

DRAFT 2018/2019 OCUP RACE SCHEDULE

| OCup # 1 @ Nakkertok | | | | |
|---|--------------|----------|-------------------|----------|
| Date | Technique | | Format | |
| Sat-Dec 15 | TBD | | TBD | |
| Sun-Dec 16 | TBD | | TBD | |
| OCup # 2/CWG Trials (AB) @ Lappe Nordic (to be confirmed) –format/technique as per CWG | | | | |
| | Open | | Midget/Juv/Jr B/G | |
| Date | Technique | Format | Technique | Format |
| Fri-Jan 4 | Free | Sprints | Free | TBD |
| Sat-Jan 5 | Free | Interval | Free | TBD |
| Sun-Jan 6 | Classic | Mass | Classic | Mass |
| OCup # 3 @ TBD | | | | |
| Date | Technique | | Format | |
| Sat-Jan 19 | TBD | | TBD | |
| Sun-Jan 20 | TBD | | TBD | |
| Easterns (OCup #4/QCup) @ Highlands Nordic | | | | |
| | Open | | Midget/Juv/Jr B/G | |
| Date | Technique | Format | Technique | Format |
| Fri-Feb 1 | Free | Sprint | N/A | N/A |
| Sat-Feb 2 | Classic | Interval | Classic | Interval |
| Sun-Feb 3 | Free | Pursuit | Free | Pursuit |
| OU Champs/OCup #5 @ Nipissing | | | | |
| Date | Technique | | Format | |
| Sat-Feb 16 * | TBD | | TBD | |
| Sun-Feb 17 * | TBD | | TBD | |
| Su-Feb 18 * | TBD | | TBD | |
| Youth Championships @ North Bay Nordic - Atom to Midget – final dates to be confirmed | | | | |
| Date | Technique | | Format | |
| Sat-Feb 23 | TBD | | TBD | |
| Sun –Feb24 | TBD | | TBD | |
| Nationals @ Nakkertok - final formats/technique to be confirmed by CCC | | | | |
| | Open | | Juv/Jr B/G | |
| Date | Technique | Format | Technique | Format |
| Wed-Mar 13 | | Interval | | Interval |
| Thurs-Mar 14 | | Pursuit | | Pursuit |
| Sat-Mar 16 | Classic | Sprints | | |
| Sun-Mar 17 | | | Classic | Sprints |
| Mon-Mar 18 | Team Sprints | Free | Team Sprints | Free |
| Tues-Mar 19 | Mass | Classic | | |
| Wed-Mar 20 | | | Mass | Classic |
| Ontario Championships/OCup #6 @ TBD | | | | |
| Date | Technique | | Format | |
| Sat-Apr 6 am | TBD | | TBD | |
| Sat-Apr 6 pm | Classic/Free | | Mixed Club Relay | |
| Sun-Apr 7 | TBD | | TBD | |

*exact dates of Ocup races to be confirmed

Other notable events in the calendar

- Ontario Masters Championships Feb 8-10 PSR - Timmins, ON
- OFSAA Feb 28-Mar 1 Highlands - Duntroon, ON
- Ontario University Championships Feb 16,17,18 Nipissing - North Bay, ON

Note 1: The 2020 World Jr/U23 Trials have been awarded to Mont Ste-Anne (with potential to be an OCup). World Jr/U23 Championships are Feb 28 – March 8, 2020 and Trials may be later than the traditional timeframe.

Note 2: The 2020 Eastern Canadians have been awarded to Sherbrooke, QC and will be an OCup

Note 3: The assumption is the 2020 Cdn Ski Nationals will be held in Western Canada after the World Cup Finals in Canmore.

| <u>Potential 2020 Competition Dates</u> <u>For info only – not final</u> | <u>Competition type</u> |
|---|--|
| Pre-Xmas | Ontario Cup |
| January 4/5 | Ontario Cup (potentially World Jr/U23 Trials in Mont Ste Anne and will be dependent on Trials dates) |
| January 18/19 | Ontario Cup (ensuring no conflict with high school exams or Trials) |
| Jan 31, Feb 1/ 2 | Ontario Cup/Easterns in Sherbrooke, QC |
| February 15/16 | Ontario Cup (Family Day weekend) |
| February 17-21 | Ontario University reading week |
| Dates TBD | OFSAA (Huntsville) Ontario Youth Championships |
| February 21-23 | OUA Championships |
| Feb 28 – March 3 | Ontario Winter Games |
| | Nationals (west) |
| March 16-20 | Ontario March Break |
| April 4/5 | Ontario Cup |

