

Dear NOSSA coaches,

Here is some information for you regarding NOSSA championship for Nordic skiing:

- 1) NOSSA is scheduled for Tuesday February 22th. This race will start at 11:00 pm.
- 2) The start for NOSSA will be the same as in the past (at NB Nordic). We will have two set tracks and 1 skier will depart every 15 seconds.
- 3) The course for NOSSA will be as follows:
 - Junior girls:** purple, yellow (approx 4 km)
 - Junior boys:** red (5 km) (The boys will descend the S turn.)
 - Senior girls:** red (5 km) (The girls will descend the S turn.)
 - Senior boys:** backwards brown finishing on the red + 1 yellow (approx 8,1km)
- 4) Time permitting, we will run *fun* relay races at NOSSA. Depending on entries, we will be able to combine skiers from different schools. The relays will be run similarly to the sprint relays at OFSAA. *Fun* prizes will be given out.
- 5) The fee will be 3\$ per skier payable to **École secondaire catholique Algonquin**.
- 6) For NOSSA, there will medals for all 1st place individuals and teams. I am still looking into prizes for 2nd and 3rd place although it is not required as per the constitution.
- 7) A coaches' meeting will be held at 10:30 am .
- 8) Please bring all OFSAA forms to the NOSSA meet (Some need the principal's signature.) I will also need to pick up all the eligibility forms.

If you have any questions or concerns please let me know: dubytzm@franco-nord.ca

472-8240 school

495-6465 home

RACE : NOSSA 20011 – NORTH BAY NORDIC – FEBRURARY 22, 2011

SCHOOL: _____

Please list your skiers in the seed in which you wish them to start (First to leave is seed group 1, last to leave is seed group 10)

JUNIOR GIRLS	JUNIOR BOYS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10
SENIOR GIRLS	SENIOR BOYS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Please fax or e-mail your entries to: 472-8476 or dubytzm@franco-nord.ca

Entry deadline: Friday February 18th, 2011.