



Nipissing University is proud to host the:

**Ontario University Athletics Association (OUAA)
Nordic Skiing Races**

*Co-hosted by:
The North Bay Nordic Ski Club*

January 16 - 17, 2010

Event website: www.northbaynordic.ca

Organizing Committee:

Chief of Competition: Andrew Rees andrewr@nipissingu.ca
Competition Secretary: Henning Helms club.races@northbaynordic.ca
Chief of Course Toivo Koivukoski toivok@nipissingu.ca

Schedule of Events:

Races:

Saturday, January 16, 2010
10:00 am Interval start, Free technique
North Bay Nordic Ski Club Trails

Sunday, January 17, 2010
10:00 am Interval start, Classic technique
Nipissing University Trails

Coaches Meetings:

Friday, January 15, 19:00 at Best Western Hotel
Saturday, January 16, 16:30 at Best Western Hotel

Official Training Schedule:

Friday, January 15

The race course will be marked and groomed for free technique at North Bay and for classic technique at Nipissing University. Both sets of trails will be open from 9:00 to 17:00. A map to both venues will be available at www.northbaynordic.ca.

Saturday, January 16

The race course will be marked and groomed for classic technique at Nipissing University

Race Office Schedule:

Friday, January 15, 14:00 – 16:00 at the North Bay Nordic Ski Club
Friday, January 15, 14:00 – 16:00 at Nipissing University
Saturday, January 16, 08:00 – 14:00 at the North Bay Nordic Ski Club
Saturday, January 16, 14:30 – 16:30 at Nipissing University
Sunday, January 17, 08:00 – 14:00 at Nipissing University

Event Distances and Format

**Saturday, January 16, North Bay Nordic Ski Club
Free Technique, 10:00 am start**

Category	Distance	Laps	Trail
OUAA Women	10 km	2	Red
OUAA Men	15 km	3	Red
Alumni Women	10 km	2	Red
Alumni Men	15 km	3	Red
Open Women	10 km	2	Red
Open Men	15 km	3	Red

**Sunday, January 17, Nipissing University
Classic Technique, 10:00 am start**

Category	Distance	Laps	Trail
OUAA Women	6 km	2	Race Trail
OUAA Men	9 km	3	Race Trail
Alumni Women	6 km	2	Race Trail
Alumni Men	9 km	3	Race Trail
Open Women	6 km	2	Race Trail
Open Men	9 km	3	Race Trail

Category start times will be available at the coaches meeting on Friday, January 15.

Courses and Distances are subject to change depending on conditions.

Trail maps, and profiles will be posted to www.northbaynordic.ca

Registration

Registration for OUAA will be handled exclusively online with Zone4 (www.zone4.ca). Registration will open by December 10, 2009. Entries for OUAA categories must be submitted by Thursday, January 14 at 23:59 EST. Entries received after date will not be accepted. *Athletes must be registered by their institution on the race entry form circulated to each university coach.*

Registration for Alumin and Open Categories will be handled exclusively online with Zone4 (www.zone4.ca). Online registration will open by December 10, 2009. Entries will be accepted online until Thursday, January 14 at 23:59 EST. Entries can also be submitted to the race office after the January 14, however, no later than 2 hours before the start time. Entries submitted after the online deadline will be subject to a \$5 surcharge.

Confirmation lists will be posted at www.zone4.ca starting on December 10, 2010 and will also be provided at the coaches meeting on Friday, January 15, 2010. Note that confirmation lists on www.zone4.ca cannot reflect any post-registration changes so it is important to check with the event secretary if you have requested any changes.

Race Fees are \$20 (CAD) per race for all categories

Seeding for OUAA categories will be based on entry forms submitted by team captains.

Awards and Results:

Results will be posted in the stadium and outside the race office. They will also be available online at www.zone4.ca. Awards will be based on unofficial results so they can be presented as soon as possible following the last race. Awards will be presented to the top three individuals in each category.

Facilities:

Waxing areas will be available in heated garage building at North Bay Nordic. On-site power will be available, however, teams are encouraged to bring generators, or rent them locally to ensure reliable power supply.

Men's and Women's change rooms will be available in the clubhouse. There will be a snack bar serving food and drinks on Friday and Saturday.

Waxing and athlete facilities will be available on Sunday in the main cafeteria at Nipissing University. The cafeteria is located in close proximity to both start and finish areas. Coaches are encouraged to have skis glide waxed off site or outdoors during Sunday's races to minimize wax shavings in the cafeteria.

Medical Facilities:

Volunteer EMS will be set-up on site. The North Bay General Hospital is approximately a 20 minute drive from North Bay Nordic and a 10 minute drive from Nipissing University.

Race Hotel:

Best Western Hotel and Conference Center (see map at www.northbaynordic.ca)
700 Lakeshore Drive, North Bay, ON, P1A 2G4

Telephone: 1-705-474-5800

Facsimile: 1-705-474-8699

Toll Free: 1-800-461-6199

Event Cancellation: Any change in the event location or timing will be posted as early as it is known at the North Bay Nordic Ski Club website (www.northbaynordic.ca). Where possible, a decision on event cancellation or change of site will be made by the organizing committee.