

The LCS Cup

Including Ontario Cup #5

Presented by



Hosted by



In collaboration with
Kawartha Nordic



Alaina Connelly / *Registrar*

Chelsea Scott / *Volunteers*

Todd Harris / *Chief of Competition*

ocup@lcs.on.ca

Summary

- Saturday 5 March to Sunday 6 March 2022
- With vaccine verification & pre-skiing available Friday 4 March
- Presented by Wild Rock Outfitters, Peterborough ON
- Hosted by Lakefield College School, Lakefield ON
- In collaboration with Kawartha Nordic
- Races will be held on the newly rejuvenated trails at Lakefield College School
- An Ontario Cup race series event
- Open to U10, U12, U14, U16, U18, U20, Senior, Master, and Paranordic skiers

A. COVID-19 Event Protocols

Health measures intended to control the ongoing COVID-19 pandemic can change day-to-day. Unless there is a significant change, the health measures the Organizing Committee plans to apply for everyone's health and safety, include:

1. Vaccination
 - a. Full vaccination and proof of vaccination is required for all event attendees regardless of age, including athletes, team personnel (coaches & wax technicians), and event personnel (officials, staff, & volunteers).
 - b. Attendees will only be permitted venue access once their enhanced vaccination certificate QR code has been verified against ID with the provincially-mandated vaccination passport app (Verify Ontario).
 - c. Attendees that have had their vaccination status verified will be given a wristband to make entry on subsequent days easier.
 - d. Attendees with a vaccination medical exemption will only be permitted venue access each day
 - i. once their enhanced medical exemption QR code has been verified against ID via the provincially-mandated vaccination passport app (Verify Ontario); and,
 - ii. they provide a validated negative rapid antigen test result that was completed within the last 24h.
 - e. Those who are unvaccinated and do not have a medical exemption are not eligible to be on-site in any capacity.
2. Screening & Contact Tracing
 - a. An Ontario COVID-19 Screening will be administered to all attendees and must be passed before venue access will be granted on each day.



- b. Those who will fail the Ontario COVID-19 Screening or otherwise feel unwell, are asked to not come to the venue.
- c. The full name, email address and phone number of all event attendees each day will be recorded for disclosure to Peterborough Public Health in the event that the information is requested, or to facilitate communication by the event organizers of a case contact or outbreak.

3. Masking

- a. Multi-layer medical masks are required at all times indoors and outdoors, except:
 - i. when wearing an industrial respirator certified as P95 or better for the purpose of waxing skis,
 - ii. when skiing or warming-up outdoors,
 - iii. when eating or drinking outdoors.
- b. Buffs and cloth masks on their own are insufficient.
- c. Masks must cover the nose, mouth, and chin.
- d. While not competing, those skiing or warming-up outdoors are asked to maintain a 2m physical separation when possible.
- e. While not competing, those skiing or warming-up outdoors are required to re-mask or physically separate themselves by 2m from others when stopped.
- f. Those eating or drinking are asked to do so outdoors only, and while they are temporarily unmasked a 2m physical separation from others is required.

4. Distancing & Gathering

- a. A 2m physical separation is to be maintained whenever possible, and all gatherings are to be avoided.
- b. Race results and start lists will be posted online only.
- c. All Team Captains' Meetings will be held online only.

5. Hygiene

- a. Hand sanitizer will be readily available and its use encouraged.
- b. Attendees will be encouraged to practice respiratory etiquette.
- c. Water bottles are not to be shared, and other forms of cross-contamination avoided.
- d. No refreshments or food will be served at the event. Athletes should have their own hydration and fuel ready upon race completion.
- e. Washroom and change room facilities will be sanitized and cleaned regularly.

6. Capacity & Cohorts

- a. Teams are encouraged to establish their own space with good physical separation from other teams, and mixing should be avoided whenever



possible. If a single team has been training in multiple separate cohorts, those cohorts should also maintain good physical separation from each other.

