



2018-2019 Team Selection
Athlete Support Programs
Competition season 2018



Cross Country
Ski Ontario

2018/2019

Ontario Team Selection Criteria

and

Athlete Support Programs

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Preamble

Cross Country Ski Ontario (XCSO) is committed to providing programming to enhance skier development and incentives to encourage our skiers to seek every opportunity to ski as fast as they can. Our objective is to both retain as many skiers as possible across all age categories and to grow Ontario's representation across all programs at the National level.

In order to achieve this objective, XCSO offers high performance training opportunities to selected Ontario skiers from Midget through to Junior Women and Men and University skiers. This programming is intended to both identify and develop talented Ontario athletes, and provide a development path to assist their athletic development. These opportunities are offered in partnership with NDC Thunder Bay to ensure alignment in our programming and to offer the opportunity for both skiers and coaches to learn about each other.

On an annual basis the High Performance Committee (HPC) reviews the XCSO high performance programming to determine whether it is achieving the above stated objectives and other strategic goals of XCSO. This year the XCSO high performance program will consist of the Ontario Ski Team, the Ontario Talent Squad, University skier support, Ontario Cup Leaders and the Ontario Cup Team.

This document outlines the detailed criteria for being named to each of the above teams. Coaches, athletes and parents and any other interested party are highly encouraged to read this document in detail to understand the selection criteria. However to keep things simple you need to: be a Canadian registered to ski for a XCSO registered ski club, racing in as many of the races in the Ontario Cup Series as possible and skiing fast.

1 PURPOSE

The provisions in this document will be used by the XCSO High Performance Committee, , to identify athletes as follows:

1. Athletes who qualify for the "Regional Development Squad" 2018
2. Athletes who qualify for the "Ontario Talent Squad" 2018
3. Athletes who qualify for the "Ontario Ski Team" 2018,
4. Athletes who qualify for XCSO's U23 University/College Athlete Support Program,
5. Athletes who qualify as the Ontario Cup Series Leader Bib and incentive grant recipients
6. Athletes who qualify for the Ontario Cup Series Team

1.1 Definitions

CCC	Cross Country Ski de Fond Canada
XCSO	Cross Country Ski Ontario

CCUNC	Canadian College and University National Championships
CPL	Canada Points List (as produced by CCC)
HPC	XCSO High Performance Committee
IPB	International Performance Benchmark (as produced by CCC)
IPC	International Performance Curve (as produced by CCC)
IPL	International Points List (as produced by CCC)
NTDC	National Team Development Centre (includes NTDC Thunder Bay, Pierre Harvey Training Centre, and the Alberta World Cup Academy)
OCup	Ontario Cup
OCS	Ontario Cup Series
OPL	Ontario Points List: a published list of skiers by category and/or YOB with assigned accumulated Ontario Points for Ontario Cup races
OTS	Ontario Talent Squad
OST	Ontario Ski Team
OU	Ontario University
RDS	Regional Development Squad

1.2 Eligibility

To be eligible for:

- accumulation of points on the Ontario Points List
- accumulation of leader bib points
- selection to the RDS, OTS or the OST
- selection to the Ontario Cup Series Team
- Ontario U23 University/College Athlete Support

Athletes must meet the following criteria:

- hold a valid 2017-2018 CCC racing license registered with an Ontario club,
- be registered with an Ontario club at the time of the race
- be a Canadian citizen or have Permanent Resident status
- be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series.
A valid Ontario Health Card OR a valid Ontario Driver's License will be used as proof of permanent Ontario residency.

Ontario points will **not** be awarded retroactively for a given race if an athlete obtains a license or club registration after the race. A day license is NOT a racing license and will not entitle an athlete to accumulate Ontario Points.

1.3 Selection Races – Dates and Locations

The following races are named for the 2017-2018 season Ontario Cup Series (OCS):

OCup Race Weekend # 1/QC #1/World Jr/U23 Trials at Mont Ste Anne, QC

OCup # 1 at Mont Ste Anne, Quebec		
Date	Technique	Format
Juvenile/Junior Boy/Girl		
Sat – Jan 6	Classic	Sprints
Sun – Jan 7	Classic	Interval
Mon – Jan 8*	Free	Mass – CCC sanctioned CPL race
Tues – Jan 9	n/a	n/a
Wed – Jan 10	Cold weather cancellation day	
*Please note: This will not be an ON Cup points race.		
Junior Men/Women		
Sat – Jan 6	Classic	Sprints
Sun – Jan 7	Classic	Interval
Mon – Jan 8	Free	Sprints
Tues – Jan 9	Classic/Free	Skiathlon
Wed – Jan 10	Cold weather cancellation day	

