



Race Notice

2025 Ontario Cup #5 Presented by
Porcupine Ski Runners

Event & Competition Committee

Chief of Competition: Christine Dorion
Competition Secretary: Anabelle Gagne
Technical Delegate: Shawn Sinclair
Assist Technical Delegate: Todd Harris
XC SO Representative: Alex Rogers

Contact email : skirunnersevents@gmail.com

Timmins OCUP5 official
WhatsApp group



Whatsapp <https://chat.whatsapp.com/EloQTSvV5tw9m4p5DtI5HM>
TCM <https://us05web.zoom.us/j/89394870431?pwd=OSWxOndawnaa4VAB21DmJx1u5gNlet.1>

Registration <https://zone4.ca/event/2025/QG5qn5/>

Race Entries must be submitted by 11:59 PM EST, **Monday Febuary 10th, 2025** . Registration will only be done via [Zone4.ca](https://zone4.ca) Payment and waivers must be completed online during registration. No refunds for race entry fees or Food tickets. Late Registration must be submitted by 11:59pm EST, Tuesday Feb 11th, 2025 Confirmation lists will be posted on zone 4 and on porcupine ski runners website, and any errors must be reported To skirunnersevents@gmail.com by Thursday, February 13th, 2025.

All competitors in the U14 category and above require a Nordiq Canada developmental race license or purchase a Nordic Canada Tier 2 Event License.

License can be purchased <https://nordiqcanada.ca/races/racing-licenses/>

Day licenses can be purchased via zone4 during registration. \$6 per race day

If the event needs to be moved or canceled due to poor trail conditions, insufficient registration or force majeure, it will be announced by 11:59 PM EST, Tuesday February 11th, 2025 on the Porcupine Ski Runners website and registered participants will be emailed. In case of cancellation, refunds will be provided less expenses incurred in the planning of the event.

Monday Family Day Fun Event Color ski- Registration and details on a separate registration.

Awards and Results

Results will be posted on the notice board outside the Chalet and will be available online on Zone4*

Awards for Saturday's and Sunday's races will be presented onsite following Results

Cost

Race Entry Fees

Saturday
Free Sprint qualifier/Team Sprint
\$50+HST
(Late registration \$150+HST)
Sunday Classic Mass start \$50+HST
(Late registration \$150+HST)

Optional Dinner tickets

\$38 each (incl. taxes)
Italian Buffet, Drinks and Dessert.

Schedule

Friday February 14th, 2025

Race office opens 1 pm
Course open from 1 pm - 4 pm
(Team Meeting 7:30pm for all Events)

Saturday February 15th, 2025

Race office opens 8am
Sprint Qualifier 10 am first start
Club Team Sprint Relay 1 pm first start

Dinner option Dante Club

Doors open 5:00pm -7pm
162 Cedar st South, Timmins, ON

Sunday February 16, 2025

Race Office opens 8am
Classic Mass Start 10 am by category

Porcupine Ski Runners

1875 Hwy 101 E, Schumacher, ON
P0N 1G0

Race Details

Category	Year of Birth	Saturday Sprint Qualifier	Saturday Club/Team Relay	Sunday Classic Mass
U10 Boys/Girls	(2015-2016)	500m	N/A	2.3km
U12 Boys/Girls	(2013-2014)	500m	N/A	3km
U14 Boys/Girls	(2011-2012)	1250m	3x1250m	5km
U16 Boys/Girls	(2009-2010)	1250m	3x1250m	5km
U18 Boys/Girls	(2007-2008)	1250m	3x1250m	10Km
Para Nordic Sit	(N/A)	500m	500m (1heat)	2.5Km
Para-Nordic Standing	(N/A)	500m	500m (1heat)	5Km
U20/Masters/Seniors	(2005 -& Earlier)	1250m	3x1250m	10Km



Individual Events

Sprint Qualifier Free technique

all categories

For the sprint qualifier start order will be determined by CPL sprint points. Highest ranked skier will go first with remaining field in descending order according to ranking. Skiers with no points will be placed in a random draw at the end of the category. CPL points will be awarded based on these individual results, if an athlete competes in the Club Team Sprints. **Awards for this individual sprint only for U10 and U12.**

Club Team Sprint Relay U14 and older only No CPL point base on team sprint relay results.

Official Teams of 2 the same club or University/Team, and of the same gender.

Unofficial Teams of 2, if athletes are a mix of Clubs/universities/teams

Awards: Medals for official teams and special prizes for unofficial teams.

