



ONTARIO CUP #2

Jan 18-20 2012

Hosted by Walden Cross Country Fitness Club, Sudbury and NOD
www.waldenxc.com

This race is sanctioned by Cross Country Canada and Cross Country Ontario.

Location WCCF trails are located on Hwy 55 at Naughton. Turn right at the General Store coming from Sudbury, turn left at the General Store coming from the west on HWY 55. Naughton Community Centre is located on Hwy 55 at Naughton. Two blocks further west past the turn off for the trails, the Centre is on the left.

Schedule of events

Friday	Jan 11	5:00 pm	Registration Deadline www.zone4.ca
Friday	Jan 18	10:00 - 5:00pm	Official training day- courses
		4:30 pm	Team Captains meeting at Ski chalet
Saturday	Jan 19	10:00 am	Individual start - Classic
		4:30 pm	Team Captain' meeting at Ski chalet (if required)
Sunday	Jan 20	9:00 am	Mass start -free

Awards

on site –throughout the day (check official notice board)
Ontario Cup Medals for Ontario Cup categories and midgets
Ribbons for university racers and mini midgets (atoms)

Eligibility

Open to all Cross Country Canada License holders or holders of FIS or other national licenses.
Non CCC license holder must purchase a Cross Country Canada day license (\$5.00 per day).
Skiers wishing to be included in University results must enter their University when registering on-line.
Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by 4 pm Jan 18, 2012.

Entry deadline

Registration can be completed only through the Zone4 website at <http://www.zone4.ca>.
All entries must be received by midnight Sunday Jan 13, 2012, with payment unless other arrangements are made with the Competition Secretary. Late entries @\$50 /race are open until Wed Jan 16.

Entry fees

Juvenile, junior, senior, masters, all paranordic categories	\$40 / day + \$5 CCO fee
Midgets, Pee Wee	\$30 /day + \$2.50 CCO fee

Contacts

Chief of Competition	Mary Waddell 705-853-4814	mwaddell@xplornet.com
Race Secretary	Pam Hull 705-929-8151	pam.hull@sympatico.ca
Technical Delegate	Al White 519-306-0072	alanwhite2001@rogers.com

Facilities

WXCFC has 20 km of trails and a 3km lighted trail. There are two chalets with a kitchen and 5 washrooms, as well as outdoor portable washrooms. The weekend of the event the Naughton Community Centre will be used as additional space. The Centre is within walking distance of the trails.

Waxing facilities – the PB shed and a tent will be used for waxing. Table space for teams will be allotted based on # racers. There is also a wax room available at host hotel.

Medical – Qualified first aid people will be on site in the stadium and on course. Sudbury Health Sciences North Hospital is located approximately 15 km from the Walden Club in Sudbury.

Food there will be a concession available in the ski chalet with proceeds going to the racing program.

Accommodation – our host hotel is Travelodge Hotel click [here](#) for further information

Race courses – maps available online [here](#)

Category	Year of birth	Sat classic	Sun free
Senior Men	1992 -1983	11	15
Senior Women	1992-1983	5.5	10
Junior Men	1993-1994	11	15
Junior Women	1993-1994	5.5	10
Junior Boy	1995-1996	11	10
Junior Girl	1995-1996	5.5	10
Juvenile Girl	1997-1998	5.5	7
Juvenile Boy	1997	5.5	10
Midget Girl	1999-2000	3	5
Midget Boy	1998-1999	3	5
Pee Wee girl	2001-2003	.7	.7
Pee Wee boy	2000-2003	.7	.7
Master Men	1982 and earlier	11	15
Master Women	1982 and earlier	5.5	10
PN Standing Men		11	5
PN Standing Women		5.5	10
PN Standing Men –Dev		1.4	1.4
PN Standing Women –Dev		1.4	1.4
PN Sit Men		3	3
PN Sit Women		3	3
PN Sit Men -Dev		1.2	1.2
PN Sit Women-Dev		1.2	1.2