



2019 OUA Nordic Ski Championships & Ontario Cup

February 16-18, 2019
Nipissing University

Coaches' Meeting Agenda

1. Welcome
2. Attendance
3. Introductions: Organizing Committee
4. Establishment of the Jury
5. Schedule of Events
6. Clarification/Questions
7. Weather Report
8. Course Information
9. Stadium Information
10. General Information
11. Distribution of Start Lists
12. Distribution of Bibs
13. Technical Delegate Remarks
14. XCSO Remarks

1. Welcome

› Toivo Koivukoski, Event Chair

2. Attendance (Team / Club)

- › Please sign the team attendance list
- › Please confirm the athlete registration list

3. Introductions: Organizing Committee

- › Convener: Vito Castiglione
- › Chief of Competition: Andrew Rees
- › Chief of Course: Geoff Hartley
- › Chief of Stadium: Jeff Scott
- › Chief of Grooming: Toivo Koivukoski
- › Chief of Timing: Henning Helms
- › Race Secretary: Gail Rees
- › Volunteer Coordinator: Lieann Koivukoski

4. Establishment of the Jury

- › Jury composed of:
 - Chief of Competition
 - Technical Delegate, and
 - Two Coaches (one for each day)
- › Nominations
- › Election

5. Schedule of Events

- › Saturday – Mass Start Classic
 - 8:00 am Race office open
 - 10:00 am OUA categories start
 - 1:00 pm Ontario Cup categories start
 - 5:00 pm Coaches' Meeting

- › Sunday – Individual Start Free Technique
 - 10:00 am Race Start
 - › OUA/Open/Junior/Juvenile/Midget/Mini-midget/Peewee
 - 4:00 pm OUA Relay Team Entries Due
 - 7:00 pm OUA Banquet

- › Monday – OUA Relay, 3 x 3.75 km Free Technique
 - 10:00 am OUA Women
 - 11:00 am OUA Men

6. Race Information

- › Saturday:
 - Mass start – Chevron Grid
 - Seeding will be by CPL
 - OUA and Open categories seeded together
- › Sunday
 - Interval start 30 seconds for OUA/Open/Junior/Juvenile
 - Interval start 15 seconds for Midget/Mini-Midget/Peewee
- › All races need to have ccc license or day license
 - \$5 for day licenses for Juvenile and older per day
 - \$2.50 for day license for Midget and younger

7. Weather Report

Sat 9 am	Sat 10 am	Sat 11 am	Sat 12 pm	Sat 1 pm	Sat 2 pm
A mix of sun and clouds	A mix of sun and clouds	A mix of sun and clouds	Mainly sunny	Mainly sunny	Mainly sunny
					
-12°	-12°	-11°	-11°	-10°	-9°

Fri 15 Feb	Sat 16 Feb	Sun 17 Feb	Mon 18 Feb
			
-3°C*	-6°C	-8°C	-12°C
Snow	A mix of sun and cloud	Sunny	Sunny
Tonight	Night	Night	Night
			
-12°C	-19°C	-22°C	-21°C
Periods of snow	Clear	Clear	Clear

8. Course Information

- › Courses closed 10 minutes prior to start
- › On Saturday course reopens between 12 noon and 12:50 pm
- › Wax testing/warm-up trail behind P8 wax trailers
- › Two-way traffic on warm-up trail, stay to the right
- › Return to start area from wax-testing and warm-up area via walking path or skiing in the direction of course

8. Course Information (continued)

- 3 lanes on climbing terrain on lower loop
- 2 tracks throughout
- tracks into finish
- 5 lanes in start grid, scramble zone to 3, scramble zone to 2
- Turning zones marked with whiskers
- Technique Marshall on course observing for proper classic technique