Categories will be divided:

-U20/Seniors/Master Female (OPEN) -U20/Seniors/Master Mens (OPEN)
-U18/U16/U14 Female (Challenge) -U18/U16/U14 Male (Challenge)



Start order:

Team sprint start order will be determined by the combined total of skiers CPL sprint points. Highest ranked team will be in position 1 in the start grid. Remainder of field will follow the same protocol as the qualifier above. Unofficial teams will use the same protocol but Club Teams and unofficial teams will be run as two separate categories and will be loaded in the grid as two separate groups.

Team selection: can be done during registration if done after registration you may email skirunnersevents@gmail.com or come to race office to notify. This applies to changes as well. Must be submitted by 3pm Friday 14th, 2025.

Heats: There is only 1 heat which is considered the final Heat.

Course: 2 Skiers 3x1250m

Skiers will exchange after with teammate after each 1250m lap.
(no waxing adjustments between laps.)

Sunday Classic Mass Starts

Start order will be based on Distance CPL, U10, U12 start order based on results from sprint qualifier.

Those without points/results will be grouped separately and randomly seeded at the back of the chevron start.

Monday Family Day Fun Event Color ski-

Registration and details on a separate registration via Zone 4.

<https://zone4.ca/register.asp?id=37791>

Bibs Pickup

Bibs sorted by club and pick-up will take place in the Race Office inside chalet available for pickup during open hours

There will be a \$100 replacement fee for lost bibs.

Temperature and Weather Considerations |

CR-CCR 315.9

For Canadian competitions: With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. With competition distances greater than 15 km and temperature less than -18°C without wind factor, the Jury must postpone or cancel the competition. For U14 age groups and younger, with air temperatures below -15°C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition. In that situation, U14 skiers will not be authorized to race up in the U16 categories. With any difficult weather conditions (e.g. strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the Jury may, in consultation with the Team Leaders of the participating teams and the doctor responsible for the competition, postpone, cancel or shorten the competition.

Waxing

We have a few waxing buildings on site - space is limited. Wax Trailers Welcomed. Power is also available. Waxing must follow with the current Nordiq Canada waxing protocols on waxing safety and the use of fluorinated waxes. Fluorinated waxes are **Prohibited** from all coaches, wax technicians, parents and applies to out-of-province or international skiers who are competing at these events.

<https://nordiqcanada.ca/coaches-and-wax-techs/wax-techs/wax-tech-resources/>

Governing Rules, Polices & Details

<https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>

IPC RULES & REGULATIONS CCC COMPETITION MODEL

XCSO ONTARIO OCUP TECHNICAL PACKAGE

<https://xcskiontario.ca/wp-content/uploads/2024/11/2024-2025-Ontario-Cup-Technical-Package-20241112-V1.pdf>

Rowan's Law: Concussion Awareness Resources

https://www.ontario.ca/page/rowans-law-concussion-safety?gclid=EA1alQobChMlvtXQo82W4wIVQRh9Ch0IXwPPEAAYASAAEgIq-PD_BwE

Rowan's Law (Concussion Safety), 2018 makes it mandatory for the Arrowhead 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.

SAFE SPORT <https://xcskiontario.ca/safe-sport/> Responsible Coaching

Athletes, coaches, officials, staff, and volunteers have the right to a safe and inclusive environment, free from maltreatment and creating a safe environment is a top priority and responsibility of all sport participants. XCSO and Porcupine Ski Runners Club have adopted the Nordiq Canada Pan Canadian Safe Sport Policy Suite.

If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the Canadian Sport Helpline or the onsite SafeSport officer (Katja Mathys cd@xcskiontario.ca). These individuals can connect you with support and help you file a complaint. The Canadian Sport Helpline is an anonymous, confidential and independent service that offers help to victims or witnesses of harassment, abuse or discrimination and is available by calling or texting 1-888-83SPORT, in French and English. NOTE: for emergencies, call 9-1-1.

