

The 2024 LCS Cup

Including Ontario Cup #3

Presented by



Hosted by

Kawartha Nordic

at



Chelsea Scott // Registrar & Volunteers

Adam Ross // Onsite SafeSport Officer

Todd Harris // Chief of Competition

ocup@lcs.on.ca

aross@lcs.on.ca

Summary

- Saturday 20 January to Sunday 21 January 2024
- With pre-skiing available Friday 19 January
- Presented by Wild Rock Outfitters, Peterborough ON
- Hosted by Kawartha Nordic in collaboration with Lakefield College School
- Races will be held on the trails at Lakefield College School
- An Ontario Cup race series event sanctioned by Nordiq Canada
- Open to U10, U12, U14, U16, U18, U20, U23, Senior, Master & Para Nordic skiers

A. Event Health & Safety Protocols

For everyone's health and safety:

1. Those with common symptoms of illness that haven't been improving are encouraged to stay away from the venue
2. Those who have had common symptoms of illness in the last 10 days are expected to wear a multi-layer medical mask when indoors or in crowded spaces
3. All event attendees are encouraged to wash hands regularly, use hand sanitizer and practice respiratory etiquette
4. This event will follow local and Provincial health guidelines with respect to event hosting, which may change unexpectedly
5. Any event attendees that require medical assistance while at the venue should have someone contact a volunteer for assistance and if an immediate emergency response is necessary, also call 9-1-1
6. 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, <info@abuse-free-sport.ca> 1-888-83SPORT, or the onsite SafeSport officer, Adam Ross <aross@lcs.on.ca>. These individuals can connect you with support and help you file a complaint. For emergencies, call 9-1-1.



B. General Information

Location

Lakefield College School (www.lcs.on.ca)
 4391 County Rd 29, Lakefield ON ([Google maps](#))

Program

Day	Race	Technique	Categories
Friday 19 January	Official Training		
Saturday 20 January	Individual Sprint 800m	Free	Para Nordic, Master, Senior, U23, U20, U18, U16, U14, U12, U10
	Team Sprint 800m	Free	Senior (U20+), Challenge (U16/U18), Development (U12/U14)
Sunday 21 January	Interval Start Long Distance	Classic	Para Nordic, Master, Senior, U23, U20, U18, U16, U14, U12, U10

Sanction

This event is sanctioned by

- [Nordiq Canada](#) (NC)
- [Cross Country Ski Ontario](#) (XCSO)

Stakes

- [Canadian Points](#)
- Cash Awards sponsored by [Wild Rock Outfitters](#)
- [Ontario Cup](#)



Technical Background

- [Canadian Competition Rules](#) with most recent Precisions (CCR)
- [FIS Para Nordic Skiing International Competition Rules](#)
- [Nordiq Canada Competition Pathway](#)
- [Nordiq Canada Fluoro Wax Rule](#) for Tier 2 events
- [Ontario Cup Technical Package](#)

Key Organizing & Competition Personnel

- Chelsea Scott // Registrar & Volunteers
- Garret Hart // Facilities
- Spencer Vreugdenhil-Beauclerc // Communications
- Avery Vreugdenhil-Beauclerc // Waxing Facilities
- Todd Harris // Chief of Competition
- Laura Inkila // Chief of Course
- Hugh Dobson // Chief of Stadium
- Dave Woodfine // Chief of Grooming
- Ken Beauclerc // Chief of Start
- Reinout Westbroek // Chief of Finish
- Neil Fortin // Assistant Chief of Finish
- Martin Harris // Chief of Timekeeping
- Adam Ross // Chief of Control, Security & Safety + Onsite SafeSport Officer

Jury

- Angus Carr // Technical Delegate
- Dwayne Barber // Cross Country Ski Ontario Representative
- Todd Harris // Chief of Competition

Communication

Primary communication will be via the Zone4 event page, email to all registered Athletes and Team Personnel, and WhatsApp messaging to all registered Team Personnel. Unofficial information may also be posted to Instagram.

- Zone4 Event Page – <https://zone4.ca/event/2024/YxqbyZ/>
- WhatsApp Group – <https://chat.whatsapp.com/LJzFGHQuV6J0mattWGhse8>
- Instagram – @kawarthanordicracing



Contingency Plan

Any change to the event schedule or plan will be posted as early as it is known to the [Zone4 event page](#). If necessary, a decision on event cancellation due to weather, conditions, or shifting public health guidelines will be made by Tuesday 16 January 2024, as recommended by the jury.