**3.0km Course
Nipissing University**

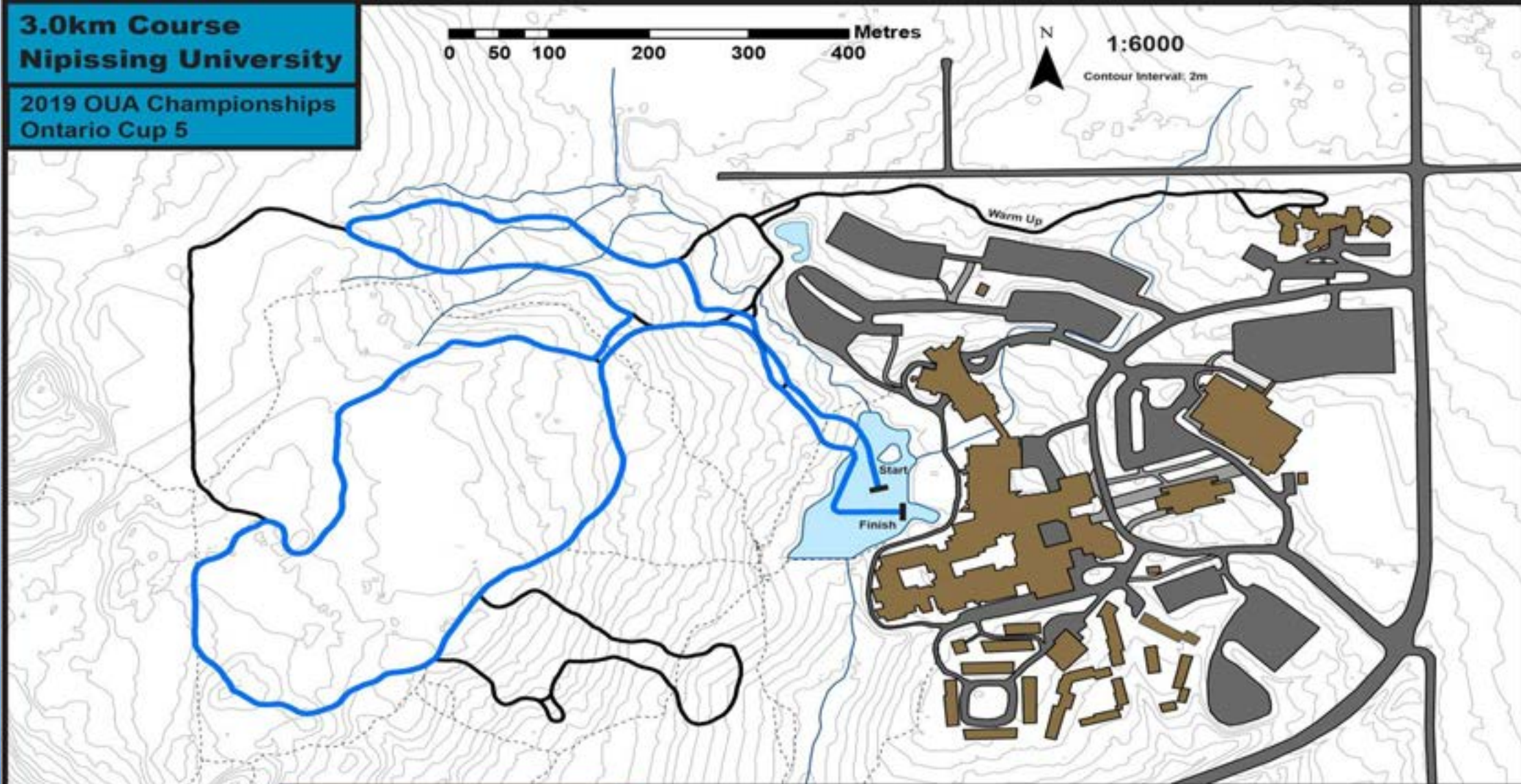
**2019 OUA Championships
Ontario Cup 5**

0 50 100 200 300 400 Metres



1:6000

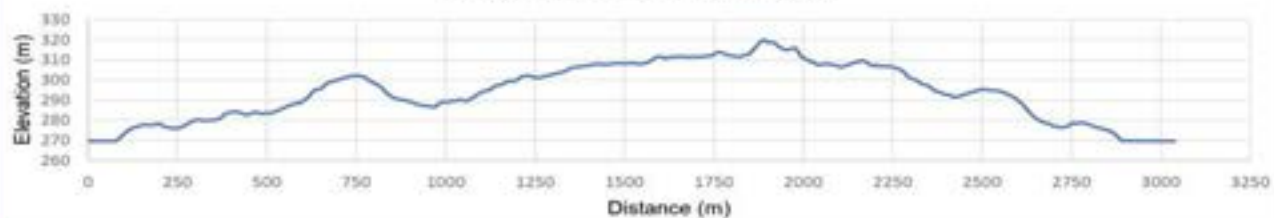
Contour Interval: 2m



Homologation Information

Height Difference (HD): 50m
Maximum Climb (MC): 24m
Total Climb (TC): 78m
Course Length: 3038m
Highest Point: 320m
Lowest Point: 270m