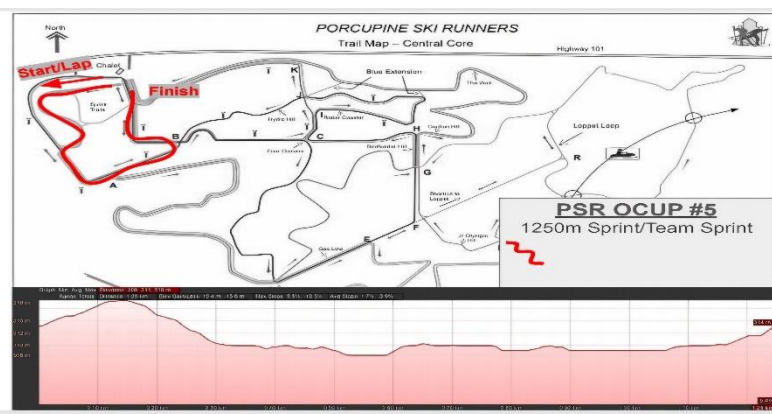
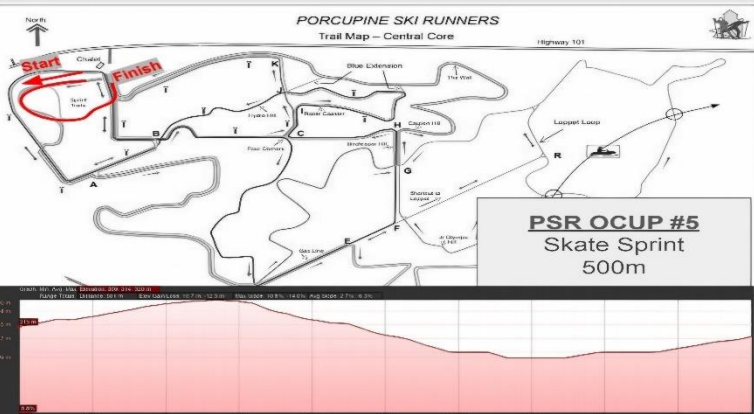
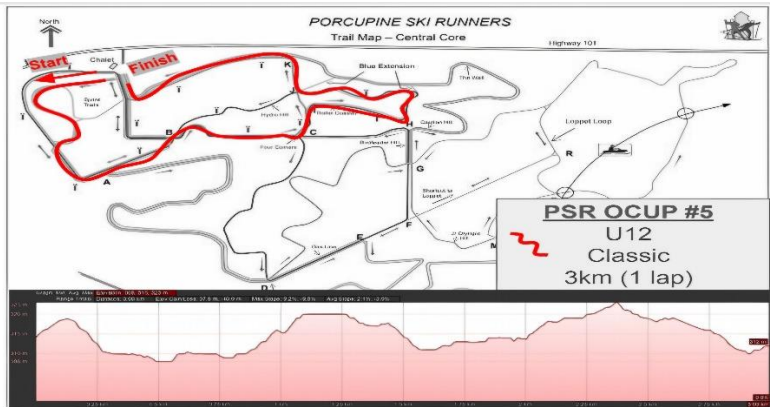
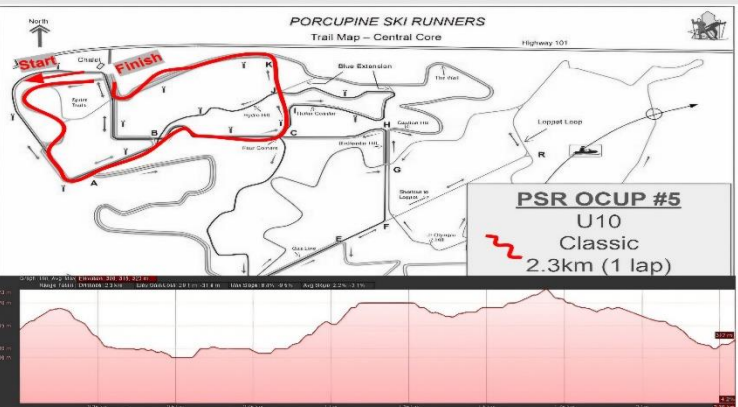
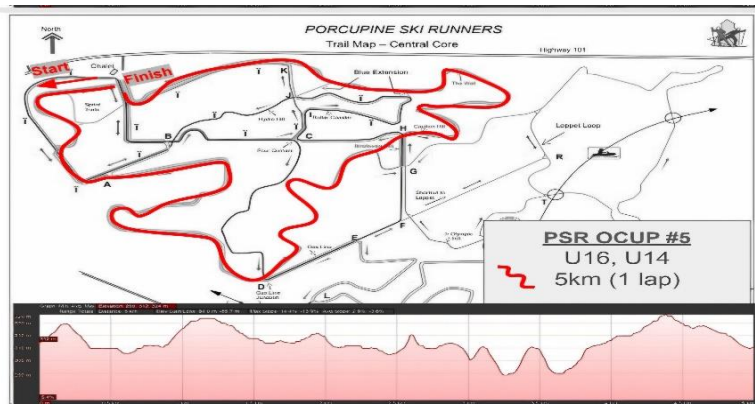
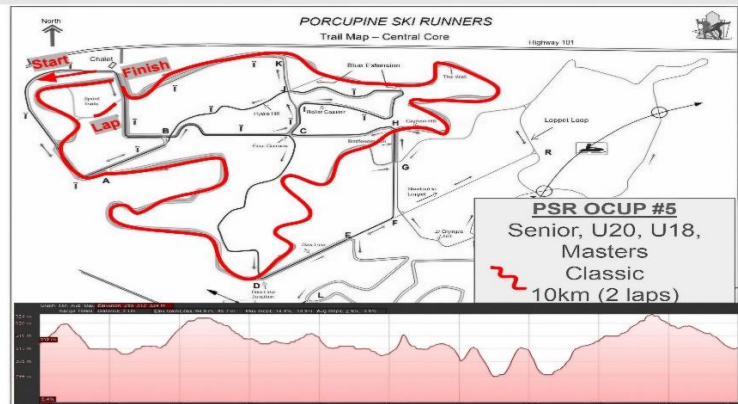
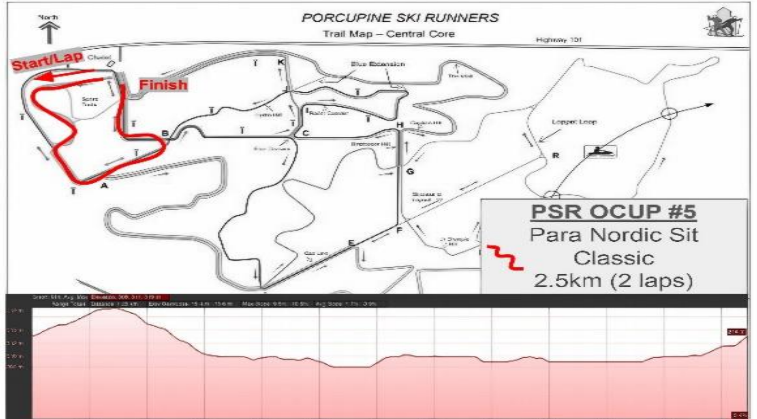
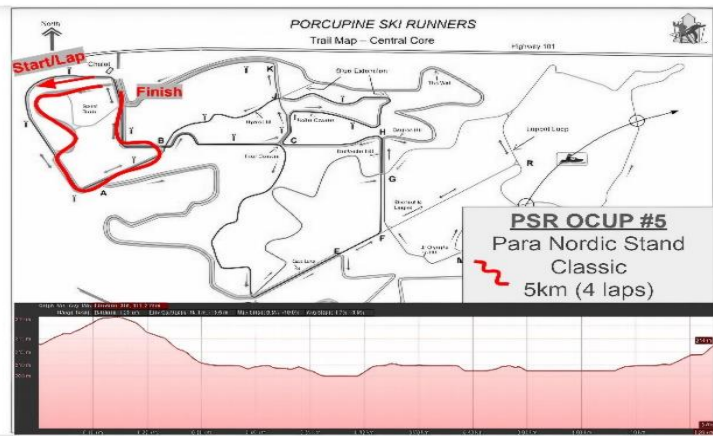
The sanctioning bodies are Nordic Canada and XCSO.

