



2023 Ontario Season Finale

April 1-2, 2023

Hosted by the North Bay Nordic Ski Club

Supported by Cross Country Ski Ontario

Contacts / Communication

Competition Secretary

Primary communication will be via the Zone4 event page, email to registered athletes and team personnel, and a WhatsApp messaging group. Updates on trail conditions are provided regularly on the club's Twitter page @Northbaynordic

Link to WhatsApp Group for the event:

Location:

North Bay Nordic Ski Club
630 Northshore Rd
North Bay, ON

Directions to race site are posted on the club's website: www.northbaynordic.ca



SCHEDULE OF EVENTS

Friday March 31, 2023

- 9:00 am – 9:00 pm Trails open for pre-skiing
Note: Racers and coaches receive complimentary day pass. Must sign in at Snack Bar in the clubhouse
- 5:00 pm Race information meeting, for both days (optional, via Zoom)
Join Zoom Meeting

Saturday April 1, 2023

- 9:00 am – 11:45 am Trails open and marked for Saturday Races
- 10:00 am – 11:30 am Race office open for bib-pickup
- 11:45 am Race Trails Closed – Warmup and wax testing trail available
- 12:00 pm Race Start – Free Technique Individual Start
- 12:00 pm – 3:00 pm Complimentary lunch and treat buffet for racers and coaches
- ~3:00 pm Race Start, 100 m Sprints (~85m). Double elimination brackets by category. Race to be known as the fastest skier in Ontario!

Sunday April 2, 2023

- 6:00 am Wax areas open
- 8:00 am – 9:30 pm Race office open for bib pickup
- 9:50 am Race Trails Closed – Warmup and wax testing trail available
- 10:00 am Race Start – Classic Technique Mass Start

RACE DETAILS

Category	Year of Birth	Saturday	Sunday
		Interval Start Free	Mass Start Classic
Race distances (laps)			
U10	2013 and later	2.6 km (2 x 1.3)	3 km (1 x 3)
U12	2011-2012	3.3 km (1 x 3)	3 km (1 x 3)
U14	2009-2010	3.3 km (1 x 3.3)	8 km (1 x 8)
U16	2007-2008	6.6 km (2 x 3.3)	9 km (1 x 9)
U18	2005-2006	9.9 (3 x 3.3)	18 km (1 x 18)
U20	2003-2004	9.9 (3 x 3.3)	18 km (1 x 18)
Open (20 +)	1993 and earlier	9.9 (3 x 3.3)	18 km (1 x 18)

- Para-Olympic courses and distances will be offered in consultation with coaches
- Course descriptions and maps will be posted on the race website
- Categories and genders may race concurrently
- Mass start categories may be consolidated depending on number of competitors

REGISTRATION

The 2023 Ontario Season Finale race registration will be handled exclusively online via Zone4. Entries must be submitted by **11:59 pm EST, Thursday March 30, 2023**. Payment must be made, and event waivers completed online at the time of registration. Confirmation lists will be posted on the Zone4 website, and any errors must be reported as soon as possible to the Competition Secretary.

Rowan's Law (Concussion Safety), 2018 makes it mandatory for the North Bay Nordic Ski Club to ensure that athletes under the age of 26, parents of athletes under 18, confirm every year that they have reviewed Ontario's concussion awareness resources and to ensure that athletes under the age of 26, parents of athletes under 18, sign a concussion code of conduct. Concussion resources will be available in the registration. Please note, even if you have signed off on having read the concussion resources and signed the concussion code of conduct with your home club, North Bay Nordic is required by law to ensure this as well.

RACE ENTRY FEES

Event and Category	Cost
<i>Saturday Interval Start Free Technique</i>	
U16 and older	\$25
U10, U12, U14	\$20
100 m Sprint Tournament	\$5
<i>Sunday Mass Start Classic Technique</i>	
U16 and older	\$25
U10, U12, U14	\$20

Notes

- Fees include trail passes on Friday for pre-skiing for racers and coaches
- Fees include complimentary chili and treat lunch buffet on Saturday for racers and coaches
- Fees do not include HST or Zone4 fees
- There will be a \$100 charge for lost bibs
- No race day registration

Cancellation and Refund Policy

If required, due to inappropriate snow, poor trail conditions, insufficient registration or force majeure, all or part of the event will be cancelled. Any change in the event will be posted to the race website as soon as it is known. A decision regarding cancellation will be made by Thursday March 30, 2023. Refunds based on event cancellation will be provided to the maximum extent possible (minus any incurred expenses).

SEEDING

Seeding for Sunday's mass start will be based on the results of Saturday's races.

RESULTS AND AWARDS

Results will be posted on the official notice board outside the Nordic chalet and will be available online at Zone4.ca.

Awards will be arranged immediately following the events and will be based on unofficial results. Awards will be presented Saturday and Sunday to race winners in all categories.

FACILITIES

First aid and medical services will be available during all race events. An AED is located on the top floor of the North Bay Nordic Ski Club Chalet. Inhalers, Epi Pens and other medications should be carried by parents or coaches in the stadium area, so as to be readily available in the event of an emergency. The North Bay Regional Health Centre is located at 50 College Dr, which is a 15-minute drive from North Bay Nordic.

The Snack Bar in the Chalet will be open Friday, Saturday and Sunday and food will be available for sale (in addition to Saturday's racer/coach complimentary lunch). Drinks, light snacks, and fruit will be available for racers following each event. Change rooms and athlete warming space will be available. Outdoor washrooms will be available at multiple locations and should be used as the club's water supply can be unreliable during large events.

The club has on-site parking space for approximately 100+ vehicles. Parking attendants will be available to assist efficient parking depending on the number of registrants. Athletes, coaches, and spectators are encouraged to carpool to the maximum extent possible. Street parking is not permitted according to municipal bylaws.

WAXING FACILITIES AND PROTOCOLS

The equipment garage and wax room (6 benches) will be available for waxing space. Wax trailer space is available in the parking lot but should be requested in advance. Teams who bring their own trailer and/or tents should bring a generator.

In support of Nordiq Canada Wax Rules for Tier 2 Events, the use of all fluorinated glide products, fluorinated grip powders, and cold weather powder additives and hardeners will be prohibited for all race categories (fluorinated grip wax will be permitted).

ACCOMMODATIONS

Refer to information posted to the Zone4 event page.