OCup Race Weekend #2 – at Walden CCFC, Sudbury, ON

OCup # 2 at Walden CCFC, Sudbury (All categories)		
Date	Technique	Format
Sat-Jan 20	Classic	Interval
Sun-Jan 21	Free	Pursuit/mass start

OCup Race Weekend #3/Eastern Canadian Championships – at Nakkertok

OCup # 3/Eastern Canadian Championships at Nakkertok		
Midget, Juvenile and Junior Boy/Girl		
Date	Technique	Format
Fri-Feb 2	Classic	Prologue – interval start
Sat-Feb 3	Free	Interval Start
Sun-Feb 4	Classic	Pursuit Start/Mass start
Junior and Senior Men/Women		
Date	Technique	Format
Fri-Feb 2	Classic	Sprints
Sat-Feb 3	Free	Interval Start
Sun-Feb 4	Classic	Pursuit Start/Mass start

Ontario Winter Games at Horseshoe Resort

Ontario Winter Games – Horseshoe Resort (YOB 2002 & 2003 & 2004)		
Date	Technique	Format
Thurs-Mar 1	Free	Sprints (Kings Court)
Fri-Mar 2	Classic	Interval

Please note that for the 2017/2018 season, there are the following points races included in the Ontario Cup Series:

- 9 races in total - 6 classic and 3 free technique races for Juvenile B/G.
- 7 races in total - 5 classic and 2 free techniques for Junior B/G
- 9 races in total - 5 classic and 3 Free and 1 Skiathlon for Junior M/W.

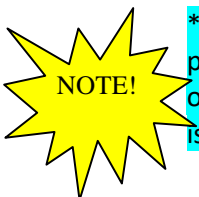
Canadian National Championships – Thunder Bay, Ontario

Date	Technique	Format
Sat – Mar 10 to Sat – Mar 17	Free	Interval start
	Classic	Interval start
	Free	Sprints
	Classic	Mass start

PLEASE NOTE: For sprint races **Ontario points** will be awarded based on Ontario athletes finishing place in the heats (50%) as well as the qualifying round (50%). The reason for this shift to awarding points based on the heats results recognizes that a sprint event includes both a single qualifying time trial followed by up to three successive heats, the objective of which is to identify the best sprint racer.

Please see section 7.2 & Appendix 3 for a description of the points calculation.

1.4 Competition Model



*****IMPORTANT NOTICE:** The Ontario HPC has reviewed the ON competition categories, in particular Juvenile Boys. As announced last season, the juvenile boy category will include two years of birth (2002 & 2003) and Ontario team selection for juvenile boys will be the same as it currently is for juvenile girls.***

The race categories for 2017/2018 are summarized in the table below:

Category	Age as of 31 Dec 2017	YOB
Midget B1/B1	12	2005
Midget G2/B2	13	2004
Juvenile G1/B1	14	2003
Juvenile G2/B2	15	2002
Junior B1/G1	16	2001
Junior B2/G2	17	2000
Junior M1/W1	18	1999

2 REGIONAL DEVELOPMENT SQUAD / ONTARIO TALENT SQUAD/ONTARIO SKI TEAM

2.1 Regional Development Squad

Athletes named to the Regional Development Squad will be representative of those selected via the nomination process of athletes born in 2004.

Benefits

It is the intent of the HPC that athletes named to the Regional Development Squad receive the following, where possible:

1. One (and potentially two) training camp opportunities (to be determined for each district i.e. LSSD, NCD, NOD, SOD).

2.1.2 Obligations

Ontario athletes who accept their nomination to the Regional Development Squad will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will include a schedule that outlines all planned Regional Development Squad activities for the upcoming season.

2.1.3 Team Fee

Regional Development Squad nominees will be asked to pay a team fee of \$50 to confirm their participation on the Team. This fee will be collected online via Zone4 Regional Development Squad registration.

2.2 Ontario Talent Squad Description

Athletes named to the Ontario Talent Squad will be representative of the top male and female athletes born in 2003.

Benefits

It is the intent of the HPC that athletes named to the Ontario Talent Squad receive the following, where possible:

1. Two training camp opportunities in July 2018 (early) & November 2018 (mid to late)
2. Ontario Talent Squad clothing.
3. Access to Ontario team ski equipment discounts (as provided by equipment suppliers)

2.2.2 Obligations

Ontario athletes who accept their nomination to the Ontario Talent Squad will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Talent Squad activities for the upcoming season.

2.2.3 Team Fee

Ontario Talent Squad nominees will be asked to pay a team fee of \$75 to confirm their participation on the Team. This fee will be collected online via Zone4 Ontario Talent Squad registration.

