

# 07/08 Ontario Cup #4

Hosted by

Laurentian Nordic Ski Club



## Sponsors

Saturday, February 23, 2008

Sunday, February 24, 2008

**Welcome:** Laurentian Nordic Ski Club would like to extend a warm (about a Swix Blue type of warm would be nice) welcome to all racers, their families and support crews. We look forward to a fun filled weekend with all of you!

**Race Location:** Laurentian Nordic Ski Trails, Sudbury, Ontario. Trail head is the stadium area at Laurentian University.

### Competition Organization:

Title	Name	Contact
Chief of Race	Perry Sakki	perry@laurentiannordic.com 705-522-0401
Chief of Race	Mary Waddell	mary@laurentiannordic.com 705-522-3024
Race Secretary	Margaret Sun	margaret@laurentiannordic.com 705-675-2768
Technical Delegate	Richard Lemoine	richard@laurentiannordic.com



**Eligibility:** Juveniles and older must have a valid racing license or pay the daily license fee of \$5.00 per event. Note: Masters' license is not a valid license for O-Cup races.

**Registration and Deadline:** Only online registrations will be accepted. Registration is available at zone4.ca. Deadline for early registration is Midnight, Saturday February 16th at which point fees will go up. Final deadline for registration is Midnight, Thursday February 21st at which point registration will close. No registrations will be accepted after this point.

**Masters:** Laurentian Nordic Ski Club would like to encourage parents and support crews to have some fun and also race! You spent all this time and money getting your kids to this race, the least we could do is make your entry a mere \$10/race! Now if only you can get your kids up at 4am to wax your skis! Medals will be awarded to top 3 overall masters (male and female).



**Race site facilities:** Laurentian University Ben Avery (Phys Ed) Building will be open to warm up or to use washrooms. There will be heated tents for waxing as well as the Piston Bully garage. The Stadium building will also be open, but space is limited. Porta-Potties will be available on site. Laurentian University also has wifi internet available for checking weather forecasts or results with your laptop, PDA, or iPhone.

**Accommodations:**

Travelodge (race hotel)	705-522-1100 1-866-525-9155 1401 Paris Street Sudbury, ON P3E 3B6	\$79/night. Includes wax room, hospitality room, indoor pool/hot-tub, Perkins restaurant. Ask for Erin Newell and quote group block "CGOCUP" when booking your room.
Travelway Inn	705-522-1122 1200 Paris Street , Sudbury , ON P3E 5V4	
Comfort Inn	705-522-1101 2171 Regent St S , Sudbury , ON	
Super 8	705-522-7600 1956 Regent S , Sudbury , ON P3E 3Z9	
Holiday Inn	705-522-3000 1696 Regent , Sudbury , ON P3E 3Z8	

**Seeding:** Seeding is based on CPL points list and will adhere to specifications stated in the Technical Package.

**Draw:** The draw for each race will be agreed during the Coaches' meeting(s).

**Coaches' Meeting:** Friday February 22nd at 7pm at the race hotel (Travelodge).

**Awards:** Medals will be presented to the top 3 finishers of the first day (Skate), the second day (Classic), and also for the top 3 finishers overall (combined results) for each category.

**Entry Fees:**

	First Day	First Day (late)	Full Pursuit	Full Pursuit (late)
Midget and Under	\$30	\$35	\$55	\$65
Juvenile and Over	\$35	\$40	\$65	\$75
Masters	\$10	\$15	\$20	\$30



**Schedule of Events:**

DAY	DATE	TIME	EVENT	LOCATION
Friday	February 22	7pm	Coach's Meeting and Draw	Race Hotel Meeting room.(Travelodge)
Saturday	February 23	10 am	Free Style Interval Start	Laurentian Ski Trails
Saturday	February 23	After races	Awards	Stadium
Sunday	February 24	9 am	Classic Pursuit	Laurentian Ski Trails
Sunday	February 24	After races	Awards	Stadium

**Race Categories:**

Category	Year of Birth	Saturday February 23	Sunday February 24
<b>MALE</b>			
Mini-Midget Boys	1996-1997	2 km	2 km
Midget Boys	1994-1995	5 km	3.5 km
Juvenile Boy	1992-1993	7.5 km	7.5 km
Junior Boy	1990-1991	7.5 km	7.5 km
Junior Men	1988-1989	15 km	10 km
Senior Men	1977-1987	15 km	10 km
Master Men	1976 or earlier	15 km	10 km
<b>FEMALE</b>			
Mini-Midget Girls	1996-1997	2 km	2 km
Midget Girls	1994-1995	5 km	3.5 km
Juvenile Girl	1992-1993	7.5 km	5 km
Junior Girl	1990-1991	7.5 km	5 km
Junior Women	1988-1989	7.5 km	5 km
Senior Women	1977-1987	15 km	5 km
Master Women	1976 or earlier	15 km	5 km



## PARTICIPANT WAIVER FORM

Note: This waiver will cover participation in all of the competition encompassed in the named event below.

Name of Event: **2007 Ontario Cup #4 at Laurentian Nordic Ski Trails, Sudbury, Ontario**

Event Date(s): **February 23 and 24, 2008**

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **NOD** (name of Ski Division, hereinafter called the **Host Division**) and **Laurentian Nordic Cross Country Ski Club** (name of hosting Club, hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**. In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

**Adult Participant Release and Waiver**



As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

**Minor Participant Release and Indemnification**

As a parent or guardian of \_\_\_\_\_ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of

\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Witness: \_\_\_\_\_