Volunteering

Please consider registering as a volunteer, if you'd like to be part of the event.

Registering through [iVolunteer.com](https://ivolunteer.com) will allow you to select specific roles and time periods that work best for you, and support our event. Volunteers will also be provided with lunch and drinks on Saturday and Sunday.

Site Access

No site access will be available before Friday 19 January 2024 at 08:00 EST.

Access to certain facilities, areas and parts of the course will be limited to Competitors (athletes & guides), team personnel (coaches & wax technicians), and volunteers that have been registered in advance via the [Zone4 event page](#) or [iVolunteer.com](https://ivolunteer.com).

Access to the facilities of Lakefield College School will be limited to the Nordic trails, Hadden Hall, parking, and such wax space as assigned to each team.

Timeline

Day		Time	Event	Location
Mon	11 Dec	or sooner	Event Volunteer registration opens	iVolunteer.com
			Athlete registration opens	Zone4
			Team personnel registration opens	Zone4
Fri	12 Jan	23:59	Early Athlete registration closes	Zone4
Sun	14 Jan	23:59	Regular athlete registration closes	Zone4
		23:59	Deadline for team to submit request for indoor or outdoor wax space	Wax Space Request form
Tue	16 Jan	23:59	Late athlete registration closes	Zone4



		23:59	Team personnel registration closes	Zone4
Wed	17 Jan	16h	Corrections to Confirmation List due	Registrar
		16h	Confirmation of University/College eligibility due	Registrar
		19h	Seeding List available	Zone4
Thr	18 Jan	23:59	Team Sprint declaration closes	Zone4
Fri	19 Jan	8h – 21h	Wax Area open	Wax Area
		9h – 17h	Race Office open	Race Office
		11h – 17h	Official Training open	All courses
		16h	Corrections to Seeding List due	Registrar
		17h	Team Captains' Meeting #1	Zoom
		19h –	Security in force	Wax Area
Sat	20 Jan	6h – 21h	Wax Area open	Wax Area
		7h – 17h	Race Office open	Race Office
		7:30	Bib pickup open	Race Office
		8h – 8:50	Course open for warm-up	Free course
		9h – 11h	Individual Sprint races	Free course
		12 – 16:30	Team Sprint races	Free course
		17 – 18h	Official training open	Classic course
		17h	Team Captains' Meeting #2	Zoom
		19h –	Security in force	Wax Area
Sun	21 Jan	6h – 21h	Wax Area open	Wax Area
		7h – 17h	Race Office open	Race Office
		7:30	Bib pickup open	Race Office
		8h – 8:50	Course open for warm-up	Classic course
		9h – 14h	Interval Start distance races	Classic course



C. Competition

Races

Category	Year of Birth	Saturday 20 January	Saturday 20 January	Sunday 21 January
		Free Technique Individual Sprint	Free Technique Team Sprint	Classic Technique Interval Start
U10	2014 & 2015	800 m		1.25 km
U12	2012 & 2013	800 m	2 x 2 x 800 m	2.5 km (2 x 1.25)
U14	2010 & 2011	800 m	2 x 2 x 800 m	7.5 km (2 x 3.75)
U16	2008 & 2009	800 m	2 x 3 x 800 m	7.5 km (2 x 3.75)
U18	2006 & 2007	800 m	2 x 3 x 800 m	11.25 km (3 x 3.75)
U20	2004 & 2005	800 m	2 x 4 x 800 m	15 km (4 x 3.75)
U23	2001 – 2003	800 m	2 x 4 x 800 m	15 km (4 x 3.75)
Senior	1994 – 2000	800 m	2 x 4 x 800 m	15 km (4 x 3.75)
Master	1993 & earlier	800 m	2 x 4 x 800 m	15 km (4 x 3.75)
Paranordic		TBD		TBD

- Categories and genders may race concurrently at the jury's discretion
- Categories racing identical distances will be consolidated to make competitive races
- Race formats and distances for Para Nordic competitors will be determined in consultation with coaches
- All race formats or distances, and other event details are subject to change based on shifting conditions, and/or health & safety protocols
- The Individual Sprint will be open to all athletes, even those not racing the Club Team Sprint event
- Athletes registered in the Individual Sprint will be entered in the Team Sprint, if they complete the separate Zone4 Team Sprint Declaration form by the deadline. Those without a club partner that wish to be entered in the unofficial mixed-club team event must also complete the Team Sprint Declaration form by the deadline.