2.3 Ontario Ski Team Description

Athletes named to the Ontario Ski Team will be representative of the top male and female athletes born in 2002, 2001, 2000, 1999.

Benefits

It is the intent of the HPC that athletes named to the Ontario Ski Team receive the following, where possible:

1. OST Training camps as identified in the OST Schedule and Athlete Contract,
2. Ontario Ski Team clothing,
3. Access to Ontario team ski equipment discounts (as provided by equipment sponsors)
4. Ontario Ski Team support to attend specific elite racing events, as defined by the HPC on a cost-sharing basis.

Ontario Ski Team members are provided XCSO support to attend specific elite racing events and on-snow training camps, as defined by the HPC, on a cost-shared basis. OST athletes are eligible to receive the cost sharing only when the athlete travels with the OST and attends XCSO-organized camps and events as a member of the Ontario Ski Team.

Athlete Obligations

Ontario athletes who accept their nomination to the Ontario Ski Team will be asked to sign an Athlete Contract, the Athlete's Code of Conduct and pay a team fee. In addition, the athlete will indicate the intent to register as an Ontario athlete in 2018-2019 ski season. The Athlete Contract will include a schedule that outlines all planned Ontario Ski Team and Ontario/District dryland training and racing activities for the upcoming season, as well as the identified subset of activities that OST athletes must attend in order to remain OST members in good standing. Failure to meet the minimum participation standard could result in an athlete being placed on probation and/or removed from the OST.

Team Fee

Ontario Ski Team nominees will be asked to pay a team fee of \$375 to confirm their participation on the Team. This fee will be collected online via Zone4 Ontario Ski Team registration.

Consequences of Athlete Not Meeting Obligations

If an OST athlete does not meet the terms of his/her contract as outlined in Section 2.2.2 Athlete Obligations, the HPC/XCSO may at its discretion precede with some or all of the following:

1. Written notice to the athlete to identify the infraction/action
2. Agreement/signed contract with athlete as to their alternate commitments, where applicable
3. Notification of probation and/or removal from the OST
4. Charging the athlete the full costs of HPC expenses incurred for their attendance on future OST trip or trips
5. Removal from an OST trip
6. Loss of eligibility for selection to the OST in the subsequent year

An HPC designate will be responsible for bringing potential failures to meet obligations related to the training and racing obligations to the attention of the HPC. For any administrative obligations, the XCSO Administrator will identify any issues to the HPC.

The intent of this section is to ensure that all OST athletes honour their commitments and all are treated equitably. However, it is understood that extenuating circumstances may prevent an

athlete from meeting some of their commitments. In these cases, it is in the athlete's best interests to communicate with the HPC Designate and/or XCSO Administrator **as soon as possible**. Failure to do so could lead XCSO to proceed with one or more of the measures outlined above.

3 ONTARIO TALENT SQUAD, ONTARIO SKI TEAM & REGIONAL DEVELOPMENT SQUAD SELECTION

Team	YOB (category)	OCup Races	National Championships Races	Minimum ON Points Threshold	Number of athletes to be selected
REGIONAL DEVELOPMENT SQUAD	2004 Midget boys (M B2)	Athletes in these YOBs are invited to apply to the Regional Development Squad. Please see section 4 for details on the application process. Athletes must have participated in either 2018 Ontario Winter Games or the Ontario Youth Championships or an Ontario Cup			
	2004 Midget girls (M G2)				
ONTARIO TALENT SQUAD	2003 Juvenile boys (JV B1)	Best five of thirteen OCup and National races regardless of technique, (max 2 Nationals races) OR, a top five Nationals YOB aggregate result		n/a	5 males
	2003 Juvenile girls (JV G1)	Best four of thirteen OCup and National races regardless of technique, (max 2 Nationals races) OR, a top five Nationals YOB aggregate result		n/a	5 females

ONTARIO SKI TEAM	2002 Juvenile boys (JV B2)	Best four of nine OCup races regardless of technique, plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...	570	2 males
	2002 Juvenile girls (JV G2)	Best four of nine OCup races regardless of technique plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...	570	2 females
ONTARIO SKI TEAM	2001 Junior Boys (J B1)	Best four of seven OCup races regardless of technique, plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...	570	2 males
	2001 Junior Girls (J G1)	Best four of seven OCup races regardless of technique, plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...	570	2 females