3.0 km Course Terrain Profile



**1.5km Course
Nipissing University**

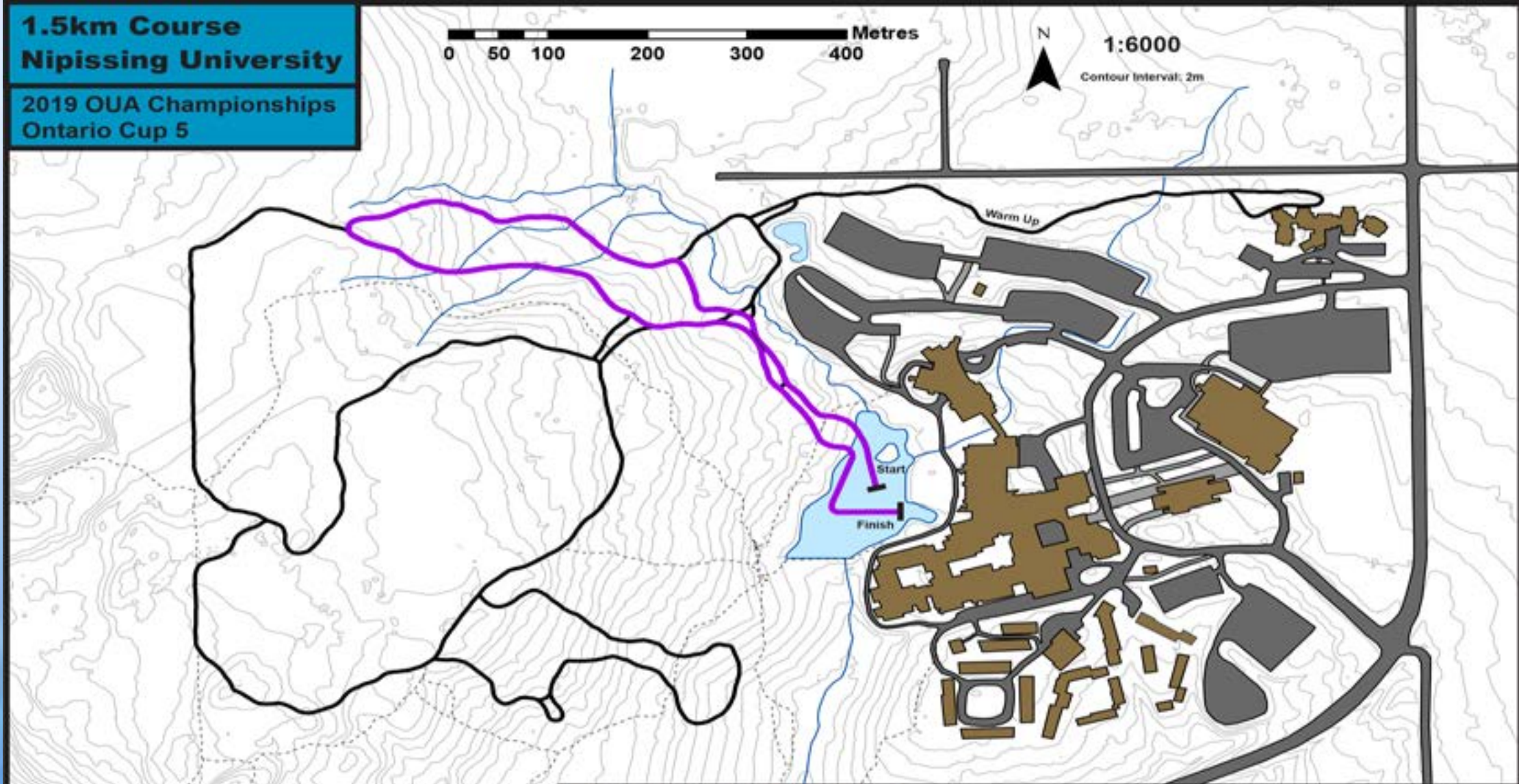
**2019 OUA Championships
Ontario Cup 5**

0 50 100 200 300 400 Metres



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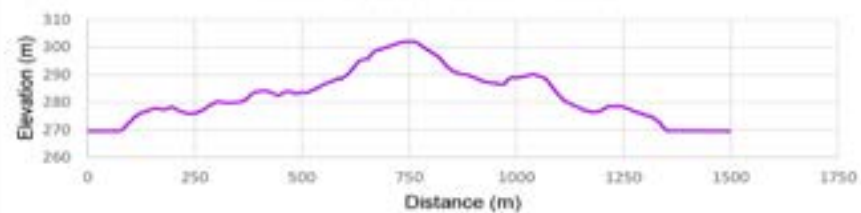
Contour Interval: 2m



