00 pm on Thursday for Official Categories.
- d. Seeding for the Development category may be adjusted at the Jury's discretion.

3. Heats:

- a. All teams will race one "Final" heat (Final A, Final B, etc).
- b. For each category listed above, the top 15 teams based on combined CPL will race the "A Final", the next 15 teams based on combined CPL will race the "B Final", and so on.
- c. The maximum heat size is 15 teams.

4. Substitutions:

- a. After the close of the Zone4 Team Sprint Declaration, substitutions will only be permitted for athletes that withdraw from the Individual Sprint event.
- b. Substitute athletes may only be taken from the **unofficial athlete pool** as follows:
 - i. An athlete from the same club, gender, and category. This team remains an "Official Team", and maintains the original seed position.
 - ii. An athlete from a different club, gender, or category. If the original team is an "Official Team", then the team is moved to the Unofficial Category at the end of the start list. The seed position for the now empty "Official Team" remains unfilled (i.e. "Official Team" start list does not change as a result).
 - iii. No substitutions will be allowed after 9:00 am on Saturday.

Competition Information

Athlete Eligibility

All competitors from the U14 and up must hold a Nordiq Canada supporting member day license for each race event or have a valid Nordiq Canada race license. Day licenses can be purchased during online registration for a fee of \$6 per race.

In order to be seeded foreign skiers must have a Nordiq Canada Associate license, otherwise they need to hold a Nordiq Canada supporting member day licence for each day of racing.

Rules

[2025-2026 Ontario Cup Technical Package](#)

[FIS ICR-CCR 2024](#)

[2024 ICR-CCR Canadian Precisions](#)

Waxing

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.

Seeding

Seeding will be in accordance with the 2025-2026 Cross Country Ski Ontario Technical Package for Tier 2 Events. Where distances are listed in the "Distances by Category" table, athletes of the same gender will be seeded together.

Race Courses and Stadium Layout

Stadium layout and course maps for the full slate of races will be available on the Zone4 Event Page at least 1 week prior to the start of the event.

Medals and Awards

Prize winners must attend their awards ceremony to receive their awards. Awards, based on unofficial results, will be presented on-site at the completion of each category/start group.

XCSO Ontario Cup Medals will be awarded for:

- Medals to top 3 female & male finishers in Saturday's Individual Sprint for all categories.
- Top 3 teams of each A Final in Saturday's Club Team Sprint "Official" Categories.
- Top 3 female & top 3 male finishers in Sunday's Interval Start races for all categories

Coach Bibs

Two Cross Country Ski Ontario coach bibs per club were issued at OCUP #1. If your club has not received its coach bibs, they can be obtained at the Race Office. How the coach bibs will be used at this OCUP will be explained at the TCM.

Athlete Bibs

Bib pick up for the Individual Sprint (Day 1 AM) and Interval Start (Day 2):

- Bibs will be available for pickup 1.5 hours prior to the start of each race at the Race office (768 Landslide Rd). Bibs will be sorted by Club or Team, as identified during registration. Please send only 1 person to pick up the bibs for your team or club.

Bib pick up for the Club Team Sprint (Day 1 PM):

- Official Club Sprint Team bibs will be handed out by Club or Team during the morning bib pick up.
- Unofficial Team Sprint bib pick will be handed out by "Sprint Team" starting 1.5 hours prior to the start of the club team sprint event at the race office. Both athletes must pick up their bib together.

Bibs will be collected before athletes leave the finish area. A racer who does not return their bib at the end of a race will be charged a \$100 replacement fee, for each, that must be paid prior to another start being granted.

Registration Fees and Information

Regular Registration	
All Categories	\$47.50 per day
<i>Register by Jan 11 to avoid late registration penalty</i>	
Late Registration	
All Categories	\$47.50 per day
Late Registration Penalty	\$100 per registration
<i>Closes Jan 14 at 12PM</i>	
Ontario Licensed Athlete Fee	
All Categories except U14	\$7.00 per day
U14 Category	\$3.50 per day
NOD Athlete Fee	
All Categories U14 and older	\$2.00 per day
U12 and younger	No fee
Nordiq Canada Tier 2 Day License Fee	
For athletes (U14 and older) without a Nordiq Canada race license	\$6.00 per day

All fees are subject to 13% HST and Zone4 processing fees.

Athlete Registration

Online Registration at [Zone4](#) is the only method of registration available.

Registration will open by January 1, 2026. All registration fees are payable at the time of online registration.

Refunds & Withdrawal

If the host cancels the event, refunds will be per the [XCSO OCUP technical package](#).

Individual athlete refunds will not be issued, unless the request to withdraw is received in writing to the Race Office prior to the close of regular registration, in which case a refund minus \$15 administration fee will be offered.

No refunds will be offered for withdrawals after the close of regulation registration.

Coach & Team Support Personnel Registration

Coaches must register on [Zone4](#) for identification, to provide an email address and cell phone number for event communication, and to request coach bibs.

Confirmation List

Athletes and coaches are to carefully check the confirmation list posted on the [Zone4 Event Page](#), and send all corrections to the Competition Secretary at soofinnishrace@gmail.com. The confirmation of complete, correct and on-time entries is the first step in achieving a good bib sort and correct official results in a timely manner.

Facility Information

Site Services Schedule

Site maps will be posted on the Zone4 event page.

<i>Location</i>	<i>Fri Jan 16</i>	<i>Sat Jan 17</i>	<i>Sun Jan 18</i>
Kinsmen Centre 780 Landslide Rd	Bags – space limited Change rooms Light concessions	Bags – space limited Change rooms Light concessions	Bags – space limited Change rooms Light concessions
Bible Fellowship 756 Landslide Rd	Parking only NO indoor access	Parking Bags Change rooms Food available for purchase	NO indoor access NO parking
Pinder Parking Lot	Parking	Parking	Parking

Admission to Ski Trails

Access fees to the trails for registered athletes and coaches are included in the registration fees for the official training day and race days.

For all other days, trail passes for athletes and coaches may be purchased on site. Family members need to purchase trail passes to ski.

Wax Room Assignment

Per the Technical Package, heated wax rooms with ventilation in the form of 10'x50' construction trailers with electricity will be provided. Space will be designated for teams based on the XCISO allowance of 6 square feet per athlete. Please notify the [Competition Secretary](#) if you plan on bringing your own wax trailer/tent.

Wax Room Security

A security service will be monitoring the wax trailer area overnight on Friday and Saturday from 6:30 PM till 6:30 AM.

Athlete Snacks & Water

Athlete snacks and water coolers to refill bottles will be located at 780 Landslide Rd.

On-Site Food Services

Light concessions will be available for purchase at 780 Landslide Rd throughout the weekend.

Portable Toilets

Porta-potties are available at both 768 and 780 Landslide Rd. Please use the porta-potties to avoid septic issues.

First Aid

We will have a Chief of Medical Services on site on Saturday and Sunday, as well as the Canadian Ski Patrol. The Sault Area Hospital is a regional trauma center and has a 24-hour Emergency department, located at 750 Great Northern Road. It is located 6.5 km from the race site.

Accommodations

[More information](#) is on the Soo Finnish Nordic Ski Club website.

Additional Information

View the [Ontario Cup Technical Package](#) for more detailed information.