

# - Race Notice - 2006 Canadian Cross Country Ski Nationals

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**Friday March 3, 2006  
to  
Sunday March 12, 2006**

**Race Location:**  
*Lappe Nordic Ski Centre, LAPPE, ON*

**“Cross Country Goes City”**  
**Friday March 10**  
**Sprint Location:**  
*City-Central next to the Canada Games Complex,  
THUNDER BAY, ON*

**Hosted by:** *Lappe Nordic Ski Club*

**Sanctioned by:** Cross Country Canada and International Ski Federation  
**Rules:** CCC Rules and Regulations and FIS International Ski competition Rules  
**Technical Specs:** Technical Package – Canadian XC Skiing Championships (Sep 2005)

## COMPETITION ORGANIZATION

<b>Chief of Competition</b>	John Guthrie	(807) 623-8547	<a href="mailto:impser@shaw.ca">impser@shaw.ca</a>
<b>Competition Secretary</b>	Mary Ellen Ripley	(807) 935-3126	<a href="mailto:mripley@tbaytel.net">mripley@tbaytel.net</a>
<b>Event Organization</b>	Liz Inkila	(807) 767-1860	<a href="mailto:lizinkila@hotmail.com">lizinkila@hotmail.com</a>
<b>Technical Delegate</b>	Alan White		<a href="mailto:alanwhite2001@rogers.com">alanwhite2001@rogers.com</a>
<b>Asst Technical Director</b>	Robert Hogg		<a href="mailto:rhogg@shaw.ca">rhogg@shaw.ca</a>



## EVENT TIMETABLE

Day	Date	Time	Event	Location
Mon.	Jan 23		Online Entry available	<a href="http://www.zone4.ca">www.zone4.ca</a> Competition Office
Thurs.	Feb 23	3:00 pm	Deadline – Entry Deadline – CCUNC Eligibility Form	<a href="http://www.zone4.ca">www.zone4.ca</a> Competition Office
Mon.	Feb 27	3:00 pm	Deadline – Late Entry - additional fee	<a href="http://www.zone4.ca">www.zone4.ca</a>
Fri	Mar 3		Official Training (Open)	Lappe
		5:00 pm	Team Leader Information Session	Lappe
Sat	Mar 4	9:00 am to 4:00 pm	Official Training (Sunday's Course)	Lappe
		TBA	Deadline – Relay Team Composition (2 hours before Draw)	Competition Office
		9:00 am	Sibley Ski Tour	Sleeping Giant Provincial Park
		4:30 pm	Team Leader Meeting	Lappe
		5:00 pm	Nationals Kick-Off Buffet (sponsor - Big Thunder Nordic)	Cafeteria, Lakehead University
		7:00 pm	Opening Ceremony	Agora, Lakehead University
		5:45 pm to 6:45 pm	VIP Reception (by invitation)	Faculty Lounge, Lakehead University
			Sibley Ski Tour Awards	Agora, Lakehead University
Sun	Mar 5	10:00 am	Relays: CCUNC @ 10:00; Challenge Club @12 :00 noon; Open @ 2:00 pm	Lappe
		7:00 pm	Awards: Relays	Atrium, Shuniah Bldg Confederation College
Mon	Mar 6	9:00 am to 4:00 pm	Official Training (Tuesday's Course)	Lappe
		12:00 noon	Deadline – Banquet tickets	On-Site Shoppe
		4:30 pm	Team Leader Meeting	Lappe
Tues	Mar 7	10:00 am	Short Distance Classic	Lappe
			Awards – SDC - to be made on March 8th	
Wed	Mar 8	10:00 am	Medium Distance Free	Lappe
		7:00 pm	Awards: SDC and MDF	Atrium – Shuniah Bldg Confederation College
Thurs	Mar 9	9:00 am to 4:00 pm	Sprint Course – Training Day	City Central – Complex
		4:30 pm	Team Leader Meeting	City Central – Complex
		5:30 pm Doors Open	Banquet	Ballroom / Scandia Room Valhalla Inn
Fri	Mar 10	10:00 am	Sprint Qualifiers	City Central – Complex
			Sprint Heats	City Central – Complex
			Awards – Sprints	Atrium – Shuniah Bldg Confederation College
Sat	Mar 11	9:00 am to 4:00 pm	Official Training (Sunday's Course)	Lappe
		4:30 pm	Team Leader Meeting	Lappe
Sun	Mar 12	9:00 am	Long Distance Classic	Lappe
			Awards – immediately following	Lappe