	2000 Junior Boys (J B2)	Best four of seven OCup races regardless of technique, plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus ...	570	2 males
	2000 Junior Girls (J G2)	Best four of seven OCup races regardless of technique, plus...	Best two of four individual races at Nationals, regardless of technique, OR, a top five Nationals YOB aggregate result plus...	570	2 females
ONTARIO SKI TEAM	1999 Junior Men (J M1) 1999 Junior Women (J W1)	Selection will be based on a ranking list that uses the proximity of the skier CPL (sprint or distance) to his/her IPB. A letter from the athletes indicating their interest in being on the OST is also required. See note 2 below.			up to 2 males up to 2 females

IPB's		
Jun	Spr	Dist
WYr1	89	86.5
MYr1	90	89.5

Notes:

1. The Ontario Talent Squad and the Ontario Ski Team selections will be based on athletes' performance as calculated on the Ontario Points List using the Normal Points Calculation as described in Section 7, as follows:
 - a) Team selection will be based on the "best x of y" Ontario Cup races as defined in the table in Section 3. Should races be canceled, the criteria will be modified as noted in Section 3.1, Effect of OCup Race Cancellation on Ontario Talent Squad and Ontario Ski Team Selection. Should one or more planned races' techniques be changed for any reason, the criteria will be modified as noted in Section 3.2
 - b) The best two of four individual races at the National Championships, regardless of technique, will be included. The four individual races include:
 - Free Interval Start
 - Classic Interval Start
 - Qualification round times in the Free Sprint
 - Mass Start Classic
 - c) Ontario Cup points generated for sprint races are based on qualifying time. Athletes who qualify to go on to a sprint heat will only be awarded Ontario points if they actually participate in the quarter-final heats and any other subsequent heats they may qualify for.

2. The selection of up to two Junior Men (YOB 1999) and up to two Junior Women (YOB 1999) skiers will be based on a ranking list. The ranking list will evaluate each skier's Final Period CPL result in each race discipline (distance and sprint) in relation to that skier's *International Performance Benchmark* (IPB) target. The ranking list will use the proximity of the skier to his/her IPB in percentage terms ("percentage proximity") for each race discipline. The ranking list will consider the best percentage proximity of either race discipline for each skier.
 - a) The CPL result used will be from the final CCC CPL listing scheduled to be published on the CCC website in April 2017
 - b) To be eligible for OST selection, the skier must achieve a minimum percentage proximity of 90% in at least one race discipline.
 - c) A background document for the current CCC-published International Performance Benchmarks can be viewed at:
[http://www.cccski.com/National-Ski-Team/Selection-Criteria/2014-14-Selection-Criteria-\(9-Sept-13\)-FINAL.aspx](http://www.cccski.com/National-Ski-Team/Selection-Criteria/2014-14-Selection-Criteria-(9-Sept-13)-FINAL.aspx). For an Age-Specific IPB Table, see Appendix 1 of this document.



Please
note:

A letter (email) of intent is required for Junior Men and Women only, stating their ski goals for the upcoming season as well as how they plan to use a nomination to the Ontario Ski Team to further said objectives. Letters of intent will be accepted as per Appendix 4.

3.1 Effect of OCup Race Cancellation on Ontario Ski Team Selection and Ontario Talent Squad Selection

Ontario Talent Squad: In the event OCup races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled: best 4 of 12 races
2. Two races canceled: best 4 of 11 races
3. Three races canceled: best 4 of 10 races
4. Four races canceled: best 3 of 9 races
5. Five races canceled: best 3 of 8 races
6. Six races canceled: best 3 of 7 races
7. Seven races canceled: best 2 of 6 races
8. Eight races canceled: best 2 of 5 races
9. Nine races canceled: best 2 of 4 races
10. Ten races canceled: best 2 of 3 races
11. Eleven races canceled: best 1 of 2 races

Ontario Ski Team – Juvenile B/G (2) : In the event OCup races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled: best 7 of 12 races
2. Two races canceled: best 7 of 11 races
3. Three races canceled: best 6 of 10 races
4. Four races canceled: best 6 of 9 races
5. Five races canceled: best 5 of 8 races
6. Six races canceled: best 4 of 7 races
7. Seven races canceled: best 3 of 6 races
8. Eight races canceled: best 3 of 5 races
9. Nine races canceled: best 2 of 4 races
10. Ten races canceled: best 2 of 3 races
11. Eleven races canceled: best 1 of 2 races

Ontario Ski Team – Junior B/G : In the event OCup races are canceled, the following number of selection criteria races will be used to calculate points.

