

NOD Race Series Technical Package 2020-21

Updated: October 2020

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

Purpose:

This document is to serve as a guide to organizers of NOD district race series events to ensure a shared understanding of the minimum expectations regarding NOD Series Events.

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 NOD 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 NOD.
- Provide a means to motivate skiers and clubs by awarding points and celebrating our NOD skiers.

Race Expectations:

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

1. NOD registered clubs or Cross Country Ski Ontario may host a race.
2. Races results will be published to xcskiontario.ca.
3. The published results will follow the NOD category guidelines (below)
4. Registration for the event is open a minimum of two weeks prior to the event date.
5. NOD series events are non-fluoro (NF) events following the [XCSO-SFQ 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.

Categories:

Category:	YOB:
U12	2009 and younger
U14	2007, 2008
U16	2005, 2006
U18	2003, 2004
Open	2002 and older
Para-Nordic	Standing PN Skiers: race in their age category, unless otherwise requested.
	Sit-Skiers: provide best course and/or competition, consider novice and comp category if multiple racers

Paranordic Athletes:

Para Nordic athletes are welcome to register for each event. Please contact Victor Wiltmann techdirector@xcskiontario.ca and Patti Kitler pattikit@gmail.com to be put in contact with the local organizing committee if adaptations are needed.

NOD Race Series Schedule:

The NOD race schedule, race distances and formats will be coordinated by the NOD 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 NOD 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 no later than two weeks prior to each event.

2020-21 Dates:	Venue and Organizer:	Draft Format
Sun 6-Dec-20	Temiskaming Nordic hosted by Temiskaming Nordic	Interval Start Free
Sun 3-Jan-21	Walden Cross Country Ski Centre hosted by Walden Cross Country	Sprint Qualifier/Relay
Sat 6-Feb-21	Laurentian Nordic hosted by Laurentian Nordic	TBD
Sat 27-Feb-21	TBD	TBD
Sat 27-Mar-21	Porcupine Ski Runners hosted by Porcupine Ski Runners	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:

Open, U18, U16, U14 racers will receive 1st, 2nd, 3rd place stickers based on category results.

All U12 racers will 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 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 (Open, U18, U16, U14, U12).

- U10 athletes are welcome to race in the U12 category and for the purposes of awards will be treated as a U12 athlete.
- 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 NOD 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/Female NOD District Champions will be awarded by category (Open, U18, U16, U14, U12).
- Male/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 NOD Race Committee.

Cumulative awards will be awarded at XCSO Relay Championships at *Venue TBD*, April 10-11, 2021 or virtually, if required.

Cost:

\$15 per race inclusive of zone4 and credit card fees: \$10 of which goes directly to the facility for grooming, approximately \$2.50 goes to the host organization and approximately \$2.50 goes to zone4 and credit card fees. Late registration penalties go to the host organization.

Registration:

Registration will open 2 weeks prior to each event on Zone4.ca. Depending on local health unit recommendations, registrations may be regionally limited.

NOD District Race Committee:

Soo Finnish - Amy Wheeler Reich
 North Bay - Rod Sinclair
 Porcupine Ski Runners - Christine Dorion
 Walden Nordic - Mary Waddell
 Laurentian - Chris Gore
 Para-Nordic - Patti Kitler
 XCSO - Victor Wiltmann

For more information contact Victor Wiltmann at techdirector@xcskiontario.ca.