



Overview of 3-Part Provincial Competitions (Please follow the links for each challenge)

Preamble:

With the cancellation of our Ontario Cup series & Youth Championships, XCSO has developed province wide challenges and a COVID Cup series to engage our community. We see this as an opportunity to engage new members and skiers and hope that together, we can continue the great tradition of cross country skiing and racing in our province! Join us and celebrate WHAT WE CAN DO!

Clubs will need to follow all normal guidelines as per our insurance coverage including:

1. *All courses/trails used must be recognized and approved trails and open when used*
2. *Courses/Facilities are expected to have the normal safety and monitoring usually carried out – inspection/track setting etc*
3. *Encourage the “buddy” system – no one should embark alone.*
4. *Check in-Check out systems should be considered.*

1. [Kilometre Challenge](#) (XCSO Contact: Katie McMahon coach@xcskiontario.ca)

Goal: Engage everyone in the club to record their km and ski as much as possible over the course of the season

- Time period for Jan 1 - March 31
- Club signs up via google sheets or similar and encourages members to ski as many km over the course of the season.
- Top 1, 2 & 3 clubs with the most KM per member wins a banner
- Club with the greatest number of KM wins a banner
- KM bursts announced throughout the season (dates to be announced)

2. [COVID Cup Series](#) (XCSO Contacts: Liz Inkila admin@xcskiontario.ca & Katja Mathys cd@xcskiontario.ca)

Goal: all clubs/teams engage in competition weekends throughout the winter in lieu of OCUPs. A place for clubs to focus on the PROCESS of racing and a race weekend.

- 4 weekends of team/clubs 'stay at home' racing following [XCSO Competition Guidelines](#)
 - i. January 16, 17
 - ii. January 30, 31 (potential Easterns COVID Cup with SFQ)
 - iii. February 13, 14
 - iv. March 6, 7 (Youth Champs)
- XCSO sets category distances/formats (kept simple)
 - i. 3-5-10, sprint, relay, sitski
- Results are managed locally and XCSO provides \$\$ for chocolate (or similar) for local results
- Team Captains meetings held on the Friday night
 - i. Special Guests
 - ii. BYOB



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- Clubs/teams work through the race prep process with their athletes including race prep, race plans, goal setting, warm up, cool down etc

3. **Strava Challenge** (XCSO Contact: Victor Wiltmann techdirector@xcskiontario.ca)

Goal: Engage the ski community in a challenge to work on speed in both sprint and distance

- Each club develops a sprint (short), distance and sit-ski course.
- Each club provides XCSO with the GPX file which XCSO uploads to Strava account to create a strava segment.
- Consistent Naming of Segments
- Fastest time over the course of the season wins awards
- Legends also wins awards (most times doing the course in the 90 day period - ~Jan 1-March 30
- XCSO "Adventure Segments" at interesting venues (Nakkertok North, Laurentian Conservation Area, etc...).