1. One race canceled: best 6 of 10 races
2. Two races canceled: best 6 of 9 races
3. Three races canceled: best 5 of 8 races
4. Four races canceled: best 5 of 7 races
5. Five races canceled: best 4 of 6 races
6. Six races canceled: best 3 of 5 races
7. Seven races canceled: best 2 of 4 races

8. Eight races canceled: best 2 of 3 races
9. Nine races canceled: best 1 of 2 races

3.2 Effect of OCup Race Technique Change on Ontario Talent Squad and Ontario Ski Team Selection – not applicable this season

In the event that a race technique must change e.g., a change from a planned skate race to a classic race due to lack of snow, the HPC reserves the right to modify the “best of” calculation in-season in as fair a way as possible to reflect the actual race distribution over the OCup season. Any modification to the “best of” calculation will be published to the Ontario ski community as soon as possible.

3.3 Discretionary Athlete Selection

In exceptional circumstances, the HPC designate or a club coach may make a recommendation to the HPC for the consideration of one or more additional athletes for selection to either the OTS or the OST. Any such exceptional cases will be reviewed by the HPC in terms of the purpose and objectives of the OTS and OST and the athlete’s progress to date and potential progression to the next level of performance.

3.4 Special Invitation to OST & OTS Trips

In general, team trips are available to identified team members only. Team members may need to decline a trip for school, health or other reasons. No replacement trip will be added, however the HPC reserves the right to invite additional athletes with exceptional performances or under unusual circumstances.

3.5 Force Majeure

The HPC/XCSO will consider force majeure additions to the Ontario Talent Squad and the Ontario Ski Team. Injury, illness, family misfortune, exceptional circumstances and equipment breakage will be considered valid grounds for a force majeure appeal. Appeal documentation to be provided to Cross Country Ski Ontario must include but is not limited to:

- Physician letter if health related
- A letter/email outlining exceptional circumstances
- A letter/email from present personal/club coach indicating their intent to support their athlete as an OTS/OST member.

Appeals will be evaluated by the HPC taking into consideration the reason for the appeal and results from other races. Force majeure documentation must be received as per Appendix 4. Documentation should be sent by email to the Chair of the HPC at hmaureen@shaw.ca, with a copy to admin@xcskiontario.ca.

3.6 Appeals for ONTARIO TALENT SQUAD Selection

Once the Ontario Talent Squad has been named and released on the XCSO website, any appeals of High Performance Committee decisions must be made to the XCSO Board of Directors in writing as per Appendix 4. All appeals should be sent by e-mail to the Chair of the HPC at hmaureen@shaw.ca, with a copy to admin@xcskiontario.ca. Following the appeal period, the final list will be posted on the XCSO website: www.xcskiontario.ca

3.7 Appeals for ONTARIO SKI TEAM Selection

Junior Boys/Girls

Once the Ontario Ski Team for these categories has been named and released on the XCSO website, any appeals of High Performance Committee decisions must be made to the XCSO Board of Directors in writing as per Appendix 4.

Junior Men/Women

Once the final Period CPL has been published on the CCC website, Junior Men & Women Ontario Ski Team nominees will be announced. Appeals for these two categories only, will be accepted up to one week after the posting of the OST on the XCSO website. The appeal date will be published at the same time as the OST posting.

All appeals should be sent by e-mail to the Chair of the HPC at hmaureen@shaw.ca, with a copy to admin@xcskiontario.ca. Following the appeal period, the final list will be posted on the XCSO website: www.xcskiontario.ca

4 REGIONAL DEVELOPMENT SQUAD

We are inviting YOB 2004 (Midget – year 2) to express their interest in being a part of the Regional Development Squad. Each District will host a 2-day dryland or on snow camp led by XCSO Program Lead.

Camp descriptions:

District camp – a dryland or on snow camp with ski specific training, including roller skiing, ski walking, agility, core, and strength. Please note athletes should have familiarity with roller skiing

Athletes must meet the following eligibility criteria:

- be registered with an Ontario club
- be a Canadian citizen or have Permanent Resident status
- be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series. A valid Ontario Health Card will be used as proof of permanent Ontario residency.
- male and female YOB 2004

An online application will be posted at www.xcskiontario.ca. Applicants be asked to provide the

following information:

- Racing experience including Youth Championships, Ontario Cups, and local races
- Training plans executed in the current competition year (2017-18) and plans for the upcoming summer including dryland camps and other cross training activities
- Enthusiasm for skiing in general and racing in particular. This may include your long term goals in cross country skiing.

An endorsement from your club coach

Alternatively, a club coach could recommend an athlete in consultation with the XCSO Program Lead

Applications will be accepted as per Appendix 4 and sent to admin@xcskiontario.ca.

5 U23-UNIVERSITY/COLLEGE ATHLETE SUPPORT

Cross Country Ski Ontario supports student athletes through the U23-University/College Athlete Support. This support program provides financial assistance to student athletes who are carrying a minimum of 3 FCE and will be returning to postsecondary studies and competition in the fall 2017.