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 2024 Canadian Ski National Championships
- The Club Team Sprint will be contested in 3 categories: Senior (U20+); Challenge (U16/U18) and Development (U12/U14)
- Sprint Teams will consist of 2 skiers alternating laps
- Seeding will be based on combined CPL, not on Individual Sprint times
- Seeding for the Development category may be adjusted at the jury's discretion
- Sprint partners must be from the same club or university/team and will race in the category of the eldest team member, but need not be the same gender
- All teams will race one heat — there will be no semi-finals or finals
- The jury will determine the exact number of teams seeded into each heat
- Final results for each Team Sprint category will be ordered by finish times regardless of heat
- Awards for the Club Team Sprint will be given by category, and also for female-only teams
- If time and conditions permit, an unofficial mixed-club Team Sprint may be held for those without an official club sprint team
- Unofficial mixed-club Team Sprint athletes that declare without a partner, will have one randomly assigned during the Start List draw, until all have been assigned which may leave some athletes unable to race the Team Sprint
- No substitutions will be permitted after Team Sprint Declaration closes

Courses

Course and stadium maps will be available on the [Zone4 event page](#) no later than Tuesday 16 January 2024.

Seeding

The most recent Canada Points List (CPL) will be used for seeding purposes for all races and categories, except U10, U12 and the unofficial mixed-club Team Sprint which will be seeded by random draw.

Seeding lists will be posted on the [Zone4 event page](#) no later than Wednesday 17 January 2024 at 19:00 EST for review by coaches. Please contact the registrar,



Chelsea Scott <ocup@lcs.on.ca> before 16:00 EST on Friday 19 January 2024 should any corrections be required.

Start order will be confirmed at the Team Captains' Meeting.

Bibs & Chips

Bib pickup will be from the race office, in Lower Hadden Hall. Bibs will be available for pickup starting at 07:30 EST each race day. Bibs will be sorted by team or club as identified during registration. Bibs will be collected before athletes leave the finish area.

Timing chips will be distributed as athletes enter the start zone and collected before they leave the finish area.

Clubs, teams, training centres, and unaffiliated individuals will be charged a replacement fee of \$100 for each missing bib and/or timing chip, which must be paid before another race start will be granted.

Wax Protocols

For all race categories, the use of any fluorinated ski treatments is prohibited, including glide and grip products, powders, additives, and hardeners. Consult the [Nordiq Canada Fluoro Wax Rule](#) for Tier 2 Events for specific details.

Competition Rules

As per [CCR 310.2](#), the jury will enforce the use of Turning Techniques and Diagonal Techniques on marked sections of all classic technique courses.

Results & Protests

The official timing will be recorded with Summit Systems, ALGE and Zone4 hardware with all data managed by Zone4.

Unofficial live and official final results will be posted on [Zone4](#). Protests must be submitted in accordance with [CCR 361](#). A notification will be sent on the Team Personnel WhatsApp group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.



Awards

The award schedule and process will be confirmed at the Team Captains' Meeting. Prize winners must attend their awards ceremony to receive their awards.

XCSO Ontario Cup Medals will be awarded for:

- Top 3 female & top 3 male finishers in Saturday's Individual Sprint races for each of the PN Sitting, PN Standing, PN Visually Impaired, Master, Senior (including U23), College/University, U20, U18, U16, U14, U12, & U10 categories
- Top 3 female & top 3 male finishers in Sunday's races for each of the PN Sitting, PN Standing, PN Visually Impaired, Master, Senior (including U23), College/University, U20, U18, U16, U14, U12, & U10 categories

Alternate awards will be given for the:

- Top 3 teams in Saturday's Club Team Sprint races for each of the Senior (U20+), Challenge (U16/U18) & Development (U12/U14) categories
- Top 3 all-female teams in Saturday's Club Team Sprint races for each of the Senior (U20+), Challenge (U16/U18) & Development (U12/U14) categories

Wild Rock Outfitters will be presenting cash awards for the combined aggregate score of the two individual races in the Open Men's and Open Women's categories, where Open is the combined results of the U20, U23, Senior, and Master categories. Scoring will follow a modified points system for top 10 (1st = 25 points, 2nd = 20 points, 3rd = 15 points, 4th = 12 points, 5th = 10 points, 6th = 8 points, 7th = 6 points, 8th = 4 points, 9th = 2 points, 10th = 1 point) with ties broken by placing in Sunday's race.