Homologation Information

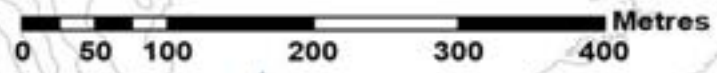
Height Difference (HD): 32m
Maximum Climb (MC): 24m
Total Climb (TC): 40m
Course Length: 1498m
Highest Point: 302m
Lowest Point: 270m

1.5km Course Terrain Profile



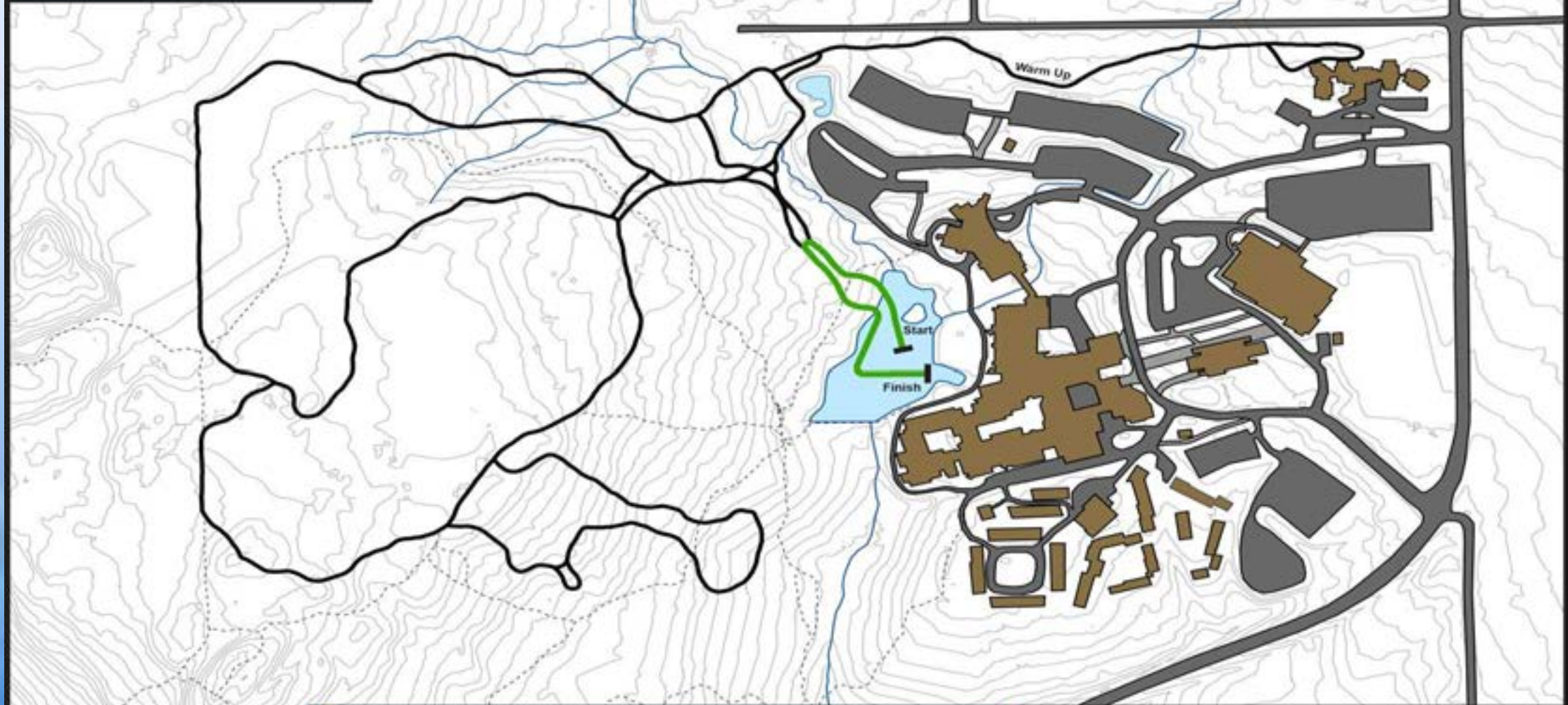
**0.4km Course
Nipissing University**

**2019 OUA Championships
Ontario Cup 5**



1:6000

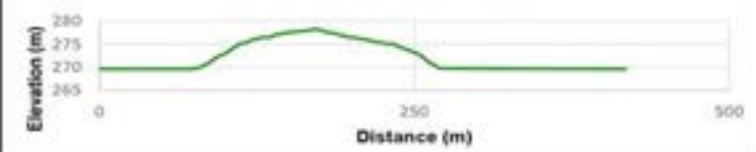
Contour Interval: 2m



Homologation Information

Height Difference (HD): 8m	Total Climb (TC): 8m	Highest Point: 278m
Maximum Climb (MC): 8m	Course Length: 418m	Lowest Point: 270m

