

## LSSD Race Series Technical Package 2020-21

Updated: November 16, 2021

The Lake Superior Ski District (LSSD) is excited to offer a new race series for the 2020-2021 nordic ski season. The series consists of 5 races hosted over 4 months culminating in an overall series winner.

### Purpose:

This document is to serve as a race notice, and technical package to the organizers, coaches, parents and athletes for the LSSD District race series events and ensure an understanding of the parameters of the series.

### Objectives of the Race Series:

The intent of the series is to have low-key, low stress events as a way to expose skiers in the community to ski racing. The race series has the following objectives:

- Provide opportunities for LSSD skiers to participate in a number of different race events around the district, with a variety of race formats in a low-key environment.
- Provide appropriate technical and physical challenges to racers.
- Provide opportunities for clubs to develop the capacity to run races.
- Promote local events within LSSD.
- Provide a means to motivate skiers and clubs by awarding points and celebrating our LSSD skiers.

Although this series is open to athletes of all ages, the series' target audience is development athletes up-to the U18 category. Please be aware of different registration dates for the Senior/Masters' category (see registration below).

### Race Expectations:

The LSSD has a very minimal set of expectations for race organizers regarding the series. These expectations are as follows:

1. LSSD registered clubs or Cross Country Ski Ontario may host a race.
2. Individual race and cumulative results will be published on the LSSD webpage on [xcskiontario.ca](http://xcskiontario.ca).
3. The published results will follow the LSSD category guidelines (below).
4. Registration for the event is open a minimum of two weeks prior to the event date.
5. LSSD series events are non-fluoro (NF) events following the [XCSO NF Wax Policy](#).
6. In the event of cold temperatures, races will be delayed or cancelled when temperatures are lower than -20°C. For U12 and below, the minimum is -15°C.
7. Cancelled race events will not be rescheduled.

### Categories:

Race Categories:	YOB:
U12	2009, 2010 and younger
U14	2007, 2008
U16	2005, 2006
U18	2003, 2004
Open (incl. Masters)	2002 and older (1990 and older)

**Paranordic Athletes:**

Para-Nordic athletes are welcome to register for each event. Appropriate distances will be provided for these athletes upon discussion with the host club, on a case by case basis.

**LSSD Race Series Schedule:**

The LSSD race schedule, race distances and formats will be coordinated by the LSSD district race committee. The host club will decide on the courses for each race event, ensuring that each category has technically challenging, but appropriate courses. The LSSD district race committee will work with the district's clubs to create a race schedule.

Race formats and distances will be finalized and posted on the event page at [xcskiontario.ca](http://xcskiontario.ca) no later than two weeks prior to each event.

<b>2020-21 Dates:</b>	<b>Venue and Organizer:</b>	<b>Draft Format</b>
Sat 28-Nov-20	Lappe Ski Centre hosted by XCSO	Interval Start Classic
Thu 17-Dec-20	Lappe Ski Centre hosted by Lappe Nordic	Sprint Relay
Sun 24-Jan-21	Kamview Nordic Centre hosted by Big Thunder	Interval Start Free
Sun 28-Feb-21	Lappe Ski Centre hosted by Lappe Nordic	Nordic Cross
Thu 25-Mar-21	Kamview Nordic Centre hosted by Big Thunder	TBD. Something Fun.

**COVID-19:**

Each event will be subject to the Cross Country Ski Ontario Return to Competition guidelines in effect at the date of the race event.

**Event Awards:**

At the conclusion of each event, awards will be presented as follows:

- Open, U18, U16, U14 and U12 racers will receive 1st, 2nd, 3rd place stickers based on category results.
- All U12 racers will also receive a participatory sticker that can be used to count toward a cumulative award.

**Series Points:**

Individuals participating in the race series will accumulate points as follows:

- Points are awarded for Open, U18, U16, U14 and U12 categories (male and female) on the basis of 15 points for first place, 13 for second place and 11 for third place, finishers from fourth place to thirteenth place will receive one less point each (10,9,8,etc), all finishers after twelfth place receive 1 point each.
- Athletes will be ranked by their cumulative total in each category (Masters, Open, U18, U16, U14, U12). Masters category athletes (YOB 1990 and earlier) will be ranked based on their open category scoring.
- U10 athletes are welcome to race in the U12 category and for the purposes of awards will be treated as U12 athletes.

- Skiers who enter in races in more than one age category cannot combine points across categories; skiers accrue points in the categories/YOB they have entered.
- A tie for any position in a particular race results in equal points being awarded, and the next level of points being dropped.
- In the case of a tie for an cumulative LSSD award, athletes with equal points are awarded the same placing, and the award at the next level is dropped.
- Relay Point Rules
  - Points are awarded to each member of the team in the same manner as individual races.
  - Points are awarded for the category raced, if a skier races with a skier of an older age, that team will be deemed to be in the older age category.
- Sprint Race Scoring
  - For events that have a round of heats, the points will be awarded by final placing.

**Cumulative Awards:**

Awards will be presented as follows:

- Male and Female LSSD District Champions will be awarded by category (Master, Open, U18, U16, U14, U12).
- Male and Female YOB (2003-2010) leaders will also be recognised.
- U12 Cumulative Award: All U12 skiers will receive a participation award for each event they participate in. These awards can be accumulated toward participatory awards to be determined by the Lake Superior Ski District Committee.

The prize-giving ceremony will take place at the Lappe Nordic Center Run and Ski on April 3rd, 2021 or virtually, if required.

**Cost:**

\$10 per race inclusive of zone4 and credit card fees. The host organization is responsible for setting an agreement with the ski center (Lappe or Kamview) for the cost of grooming and profit sharing,

**Registration:**

- Will be on zone4 and open 2 weeks prior to each event, as follows:Registration will be capped to the number of athletes allowed under provincial COVID guidelines. Once the cap is reached, registrants will be given the option to be added to the waitlist for that event.
- U12, U14, U16 and U18 categories will be given priority registration for the first week of registration. Registration for the Senior/Master’s category will open prior to the event.
- Registration will close at midnight 2 days prior to each race event: Tuesday at midnight for Thursday races, Thursday at midnight for Saturday races, Friday at midnight for Sunday races.
- No late registrations will be accepted.

**LSSD District Race Committee:**

NTDC and Lappe Ski Center - Timo Puiras

Kamview Nordic Center - Alison Hart

Big Thunder Nordic - Todd Randall

Lappe Nordic - Stephanie Marler

XCSO - Victor Wiltmann

For more information contact Victor Wiltmann at [techdirector@xcskiontario.ca](mailto:techdirector@xcskiontario.ca).