

2023-2024	Event	Race Formats	Location
2-3 Dec	FIS Canada Cup West	Sprint CI / Free Mass	Sovereign Lake BC
9-10 Dec	Youth Olympic Games Trials YOB 2006-2007-2008 only	Sprint Free 10 km Classic	Canmore Nordic AB
15-17 Dec	OCUP / QCUP #1 (Fri/Sat/Sun) FIS Canada Cup (Fri/Sat/Sun) (Para Nordic Categories)	FIS - Sprint F / Int Free / CI Int OCUP/QCUP - Int Free / Sprint F / CI Int	Gatineau QC (Nakkertok)
28-29 Dec	Suggested - District Winter Break Camps		Districts
4-7 Jan	*FIS World Junior Trials QCUP# 2	Sprint F / CI Int Mass Start Free	Saint-Ferréol-les-Neiges QC (Mont Sainte Anne)
5-7 Jan	*OCUP #2 (Para Nordic Categories)	Int Start Free / King's Court Classic / Mass Start Classic	North Bay ON (North Bay Nordic Ski Club)
20-21 Jan	OCUP #3	Qualifier + Club Team Sprint Free / Int Start Classic	Lakefield ON (LCS/Kawartha Nordic)
2-4 Feb	OCUP / QCUP #4 (Fri/Sat/Sun) FIS Eastern Canadian Championships (PN TBC)	Sprint Free Classic Interval Start Free Mass Start	Sherbrooke QC (Bishop's University)
16-18 Feb	Ontario Winter Games YOB 2008-2009-2010 only (Para Nordic Categories) (Factory Glide Wax)	Free Technique Qualifier and District Relay / Int Start Classic	Thunder Bay ON (Lappe Nordic Centre)
22-23 Feb	OFSA		Lakefield College School
24-25 Feb	OUA		Lakehead University
24-25 Feb	OCUP #5 (Para Nordic Categories)	Int Start Classic Prologue (1pm) Pursuit Start Free	Sudbury ON (Walden Nordic)
1-2 Mar	Ontario Youth Championships U14 and younger		Sault Sainte Marie ON (SooFinnish Nordic)
9-16 Mar	Nordiq Canada Ski Nationals (Para Nordic Categories)	Int Start Free / CI Sprints / Club Team Sprint F / CI Mass Start	Gatineau QC (Nakkertok)
23 Mar	XCSO Provincial 6-hour Skiathon and Ski Club Fundraisers		Clubs/Districts
30 Mar	XCSO Spring Finale		TBC based on snow conditions
	= OCUP Starts for Ontario Bib Point Series and Team Ontario Selection		

* XCSO will be proactive in ensuring orphan athletes are supported at either Trials and/or OCUP #2.

XCSO's Value Based Behaviours

We Collaborate - We Connect - We Listen - We Focus on our Members' Needs
We Live Safe Sport – We Have Fun