0.4 km Course Terrain Profile



**3.75km Course
Nipissing University**

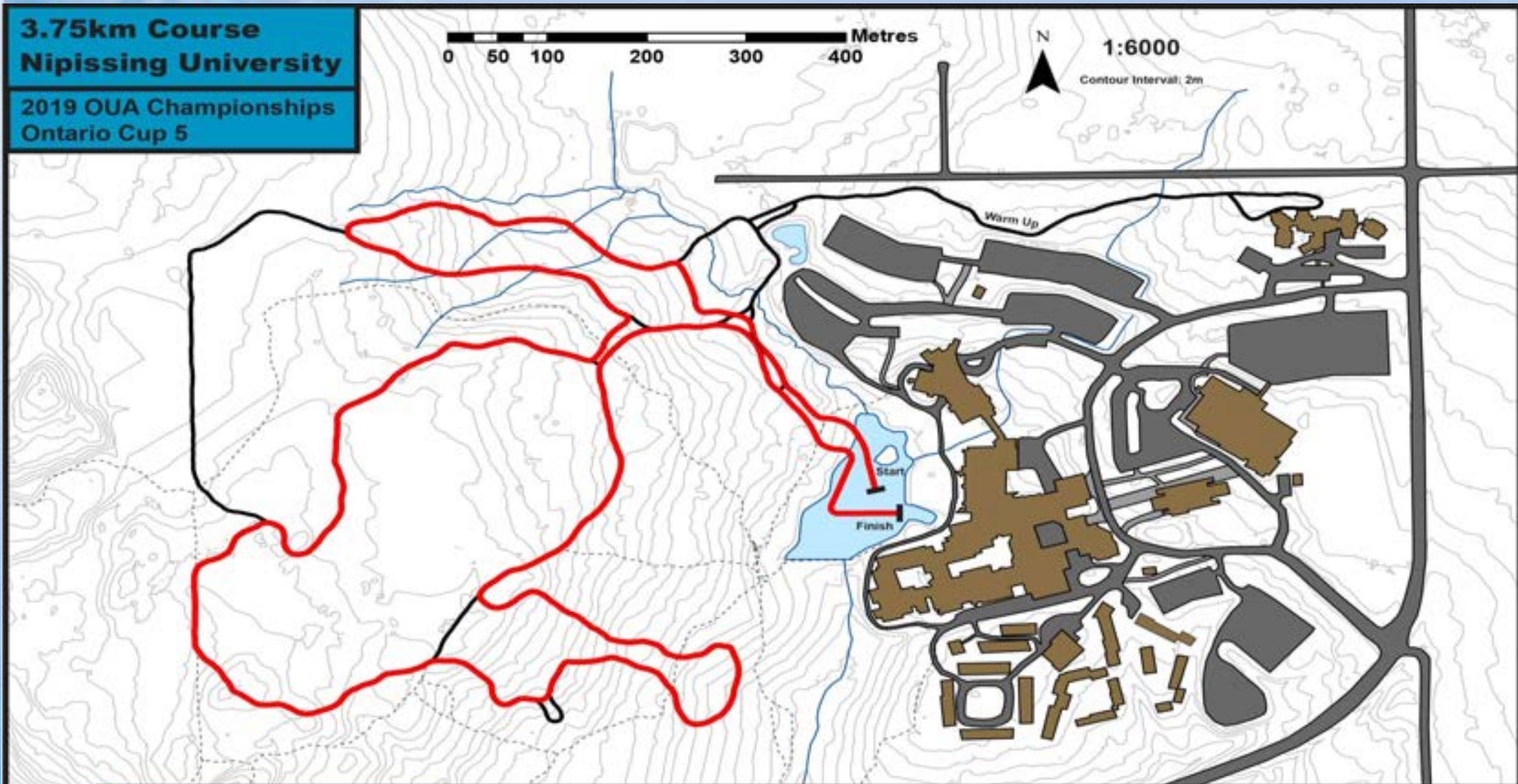
**2019 OUA Championships
Ontario Cup 5**