- 1st place – \$200
- 2nd place – \$100
- 3rd place – \$50

Points

Canadian Points (CPL) will be granted to those with Nordic Canada annual race licenses for the Individual Sprint and Interval Start races only.

Team Captains' Meeting

Mandatory Team Captains' Meetings will be held Friday 19 January and Saturday 20 January 2024 to address specifics of the next day's races.



All Team Captains' Meetings will be held via Zoom at 17:00 EST and access will be sent to registered team personnel by email and WhatsApp messaging.

D. Registration

Registration through Zone4 is required for all athletes, Para Nordic guides, coaches and wax technicians, and all fees must be paid online through Zone4.

Registration will open Monday 11 December 2023 on [Zone4](#).

- Early registration will close Friday 12 January at 23:59 EST
- Regular registration will close Sunday 14 January 2024 at 23:59 EST
- Late registration will close Tuesday 16 January 2024 at 23:59 EST and each late registration will be subject to a \$100 late fee per person

Each athlete registered in the Individual Sprint must declare their intention to race in the Club Team Sprint or Unofficial mixed-club Team Sprint on [Zone4](#) through a separate Team Sprint Declaration form by Thursday 18 January 2024 at 23:59 EST. This form should be completed once for each partnership, but may also be submitted for one athlete looking for an Unofficial mixed-club Team Sprint partner.

Race Fees

Fee Description	U16, U18, U20, U23, Senior, Master, Para	U14	U12, U10
Early Competitor Entry fee <i>or those registered by 12 January</i>	\$45 / day	\$30 / day	\$30 / day
Competitor Entry fee	\$50 / day	\$35 / day	\$35 / day
Tier 2 Event License <i>for those without a valid Nordiq Canada Race License</i>	\$6 / day	\$6 / day	na
XCSO Ontario Cup fee <i>for all members of Ontario clubs</i>	\$7 / day	\$3 / day	na
Southern Ontario District fee	\$5 / day	\$2.50 / day	na
Para Nordic Guide Entry fee	\$0	na	na
Additional Late fee <i>For those registering after 12 January</i>	\$100	\$100	\$100



Sales tax (HST) and online processing fees will be applied to all registrations.

Eligibility

All skiers born in 2015 or earlier are eligible to race. Those racing as U14 or higher must have a current annual Nordiq Canada Race License at the time of registration, or purchase a Nordiq Canada Tier 2 Event License for each day they race (formerly known as a NC Supporting Member Day License/SMDL).

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 eModules as per the Nordic Canada Race License and Screening Policies.

Skiers must compete in both races to be eligible for any aggregate prizes.

Students that are eligible to be listed as University/College athletes and would like to appear as such on race results, are required to:

1. Meet the varsity requirements of their Institution (CIS, OUA, OCAA);
2. Be enrolled in a minimum of 3 courses per semester (minimum 9 credit hours or equivalent) in the current academic year (September through April);
3. Submit signed or emailed authorization from their school coach and/or Director of Athletics to the registrar, Chelsea Scott <ocup@lcs.on.ca>, by Wednesday 17 January at 16:00 EST; and,
4. Identify their University/College Team when registering for this event online.

Racing Up

Racing up to a higher category than a skier's year of birth is permitted, but the Organizing Committee reserves the right to limit the number of athletes racing up in each race.

Athletes must race up in the Team Sprint race to the age category of their partner and may do so even if they did not race up in the Individual Sprint.

Refunds

Refunds will be given at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made as per the [XCSO OCup Technical Package](#).



Nordiq Canada Tier 2 Event License fees cannot be refunded, even if a Nordiq Canada Race License is renewed after registering, or if the wrong Nordiq Canada Race License number was entered when registering.

No refunds will be given for any changes in race formats or distances.

Rowan's Law

Ontario's [Rowan's Law \(Concussion Safety\) 2018](#) requires that we:

1. Ensure athletes under the age of 26, and parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources; and,
2. Ensure athletes under the age of 26, and parents of athletes under 18, sign a concussion code of conduct.

