

Race Notice - NOSSA Nordic Skiing 2025

Location: Hiawatha Highlands
780 Landslide Rd
Sault Ste. Marie, ON
P6A 5K7

Date: Tuesday, February 11, 2025

Back Up Date: Wednesday, February 12, 2025

Schedule:

Monday, February 10th: 3:00pm – 6:00pm Ski the Course and chat with Uncle Greg, Coach Kev, and Brady's Brother Shane Dunne.

Coaches Meeting: 10:00am in front of the Kinsmen Centre

<u>Category</u>	<u>Distance</u>	<u>Trail</u>	<u>Estimated Start Time</u>
Junior Girls	5 km	Kinsmen Lighted 2.5 km Trail (X 2)	10:30 a.m.
Junior Boys	5 km	Kinsmen Lighted 2.5 km Trail (X 2)	11:00 a.m.
Senior Girls	7 km	Kinsmen Lighted 2.5 km Trail (X 3)	11:30 a.m.
Senior Boys	7 km	Kinsmen Lighted 2.5 km Trail (X 3)	12:00 p.m.
Para	2.5 km	Kinsmen Lighted 2.5 km Trail	12:30 p.m.
Junior/Senior Exhibition (M/F)	2.5 km	Kinsmen Lighted 2.5 km Trail	12:30 p.m.

Starts:

- Individual races are 15 second interval starts.
- Relays will be mass start. Category teams competing at OFSAA must ski the relay as a team. Relays will be run similarly to the sprint relays at OFSAA. Depending on entries, we can combine skiers from different schools, so all can participate.

Entry Fee and Registration:

- Entry fee is \$20.00 per skier. Please make a cheque (as a region) payable to (White Pines C&VS City Nordic).
- Complete registration using Zone4.ca (click to access) by **Friday, Feb. 7th at 12noon**. There are no race day or late entries.
- Schools will receive their bibs and a start list after payment is received.
- For para-Nordic skiers, please contact the convenor via email to ensure your athlete's specific needs are met.

Eligibility: Please bring your athlete eligibility forms with you.

Shirts: NOSSA hoodies and long sleeve breathable ski shirts will be available at the race. Pre order shirts by emailing:

nossamerch@gmail.com shirts are \$50 and pay when you pick up at NOSSA

Entry Classifications: As per OFSAA rules, skiers are to be entered into one of two classifications: open division or high school division. From the OFSAA Nordic Skiing Playing Regulations:

High School Division: Any Nordic skier may compete in the High School division, provided:

- (i) they exclusively train and compete with/for their high school and do not train or compete with/for any other Nordic program or program with a Nordic skiing component; and
- (ii) they ceased to train or compete with/for any other Nordic program or program with a Nordic component:
 - (a) prior to the start of the school year, if they are in grade nine (9), or
 - (b) prior to the start of the previous high school year, if they are in grade ten or above.

Open Division: Any Nordic skier who is not eligible to compete in the High-school division or as a Paranordic athlete, or who chooses not to compete in the High-school division or as a Para-nordic athlete, must compete in the Open division for individual distance events.

Team Qualification: For teams with more than five skiers in a category (i.e. junior boys), the top 5 skiers from the NOSSA results for that school will automatically be designated as Team A, unless a coach/school declares their A and B athletes prior to NOSSA by contacting the convenor prior to the registration deadline. If a school has enough skiers to field a full Team B, that Team B will be eligible to qualify for OFSSA if they are the second place team based on NOSSA results.

Awards:

- Medals for all 1st and 2nd place individuals in each category and division (including exhibition), and teams.
- Banners to the top boys' and girls' teams.
- Results will be posted to the zone4 website at: <https://zone4.ca/event/2025/Ny5lq3/>

Waxing Facilities:

A heated wax room with 5 waxing stations and electricity is available in the blue Soo Finnish Ski Clubhouse (The Blue Shack).

Please remember the OFSSA protocol regarding waxing. From the OFSAA Playing Regulations:

- All coaches, teachers, wax technicians, athletes and parents are respectfully asked to abide by a self-governed protocol on waxing, as follows:
 - a) Only non-flouro waxes are to be used on student-athletes skis.
 - b) Student-Athlete's skis that have had other waxes applied, are to be re-waxed with non-flouro waxes before racing at OFSAA.
 - c) Personal protective equipment, including breathing masks and eye protection, are to be used while waxing, especially by athletes.

Food and Change Facilities:

The Kinsmen Centre provides a heated space with changerooms, washrooms, and a snack bar serving food. Pizza, Chilli, Hot Chocolate, Coffee, and Snacks available for cash, credit, or debit.

Parking:

Buses are to park in the church parking lot which is located adjacent to the 2km parking lot.

Please tell parents/spectators to park in designated parking lots (2km lot, Pinder lot, etc.). Remind athletes to tell their parents and other possible spectators to universally cheer for all athletes and to adhere to the designated spectating areas (near the start/finish line). If you have any questions or concerns, please email Greg and Kevin.

(maclacg@adsb.on.ca & magilk@adsb.on.ca)

Accommodations: The following hotels are located close to the event site (and restaurants):

Comfort Inn Sault Ste. Marie
333 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z8
(705) 759-8000

Microtel Inn and Suites by Wyndham
724 Great Northern Rd, Sault Ste. Marie, ON P6B 5A3
(705) 910-0180

Fairfield Inn & Suites Sault Ste. Marie
633 Great Northern Rd, Sault Ste. Marie, ON P6B 5A1
(705)253-7378

Quattro Hotel and Conference Centre
229 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z2
(705) 942-2500

If you have any questions or concerns, please contact:

Greg MacLachlan – maclacg@adsb.on.ca (Chief of Everything Else)

Kevin Magill – magilk@adsb.on.ca (Chief of Stadium)

Shane Dunne – Dunnes@adsb.on.ca (Chief of Course)

Shirts and hoodie logo!!



SEE YOU ALL ON THE TRAILS MONDAY WHEN YOU GET IN!!

Exhibition - 1 x 2.5km
Junior - 2 x 2.5km
Seniors 3 x 2.5km