0 50 100 200 300 400 Metres



1:6000

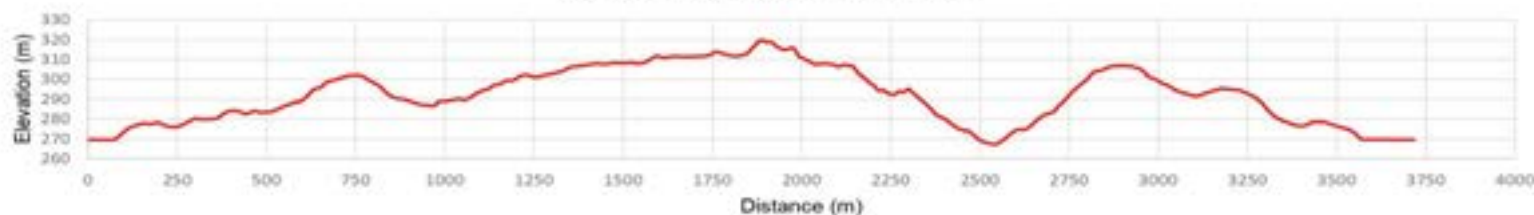
Contour Interval: 2m



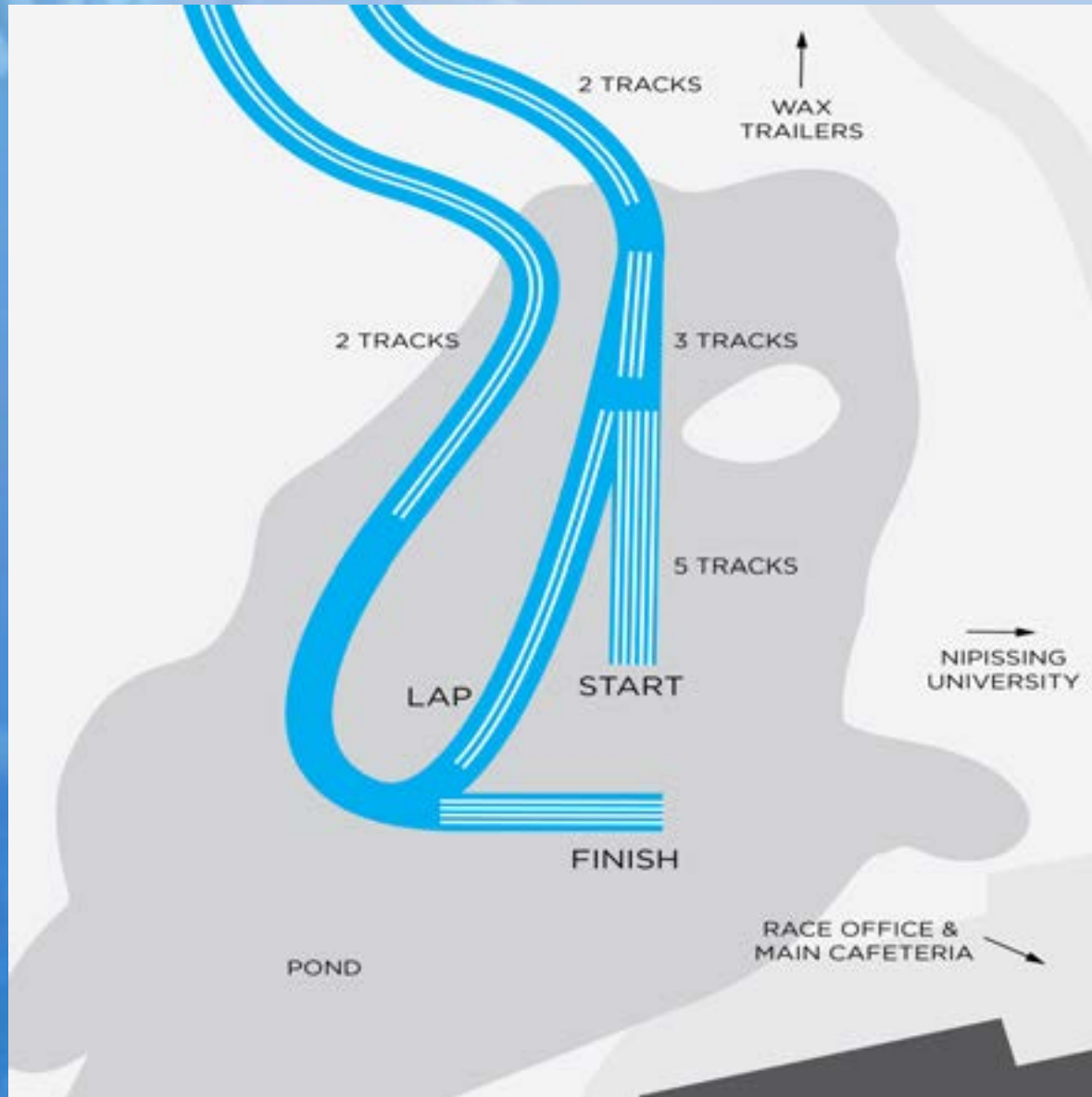
Homologation Information

Height Difference (HD): 63m
Maximum Climb (MC): 40m
Total Climb (TC): 121m
Course Length: 3716m
Highest Point: 320m
Lowest Point: 267m