Concussion resources will be available and electronic signatures gathered during Zone4 registration.

E. Facilities & Services

Parking

Parking will be available in designated lots only on the Lakefield College School campus. Please do not park along campus roads or in driveways. Please respect all signage and parking attendants who will attempt to maximize all available space.

The School is in session during this event, requiring that some parking be reserved for staff and students.

Our largest lot is on a rugby pitch. If conditions deteriorate, it may need to be closed. In which case later arrivals may need to drop off athletes and equipment before parking in the Village of Lakefield.

Security

Campus Security will be in force all night from 19:00 EST on both Friday 19 January and Saturday 20 January 2024.

During the day, marshalls are responsible for the safety of skiers and others on or near the course. Their role includes monitoring Event Health & Safety Protocols and preventing interference with skiers. Please follow their instructions.



Weather

- <https://www.theweathernetwork.com/ca/weather/ontario/lakefield>
- <https://www.yr.no/en/details/table/2-6048370/>
- <https://openweathermap.org/city/6048370>

Training

Training on course will be permitted:

- Friday 19 January from 11:00 to 17:00 EST on all courses
- Saturday 20 January from 08:00 to 08:50 EST on the 800 m free loop
- Saturday 20 January from 17:00 to 18:00 EST on the 3.75/1.25 km classic loop
- Sunday 21 January from 08:00 to 08:50 EST on the 3.75/1.25 km classic loop

Classic trackset may not be set in time for the Saturday afternoon training.

All skiing must be in the direction of the race course at all times. All athletes on course before 9:00 EST are required to wear their race bibs; and bibs must be visible to officials. Skiers that do not respect these guidelines for use of the race courses will be sanctioned.

The jury reserves the right to limit or restrict use of the race course, if conditions warrant.

Warm-up & Wax Testing

All trails not part of each day's race course will be open for warm-up, race course access, and wax testing. Please be cautious when crossing the race course and mindful of skiers skiing in either direction.

Only registered coaches and wax technicians, wearing a coach bib, are permitted to test wax on course while the race course is in use for competition. Testing on course must be in the direction of the race course.

Athletes using any trails that are not part of a race course while other athletes are competing, must be sure their race bib is covered or turned inside out.

The plateau North of and in view of the stadium offers the closest groomed snow for wax testing. Some of this space will be available throughout the event.



Wax Facilities

Each team should complete the Wax Space Request form (<https://forms.gle/arGDgGejPVh31AvT9>) no later than Friday 12 January 2024 at 23:59 EST to request indoor or outdoor space plus power.

- Space for wax tents and parking for wax trailers is available
- Limited indoor wax space will be available
- Limited outdoor 120 VAC 15-amp circuits will be available
- All teams will need to provide their own extension cords
- Generators are recommended
- Most vehicles will need to be parked separately from their wax trailers

Regrettably, it is very likely all requests for indoor space and outdoor power will not be met. Please plan accordingly.

Athlete Lounge

The Lower Hadden Hall lounge and adjacent hallway will be open for teams to stay warm indoors, and, if necessary, the Hadden Hall gymnasium. No outdoor footwear or ski boots will be permitted in the gymnasium.

Washrooms & Change rooms

Washrooms with change rooms and shower facilities will be available in Hadden Hall. Those wishing to use the showers will need to supply their own bath products and towels.

Food Services

Athletes will be supplied with recovery fuel and hydration upon race completion each day, with vegan and gluten-free options.

Drinking water will be available at bottle filling stations in Hadden Hall.

On Saturday and Sunday, athletes, coaches, and spectators may purchase additional food and beverages from the kitchen across the breezeway from Hadden Hall.

Registered volunteers and race officials will be supplied with lunch and drinks each day they volunteer.



Medical Services

Event medical services will be provided by onsite Canadian Ski Patrollers. If necessary, ambulance and fire services can be dispatched from Lakefield, and the closest hospital is the Peterborough Regional Health Centre, 1 Hospital Dr, Peterborough.

Lost and Found

Lost and found items will be collected in the race office in Lower Hadden Hall. If you have lost an item visit the race office to lay your claim or email the registrar, Chelsea Scott <ocup@lcs.on.ca>

F. Version History

- V1.0 Initial public distribution, 8 Dec 2023
- V1.1 Early & regular race registration moved forward, 4 Jan 2024