- b. Capacity limits will be posted and must be followed for both indoor and outdoor spaces.
 - i. Our outdoor stadium will operate at 75% capacity
 - ii. Our indoor spaces will operate at 50% capacity
- c. Where it seems likely capacity could be exceeded, event personnel will maintain a count and bar access to spaces that have reached capacity.

7. Tents, Trailers, & Temporary Structures

- a. Tents must have 2 full sides open for ventilation.
- b. Teams that bring their own tents, trailers, or other enclosed structures will be expected to adhere to capacity limits that allow 2m of physical separation from others within these structures, in addition to all other COVID-19 Event Protocols.

8. Registration

- a. Registration will be capped to keep total event attendance under our outdoor stadium capacity.
- b. All attendees must be registered in advance online as either an athlete (via Zone4.ca), team personnel (via Zone4.ca), or event personnel (via iVolunteer.com).

9. Policies

- a. Event attendees must adhere to any additional protocols or policies established by their respective teams or clubs.
- b. Event attendees must adhere to any additional guidelines or legislation established by the Province or local authority.

10. Communication

- a. All athletes, team personnel, and event personnel will be required to acknowledge acceptance of these COVID-19 Event Protocols upon registration to attend the event.
- b. These COVID-19 Event Protocols will be reviewed at the mandatory Team Captains' Meeting.
- c. These COVID-19 Event Protocols will be published in the official Race Notice for the event.



B. General Information

Location

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

Program

Day	Race	Categories	Technique
Friday 4 March	Official Training		Classic
Saturday 5 March	Interval Start Distance	Paranordic, Master, Senior, University/College, U20, U18, U16, U14, U12, U10	Classic
Sunday 6 March	Mass Start Distance	Paranordic, Master, Senior, University/College, U20, U18, U16, U14, U12, U10	Free

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)
- [World Para Nordic Skiing Rules and Regulations](#)
- [Nordiq Canada Competition Pathway](#)
- [Ontario and Quebec No-Flouro Waxing Protocol](#)
- [Ontario Cup Technical Package](#)



Key Organizing & Competition Personnel

- Alaina Connelly / *Registrar*
- Chelsea Scott / *Volunteers*
- Garret Hart / *Facilities*
- Spencer Vreugdenhil-Beauclerc / *Communications*
- 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*
- Jeff Faulds / *Chief of Timekeeping*
- Adam Ross / *Chief of Control & Security*

Jury

- Shawn Sinclair / *Technical Delegate*
- Liz Inkila / *Apprentice Technical Delegate*
- 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 Facebook, Twitter, and Instagram.

- Zone4 Event Page – <https://zone4.ca/event/2022/LCScup/>
- Facebook
- Twitter
- Instagram

Contingency Plan

Any change to the event timing 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 COVID-19 conditions and protocols will be made by Tuesday 1 March 2022, as recommended by the jury.



Site Access

The competition venue will be closed to spectators and the public. Please consider registering as a volunteer, if you'd like to be part of the event.

All site access requires advance registration. Athletes and team personnel (coaches & wax technicians) are to register via the [Zone4 event page](#), while event volunteers are required to register at iVolunteer.com

No site access will be available before Friday 4 March 2022 at 06:00 EST.

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
Wed	9 Feb	Event Volunteer registration opens	iVolunteer.com
Wed	16 Feb	Athlete registration opens	Zone4
		Team personnel registration opens	Zone4
Sun	27 Feb	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
Mon	28 Feb	23:59	Late athlete registration closes Zone4
		23:59	Team personnel registration closes Zone4
Tue	1 Mar	18h	Mandatory pre-event Team Captains' Meeting #1 Zoom
Wed	2 Mar	16h	Corrections to Confirmation List due Registrar
		16h	Confirmation of University/College eligibility due Registrar
		19h	Seeding List available Zone4
Fri	4 Mar	6h – 21h	Wax Area open Wax Area
		9h – 17h	Race Office open Race Office
		11h – 17h	Official Training open & trackset Classic course