3.75 km Course Terrain Profile



9. Stadium Information - Saturday



9. Stadium Information - Sunday

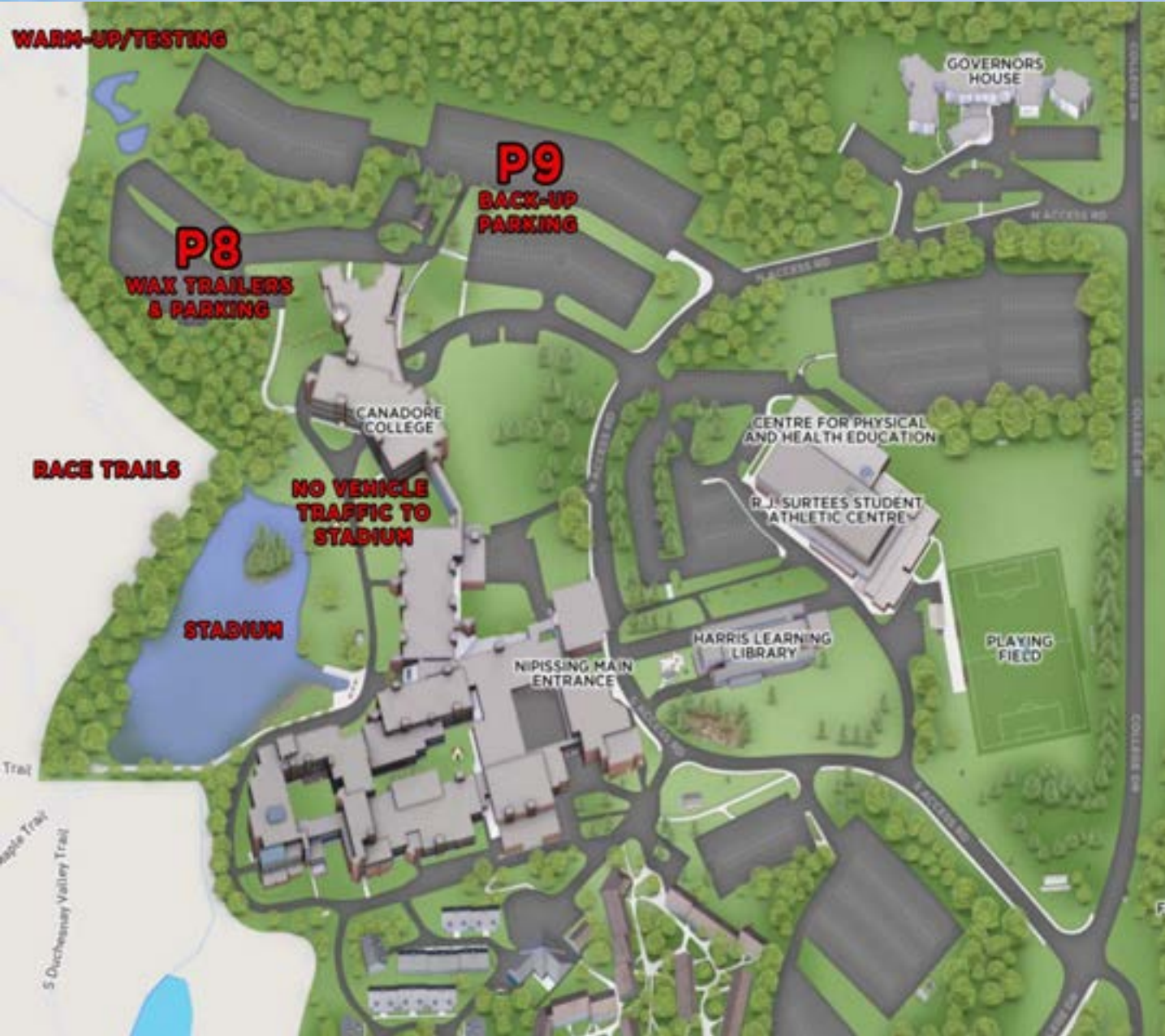


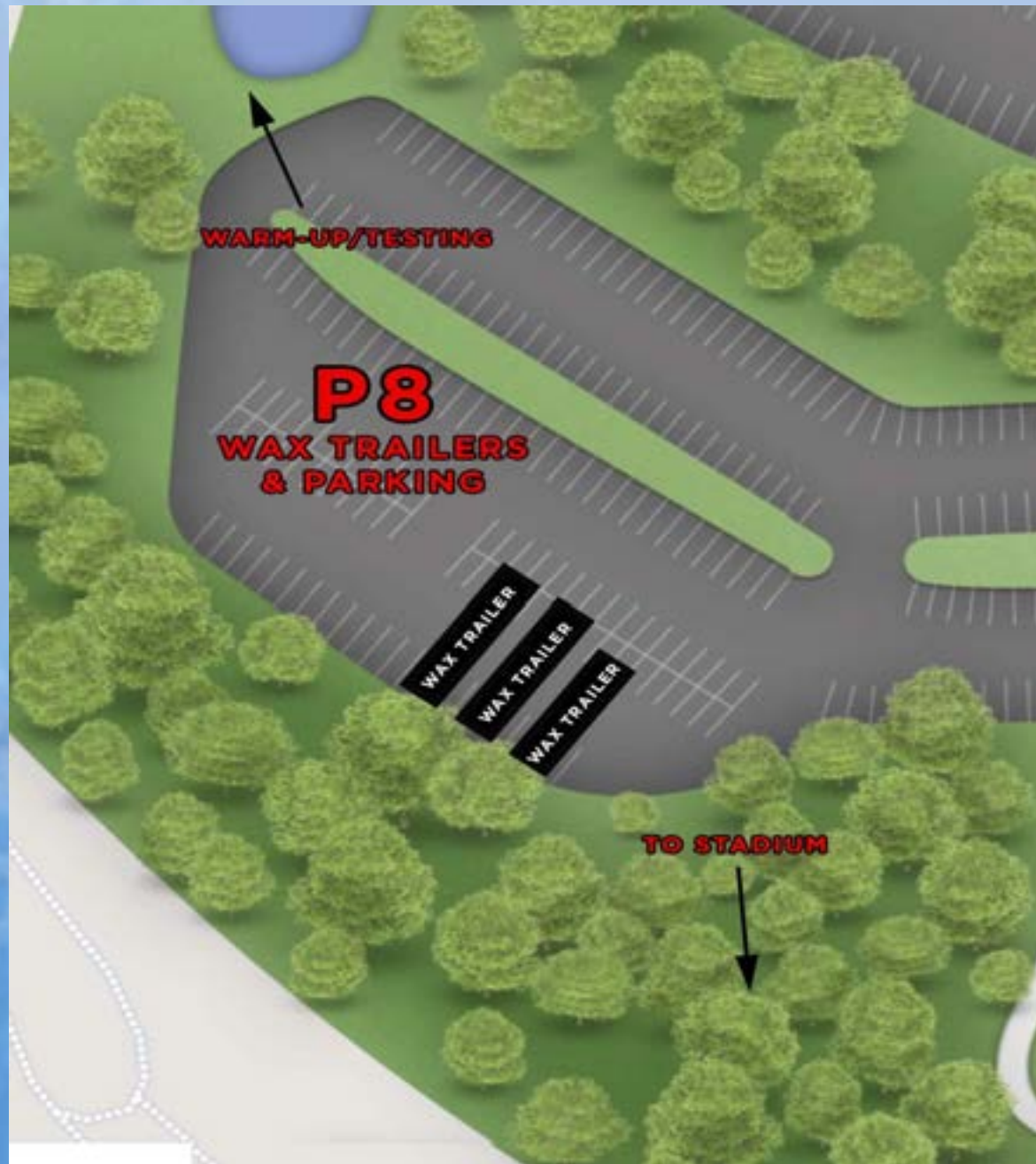
9. Stadium Information - Monday



10. General Information

- › Park in Parking Lot 8, overflow to P9
- › Tiny Italy serving food in Main Cafeteria
- › Ontario Cup Awards at Pond following races
- › OUA Awards at Sunday Banquet





11. Distribution of Start Lists

<http://new.zone4.ca/>

12. Distribution of Bibs

8.30 AM at Race Office in Main Cafeteria

13. Technical Delegate Remarks

› AI White

14. XCSO Remarks

› Victor Wiltman

Questions?

› Next meeting(s):

Saturday 4:30 pm – Meet and greet with varsity coaches

Saturday 5:00 pm – Coaches' meeting

Saturday 5:30 pm – OUA meeting

All to be held in upper athletics boardroom