5.1 Eligibility

Athletes must meet all of the following:

- all eligibility requirements as outlined in Section 1.2, Eligibility,
- be 22 years old or younger as of Dec. 31, 2017
- be listed as an eligible athlete on either the Ontario University Championships (OUC) OR the Canadian College and University National Championships (CCUNC) results lists
- Athletes who compete in the OUC or CCUNC Open categories and are attending college or university and wish to have points calculated for U23-University/College Athlete Support must submit a request to the XCSO High Performance Committee accompanied by certification from the registrar of their University/College prior to the CCUNC indicating they are carrying the required course load (minimum 3 FCE). This is intended for an athlete attending a college/university without an established cross country ski race team and are completing 3 FCE and continuing to race.
 - o Formal request and certification to the HPC must be received by February 17, 2018 if competing in the OUC or by March 3, 2018 if competing in the CCUNC
- not already nominated to the NTDC or the NST
- be continuing to attend university/college and planning to ski at the university/college level in the subsequent season. This will be confirmed in September of 2018

5.2 Athlete Selection Criteria

Four athletes, two of each gender, will be selected for U23-University/College Support based on athlete performance as calculated on the Ontario Points List using the Normal Points Calculation, as described in Section 6.1 from the following races:

1. The best four of nine Ontario Cup races including two races of each technique.
2. One of two individual races at the OUC
3. The best two of four individual races at the National Championships, counting one race of each technique. The four individual races are:
 - Interval Start Classic
 - Interval Start Free
 - Qualification round times in the Classic Sprint
 - Mass Start Free

5.3 Support Program Description

The benefit provided through this Program include:

- a scholarship of \$500 payable at the beginning of the subsequent school year

6 ONTARIO CUP SERIES INCENTIVES

Developing our athletes is a combination of many factors, one of those factors is having enough meaningful competitions and competitors at each level to challenge our skiers to ski their best and their fastest each time they are at the start line. A viable Ontario Cup circuit is an important part of developing skiers in Ontario. These races are only viable if all clubs participate in the events. As such the HPC has initiated a number of incentives – directed specifically to athletes who both attend and ski fast at Ontario Cup races. These incentives are described below and include:

- The Ontario Cup Series Junior Leader Bib
- The Ontario Cup Series Team

6.1 Ontario Cup Series (OCS) Junior Leader Bib and Incentive

The OCS Junior Leader Bib recognizes the top performing Ontario athlete of each gender in each of three categories after each Ontario Cup race. OCS Junior Leader Bib recipients will be named in each of the following categories

- Juvenile girl/boy
- Junior girl/boy
- Junior women/men

Selection of the leader bib recipient will be based on points accumulated from each Ontario Cup

race using the table of ordinal points in Appendix 2 of this document (100 points for first, 80 for second, 60 for third, etc). The current, updated and final category leaders will be determined at the end of each of the eleven races in the O Cup Series. For sprint races the points are allocated based on final finish order.

The top three final category leaders in each category for each gender at the end of the OCup series will receive incentive grants as follows:

First place – (\$150)

Second Place – (\$100)

Third Place – (\$50)

6.2 Ontario Cup Series (OCS) Team

The OCS team is intended to recognise the efforts of a broader group of Ontario athletes who race in the Ontario Cup race series, participate in the majority of the races and are skiing at a high level. XCSO would like to be able to have everyone on the OTS and the OST however we are simply not able to afford to provide this level of service to everyone. The OCS team is a small way to recognize the depth of our skiers. Skiers named to the OCS Team will receive unique Ontario Team clothing/item. The team size will be 40 consisting of 20 male and 20 female as identified by the criteria below.

In order to qualify for the OCS Team skiers must:

- born in years 1997, 1998, 1999, 2000, 2001, 2002
- Raced in the OCup Series and achieved a minimum average threshold of 75 OCup points in one race category (as calculated by the normal points calculation method described in section 7)
- Points are NOT combined across categories

The Ontario Points List will be combined among the identified YOBs and by gender. The top 20 female and top 20 male skiers with total OCup series points meeting the criteria above will be named to the team. The more OCup events in which you compete, the higher up on the list you will be.

Please note: If the application of the minimum threshold results in fewer than 20 athletes within a gender, the remaining spots will be reassigned to the next highest ranking athlete(s) who meet the minimum threshold standard on the other gender list.