		16h	Corrections to Seeding List due	Registrar
		18h	Team Captains' Meeting #2	Zoom
		19h –	Security in force	Wax Area
Sat	5 Mar	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 races	Classic course
		15h – 17h	Official training open	Free course
		18h	TCM #3, if necessary	Zoom
		19h –	Security in force	Wax Area
Sun	6 Mar	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 – 14h	Mass-start races	Free course



C. Competition

Races

Category	Year of Birth	Saturday 5 March	Sunday 6 March
		Interval Start Classic Technique	Mass Start Free Technique
U10	2012 & 2013	1.25 km	1.25 km
U12	2010 & 2011	2.5 km (2 x 1.25)	2.5 km (2 x 1.25)
U14	2008 & 2009	3.75 km	3.75 km
U16	2006 & 2007	7.5 km (2 x 3.75)	7.5 km (2 x 3.75)
U18	2004 & 2005	7.5 km (2 x 3.75)	11.25 km (3 x 3.75)
U20	2002 & 2003	15 km (4 x 3.75)	11.25 km (3 x 3.75)
Senior	1991 – 2001	15 km (4 x 3.75)	11.25 km (3 x 3.75)
Master	1990 & earlier	15 km (4 x 3.75)	11.25 km (3 x 3.75)
Paranordic		TBD	TBD

- Categories and genders may race concurrently at the jury's discretion
- Mass-start categories may be consolidated to make competitive races, depending on the number of competitors
- Race formats and distances for Paranordic competitors will be determined in consultation with coaches
- All race formats or distances, and other event details are subject to change based on shifting COVID-19 conditions and protocols

Courses

Races will be run on a different 3.75km and 1.25km course each day. Course and stadium maps will be available on the [Zone4 event page](#) no later than Tuesday 1 March 2022.



Seeding

The most recent distance Canada Points List (CPL) will be used for seeding purposes for all categories, except U10 and U12 which will be seeded by random draw for the interval-start race and by Saturday's finish order for the mass-start race.

Seeding lists will be posted on the [Zone4 event page](#) no later than Wednesday 2 March 2022 at 19:00 EST for review by coaches. Please contact the registrar, Alaina Connelly <ocup@lcs.on.ca> before 16:00 EST on Friday 4 March 2022 should any corrections be required.

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

Bibs

Bib pickup will be from the race office, across the breezeway from Hadden Hall. Bibs will be available for pickup starting at 7:30 EST each race day. Bibs will be sorted by team or club as identified during registration.

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

Wax Protocols

The use of fluorinated products on skis is prohibited for all categories, except that fluorinated grip wax is permitted. Please see the [Ontario and Quebec No-Fluoro Waxing Protocol](#) for more information.

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
- Competitors should know and follow the recent updates to rules on Obstruction ([CCR 343.9](#)) and Passing ([CCR 343.10](#))

Results & Protests

The official timing will be done with Summit Systems timers, and the data will be managed by Zone4.



Unofficial and official 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.

Prizes will be awarded for:

- Top 3 female finishers in PN, Master, Senior, College/University, U20, U18, U16, U14, U12, & U10
- Top 3 male finishers in PN, Master, Senior, College/University, U20, U18, U16, U14, U12, & U10

Wild Rock Outfitters will be presenting cash awards for the combined aggregate score of the two races in the Open Men's and Open Women's categories, where Open is the combined results of the U20, 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 the Mass Start.

- 1st place – \$250
- 2nd place – \$150
- 3rd place – \$100

Team Captains' Meeting

A mandatory Team Captains' Meeting will be held Tuesday 1 March 2022. The primary purpose of this meeting will be to cover COVID-19 Event Protocols, announce any changes, and answer any questions.

A Team Captains' Meeting will also be held Friday 4 March 2022 to address specifics of the races. If necessary, a third Team Captains' Meeting will be held Saturday 5 March 2022.