U14 and above must have a Nordic Canada Race License or Purchase a day license.

<https://nordiqcanada.ca/races/racing-licenses/>



Maps and Profiles





Services

Food Service

Hot lunch will be provided for athletes registered in races. Additional lunches, drinks and snack can be purchased online or cash only onsite. Additional tickets also available during registration. Registered Coaches receive 1 lunch

Sunday free drinks, coffee, snack for everyone

Optional Dinner is Available to purchase online during registration. Dante Club in a Local Italian hall we have reserved for coaches parents and athletes to have a place to have a dinner. The Buffet dinner is a drop in between 5-7pm on Saturday. During registration please select approx time of arrival so they can serve you better. We will reserve tables as well for teams etc.

Please request any special dietary needs during registration for lunch and Dinner.

Athlete Storage (Athletes may store items in rental room) no personal items on tables or chairs

Medical Services

Ski Patrol will be on site during competition. AED is located inside the main chalet lounge. Oxygen on site. The Timmins & District Hospital is located a 10 min drive from the club. Ambulance response time is 5 min from club.

Parking

Parking is available on site but limited. Please carpool. Parking attendants will be on site. Shuttle service will be available if required and will be posted on website and information available at the chalet.

Accommodations/Venue Layout

See Porcupine Ski Runners Website For Details

<https://www.porcupineskirunners.com/ocup2025>

Sponsors and Supporters



**Cross Country
Ski Ontario**



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économique de Timmins**