7 CALCULATION OF POINTS

The “Normal Points Calculation” method is used for the selection of all teams and most awards in this document. (with the exception of the OCS Leader Bibs and incentive)

Important notes that apply to the method of points calculation:

Note 1:

The points for any sprint races in the OCup Series will be calculated based on 50% qualifying time and 50% final finish order.

Note 2:

Calculation of points will be based on Ontario athlete results only (i.e., athletes not licensed as Ontario athletes with an Ontario club will be taken out of the results calculations, (see exception below for OUA-specific results)).

Note 3:

Ontario Points will be calculated within each Category and then separated by year of birth (YOB) for ranking purposes within each YOB, per Section 3.

Note 4:

For athletes and coaches who make the decision for an athlete to “race-up” in an older age category, these athletes will have Ontario points for such races calculated within that older category and those points will be available for ranking purposes ONLY within that older category. Where relevant, these athletes will be ranked within the race category in the closest YOB to their actual age.

7.1 Normal Points Calculation

An individual’s points for a race will be calculated using the best Ontario athlete’s result in that category as the “Reference Time”. (An exception is made for OUA-specific calculations, to encourage and enable out-of-province OU skiers to compete for their university at joint OCup and OUA events. For these OUA purposes, the calculation will be made with reference to the fastest overall skier regardless of division.)

Points will be calculated using the following formula:

$$\text{Points} = 100 * [1 - (\text{Athlete's Time} - \text{Reference Time}) / \text{Reference Time}]$$

7.2 Sprint Points Calculation

Sprint points for each race will be calculated based on 50% qualifying time and 50% final finish order. Please see appendix 3 for an example.

Ontario Sprint Points for skiers that qualify for the heats (50% of total sprint points) are calculated as follows:

The spread in Ontario points from the qualification round for the qualifying skiers (points for fastest Ontario skier minus the points for the last qualifying Ontario skier) is determined. That points spread is divided by the number of qualifiers, less one, giving the calculated "points per position". The best finishing Ontario skier in the heats will be

assigned 100 points. Each subsequent Ontario skier will get the points of the skier ahead of him/her LESS the calculated "points per position". These heats points will be added to half that skier's qualification points to determine the final sprint event points.

Points are awarded by position as $[100 - ((\text{position} - 1) * \text{ppp})] / 2$.

Skiers who do not qualify for the heats will be awarded points based on the qualification round times according to the normal points calculation process

8 MEMBERS OF THE HPC

Questions or comments regarding these selection criteria should be directed to your District's representative on the High Performance Committee. The members of the High Performance Committee are:

Member	Name	Title	Email
Voting member	Maureen Kershaw	Chair	hmaureen@shaw.ca
	Angus Foster	Athlete Rep	Angus.foster@hotmail.com
	Kevin Shields	LSSD Rep	kevinshields@alumni.uwaterloo.ca
	Doug Ranahan	NCD Rep	doug@ranahan.ca
	Mike Kornell	NOD Rep	kornell41@gmail.com
	Bryan Dubeau	SOD Rep	bryan_dubeau@outlook.com
	Meg Sinclair	University Rep	sincml@mcmaster.ca
Advisory Member/Staff	Richard Lemoine	XCSO Chair	chair@xcskiontario.ca
	Katja Mathys	Coaching Development	cd@xcskiontario.ca
	Victor Wiltmann	Program Lead	coach@xcskiontario.ca
	Camille Cheskey	NTDC Asst Coach	xccheski@gmail.com
	Timo Puiras	NTDC Head Coach	ndctimo@gmail.com
	James Maclean	Points Tabulators	w.james.maclean@gmail.com
	Liz Inkila	XCSO Administrator	admin@xcskiontario.ca (807) 768-4617

APPENDIX 1: INTERNATIONAL PERFORMANCE BENCHMARKS

To be announced

International Performance Benchmarks					
Category	Age Dec 31	Distance Women	Sprint Women	Distance Men	Sprint Men
JrM/W_1	18	86,5	89,0	89,5	90,0
JrM/W_2	19	88,5	91,0	91,5	92,0
Sr/U23_1	20	90,5	93,0	93,5	94,0
Sr/U23_2	21	92,0	94,0	94,5	95,0
Sr/U23_3	22	93,0	95,0	95,0	96,0
SR_4	23	94,0	96,0	95,5	96,5
SR_5	24	94,5	96,5	96,0	96,5
SR_6	25	95,0	97,0	96,5	97,0
SR_7	26	95,5	97,0	97,0	97,0
SR_8	27	95,5	97,0	97,5	97,0
SR_9	28	95,5	97,0	98,0	97,0
Sr_10	29	95,5	97,0	98,5	97,0

APPENDIX 2: ORDINAL POINTS FOR ONTARIO CUP RACE SERIES LEADER BIBS

Place	Points		Place	Points
1	100		20	19
2	80		21	18
3	60		22	17
4	50		23	16
5	45		24	15
6	40		25	14
7	36		26	13
8	32		27	12
9	30		28	11
10	29		29	10
11	28		30	9
12	27		31	8
13	26		32	7
14	25		33	6
15	24		34	5
16	23		35	4
17	22		36	3
18	21		37	2
19	20		38	1

APPENDIX 3: ONTARIO SPRINT POINTS CALCULATION SAMPLE

Points per position calculation:

Best qualifier 100 points

Last qualifier **80.831** points

Spread = 100-80.831 = 19.169.

