



2025 Nordiq Canada Ski Nationals Ontario Division Relay Team Selection

V2: 20250304

The 2025 Nordiq Canada Ski Nationals is offering a mixed gender division (provincial) relay. The format is 4 x 3 km (U16/U18) or 5 km (Open/CCUNC). Details from the race notice are included on the last page of this document.

Cross Country Ski Ontario (XCSO) wishes to put together the best possible teams made up of Ontario race licensed athletes. This is an opportunity to race with your peers and represent your province.

XCSO will put together these teams on behalf of ALL provincial athletes based on the latest Canada Points List (CPL). The top 2 males and top 2 females based on CPL will be Ontario Team A in each category. The next 2 males and next 2 females based on CPL will form Ontario Team B ... until all official teams are made.

If, once all teams are selected, there are orphan athletes, we will work to build unofficial teams to ensure that every athlete has the opportunity to race in the relay.

Registered Para Nordic VI athletes will be placed on an unofficial team in their age category.

Timeline:

- | | |
|-----------------|--|
| March 6 | Deadline to register for Ski Nationals including for the Relay. |
| March 13 | Deadline to opt out of the Division Team Relay, and form a club team. We highly discourage this, and hope that all coaches and teams from across the province will help us build the best Ontario Teams for this relay. The results of the relay do not affect the club aggregate. Opting out must be done in writing to Alex Roger at techdirector@xcskiontario.ca by midnight. |
| March 13 | CPL update. |
| March 14 | The Ski Nationals Race Secretary will publish the validated confirmation list, and will provide a .csv file sorted by Division. |
| March 18 | Deadline to submit Relay Teams to the Race Office. XCSO will complete this for all categories except CCUNC. Varsity Coaches are responsible for submitting their teams (see below for details). |

After this deadline substitutions are only permitted per ICR 313.4.

XCSO's Value Based Behaviours

We Collaborate - We Connect - We Listen -

We Focus on our Members' Needs - We Live Safe Sport - We Have Fun



Team Selection

U16 and U18 Category Teams:

Athletes will be placed on official teams based on their age category. A U16 athlete with CPL points that puts them onto a U18 Team will **NOT** be placed on that team. A U18 athlete with CPL points that puts them onto an Open Team will **NOT** be placed on that team.

March 15 XCSO will publish the Relay Teams list for the U18 and U16 categories on the Ontario Coach Info Line. Athletes can find and meet their teammates at the Team Ontario Celebration scheduled for 3:00 pm on Sunday, March 15.

Open (U20/Senior)/CCUNC Category Teams:

March 15 XCSO will publish a DRAFT of the Relay Teams for all athletes registered in the Open Category on the Ontario Coach Info Line. Athletes can find and meet their teammates at the Team Ontario Celebration scheduled for 4:00 pm on Sunday, March 15.

March 17 Ontario Varsity Coaches are responsible for assigning their teams. XCSO requests that these coaches provide a list of athletes not participating in the CCUNC category who wish to race in the Open category, by email to Alex Roger at techdirector@xcskiontario.ca **no later than 9:00 pm.**

XCSO will finalize the Open Category relay teams with these additional athletes.

Relay Day Team Support:

Clubs/Teams will maintain responsibility for ski preparation for their athletes, including wax touch ups prior to their start.

Working in collaboration with club/team coaches:

- Each team will be assigned a coach, who will work with athletes to determine order of start for the team, and to support the team during the relay.
- Coaches will be assigned to support Ontario athletes with poles, splits, cheering etc.

This protocol was developed by XCSO staff, and reviewed by XCSO's High Performance Committee. Please provide comments or feedback to Stephanie Marler at admin@xcskiontario.ca

XCSO's Value Based Behaviours

We Collaborate - We Connect - We Listen -

We Focus on our Members' Needs - We Live Safe Sport - We Have Fun