All Team Captains' Meetings will be held via Zoom at 18:00 EST and access will be sent to registered team personnel by email and WhatsApp messaging.



D. Registration

All registration fees must be paid online through Zone4. Registration will open Wednesday 16 February 2022 on [Zone4](#). Regular registration will close Sunday 27 February 2022 at 23:59 EST. Late registration will close Monday 28 February 2022 at 23:59 EST and each late registration will be subject to a \$100 late fee per person.

Race Fees

Fee Description	U16, U18, U20, Open, Para	U14	U12, U10
Competitor Entry fee	\$45 / day	\$25 / day	\$25 / day
Nordiq Canada Day License fee <i>for those without a valid Nordiq Canada Race License</i>	\$5 / day	\$5 / day	na
XCSO Ontario Cup fee <i>for all members of Ontario clubs</i>	\$5 / day	\$2.50 / day	na
Southern Ontario District fee	\$5 / day	\$2.50 / day	na
Paranordic Guide Entry fee	\$0	na	na
Late fee <i>For those registering after 27 February</i>	\$100	\$100	\$100

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

Eligibility

All skiers born in 2013 or earlier are eligible to race. Those racing as U14 or higher must have a Nordiq Canada Race License or a Nordiq Canada Supporting Member Day License (SMDL) to race.

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 U SPORTS, OUA, CCAA, or OCAA institution;
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, Alaina Connelly <ocup@lcs.on.ca>, by Wednesday 2 March 2022 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 racing up must race in the same category for all races entered.

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 Supporting Member Day 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 Concussion Safety 2018 (Rowan's Law) 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.

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. A shuttle will be provided if parking in Lakefield becomes necessary.

Security

Campus Security will be in force all night from 19:00 EST on Friday 4 March and Saturday 5 March 2022.

During the day, marshalls are responsible for the safety of skiers and others on or near the course. Their role includes monitoring COVID-19 Event 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 4 March 2022 from 11:00 to 17:00 EST on the 3.75/1.25 km classic loop
- Saturday 5 March 2022 from 8:00 to 8:50 EST on the 3.75/1.25 km classic loop
- Saturday 5 March 2022 from 15:00 to 17:00 EST on the 3.75/1.25 km free loop
- Sunday 6 March 2022 from 8:00 to 8:50 EST on the 3.75/1.25 km free loop

Classic trackset may not be scrubbed in places 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.

The plateau North of and in view of the stadium offers the closest groomed snow for wax testing. This space will be available throughout the event except during the first few minutes of each mass-start race.

Wax Facilities

Each team should complete the Wax Space Request form (<https://forms.gle/arGDgGejPVh31AvT9>) no later than 27 February 2022 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 Hadden Hall gymnasium will be open for teams to stay warm indoors, if necessary. 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

Due to COVID-19 protocols, there will be no refreshments available in the stadium. Athletes are encouraged to ensure they have personal hydration and fuel ready upon race completion.

No food will be available on site. All attendees are encouraged to visit the variety of restaurants and cafés available in the village of Lakefield.

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

Medical Services

Event medical services will be provided by on-site first responders. 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 across the breezeway from Hadden Hall. If you have lost an item visit the race office to lay your claim or email the registrar, Alaina Connelly <ocup@lcs.on.ca>

F. Version History

- V1.0 Initial public distribution 12 Feb 2022
- V1.1 Update 16 Feb 2022
 - U18 classic interval-start race on Sat 5 March 2022 changed to 7.5 km
- V1.2 Update 18 Feb 2022
 - The volunteer sign-up system changed to [iVolunteer.com](https://www.volunteer.com)
 - U18/U20/Senior/Master mass-start race on Sun 6 March 2022 changed to 11.25 km
- V1.3 Update 24 Feb 2022
 - Regular registration closure date moved to Sun 27 February 2022 23:59