Points per position in heats is 19.169/29 = 0.661 (i.e. field size of 30 minus 1)

Winner will get 100

2nd gets 100-0.661 = 99.339

3rd gets 100-0.661-0.661 = 98.678

Highlighted **athletes** demonstrate impact on points calculation

Athlete	Qualification Finish order	Qualification Points	Heats Results	Heats Finish Order	Sprint Heats Points	Final Sprint Points (50/50)
Athlete 1	1	100.000	A Final	1	100.000	100.000
Athlete 2	3	96.660	A Final	2	99.339	98.000
Athlete 3	5	95.800	A Final	3	98.678	97.239
Athlete 4	2	99.548	A Final	4	98.017	98.782
Athlete 5	6	95.653	A Final	5	97.356	96.504
Athlete 6	8	92.547	A Final	6	96.695	94.621
Athlete 7	4	95.863	B Final	7	96.034	95.948
Athlete 8	11	90.953	B Final	8	95.373	93.163
Athlete 9	9	91.476	B Final	9	94.712	93.094
Athlete 10	7	94.241	B Final	10	94.051	94.146
Athlete 11	12	90.782	B Final	11	93.390	92.086
Athlete 12	13	90.358	B Final	12	92.729	91.543
Athlete 13	10	90.957	Quarterfinal	13	92.068	91.512
Athlete 14	14	89.461	Quarterfinal	14	91.407	90.434
Athlete 15	15	86.546	Quarterfinal	15	90.746	88.646
Athlete 16	16	86.356	Quarterfinal	16	90.085	88.220
Athlete 17	18	85.388	Quarterfinal	17	89.424	87.406
Athlete 18	20	84.476	Quarterfinal	18	88.763	86.619
Athlete 19	22	84.277	Quarterfinal	19	88.102	86.190
Athlete 20	24	83.718	Quarterfinal	20	87.441	85.579

Athlete 21	17	85.955	Quarterfinal	21	86.780	86.367
Athlete 22	19	85.372	Quarterfinal	22	86.119	85.745
Athlete 23	21	84.388	Quarterfinal	23	85.458	84.923
Athlete 24	26	82.504	Quarterfinal	24	84.797	83.651
Athlete 25	28	82.116	Quarterfinal	25	84.136	83.126
Athlete 26	25	82.528	Quarterfinal	26	83.475	83.001
Athlete 27	27	82.258	Quarterfinal	27	82.814	82.536
Athlete 28	29	81.874	Quarterfinal	28	82.153	82.013
Athlete 29	30	80.831	Quarterfinal	29	81.492	81.161
Athlete 30	23	84.194	Quarterfinal	30	80.831	82.512
Athlete 31	31	80.779				80.779
Athlete 32	32	79.887				79.887
Athlete 33	33	78.732				78.732
Athlete 34	34	75.813				75.813
Athlete 35	35	75.297				75.297

APPENDIX 4: 2017-2018 ONTARIO TEAM SELECTION DATES AND DEADLINES

Date	Activity	Responsibility
March 1 to March 31, 2018	Applications for midget inclusion to the Regional Development Squad	Athletes in final year of midget category Female YOB 2004 Male YOB 2004
March 31, 2018	Force Majeure documentation for Ontario Ski Team and Ontario Talent Squad due to admin@xcskiontario.ca	All athletes
March 26 to April 15, 2018	Letter of Intent for nomination to the Ontario Ski Team	Athletes in the Junior Men/Women categories
April 21, 2018	Appeals to the Ontario Talent Squad and Ontario Ski Team	Athletes in the Junior and Juvenile Boy/Girl categories Female YOB 2000-2003 Male YOB 2000-2003
Accepted within 1 week after posting on www.xcskiontario.ca	Appeals to the Ontario Ski Team	Athletes in the 1 st year of the Junior Men/Women categories
Within 30 days of posting of OST on www.xcskiontario.ca	Team fees & online athlete agreements signed	All Ontario Ski Team and Talent Squad athletes