RACE	Date	Sunday March 5	Tuesday March 7	Wednesday March 8	Friday March 10	Sunday March 12
	<i>Time</i>	10:00 am	10:00 am	10:00 am	10:00 am	9:00 am
<b>FORMAT</b>	<b>Format</b>	<b>Relay</b>	<b>Short Distance</b>	<b>Medium Distance</b>	<b>Sprint</b>	<b>Long Distance</b>
	<i>Start</i>	Relay	Interval	Mass	Heats	Mass
	<i>Technique</i>	<b>Free</b>	<b>Classic</b>	<b>Free</b>	<b>Free</b>	<b>Classic</b>
	<i>Fee</i>	\$40/team	\$35	\$35	\$35	\$35
<b>Category</b>	<b>Year of Birth</b>					
<b>MEN</b>						
Juvenile Boy	1990-1991		5	7.5	800m	7.5
Junior Boy	1988-1989		10	7.5	1060m	15
Junior Men	1986-1987		10	15	1060m	30
Open Men	1975-1985		10	15	1060m	50
CCUNC	<i>Eligibility</i>		10	15	1060m	
Relay Open Men	<i>No age restriction</i>	3 x 5 km				
Relay Challenge	<i>Junior-Juv. 1988-1991</i>	3 x 5 km				
Relay CCUNC	<i>Eligibility</i>	3 x 3.5km				
<i>Disabled</i>		<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<b>WOMEN</b>						
Juvenile Girl	1990-1991		5	5	800m	7.5
Junior Girl	1988-1989		5	5	1060m	10
Junior Women	1986-1987		5	10	1060m	15
Open Women	1975-1985		5	10	1060m	30
CCUNC	<i>Eligibility</i>		5	10	1060m	
Relay Open Women	<i>No age restriction</i>	3 x 5 km				
Relay Challenge	<i>Junior-Juv. 1988-1991</i>	3 x 5 km				
Relay CCUNC	<i>eligibility</i>	3 x 3.5km				
<i>Disabled</i>		<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>

## ELIGIBILITY:

1) **Full Eligibility:** This category of eligibility allows the competitor to compete for Canadian Championship medals and awards put forward by CCC and prizes provided by the LOC or sponsors. As well, skiers in this category of eligibility may earn points towards overall Canadian Aggregate Awards (Club, Division or Individual). To achieve full eligibility the skier must fulfil the following:

- a) have a valid CCC race licence from the current season; and
- b) be a Canadian citizen or landed immigrant.

2) **Partial Eligibility:** This category of eligibility allows a competitor to compete in the Canadian Championships but only for LOC or sponsor generated prizes, including cash prizes in the open class. This category of eligibility does not allow the skier to earn points towards any of the overall Canadian Aggregate Championship Awards. Skiers in this eligibility category would include the following:

- a) those who have a CCC race licence but are not Canadian citizens or landed immigrants; and
- b) skiers with a current foreign National Ski Association licence.

Further details are explained in section 2.1 of the National Championships Technical Package at: [www.cccski.com](http://www.cccski.com)

## CCUNC:

The 2005/06 Canadian College and University Nordic Championships (CCUNC) are open to all racers who are full time students at a Canadian college, university or CEGEP (Quebec). A full time student is enrolled in a minimum of 3 courses each semester (minimum 9 credit hours or equivalent). The total number of years that an athlete may participate at the CCUNC is not restricted. Transferring from one university/college/CEGEP to another does not restrict eligibility. Eligibility questions will be resolved by the CCUNC Eligibility Officer and two non-involved coaches, with reference to the Canadian Interuniversity Sport (CIS) policy and procedures ([www.cisport.ca](http://www.cisport.ca)). Eligibility will be verified by the CCUNC Eligibility Officer. Beginning in 2006 (for 2007), the eligibility officer should be selected at the CCUNC Championships of the previous year. Awards are based on definitions provided in the Technical Package, Sections 2.9.7.1 and 2.9.7.2.

**Eligibility of the athlete students shall be confirmed with a document from the registrar of the university authorizing that the athlete meets the full time criteria** (i.e. enrolled in a minimum of 3 courses per semester). This form is to be submitted to the Competition Race Office on or before the Monday preceding the championships. (A sample form is provided.)

**SEEDING:** Seeding will adhere to specifications stated in the Technical Package.

**DRAW:** The draw for each race will be agreed during the Team Leaders meeting(s).

**RELAY ENTRIES:** Open, Challenge, CCUNC - must be submitted to the Competition Race Office 2 hrs before the Team Captains meeting.

**ENTRY:** Race Entry is to be completed online through **Zone 4**, complete with payment.

## RACE ENTRY

**CCUNC Eligibility Authorized** By Thursday, February 23 – 3:00pm, documentation from the registrar of the university authorizing that the athlete meets the full time criteria must be submitted to Competition Race Office. (Form provided)

**BY ZONE4** By Thursday, February 23 – 3:00pm, all entries must be received.  
Access [www.zone4.ca](http://www.zone4.ca)  
*Online entry to be available by January 23, 2006*  
Locate this event in the online registration section and enter your information.  
**Zone4** accepts payment by VISA or Mastercard.  
*Contact information provided below.*

**RACE ENTRY DEADLINE** Thursday, FEBRUARY 23, 2006—3:00 pm is the entry deadline.  
Fee: \$35/athlete/race Relay: \$40/team  
Late entry accepted only through Zone 4 registration.  
Surcharge of additional \$10.00/athlete/race for late entries received up to February 27 - 3:00pm EDT  
Late entries received after February 27 - 3:00 pm EDT will not be accepted.

**BANQUET DEADLINE** *Limited number of banquet spaces.*  
*Recommend that banquet tickets are purchased at time of entry.*  
*Banquet: \$20/athletes & coaches, \$30/guest*  
*Tickets after February 23, 2006: \$30/athlete or guest*

## CONTACT INFORMATION

Competition Secretary, Mary Ellen Ripley

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