



# Ontario Cup #2

Saturday, January 13 & Sunday, January 14, 2007

Kamview Nordic Ski Centre

Hosted by Big Thunder Nordic Ski Club, THUNDER BAY, ON

[www.bigthundernordic.com](http://www.bigthundernordic.com)

### CONTACTS:

Technical Delegate:	Jim McCarthy	<a href="mailto:jmccarthy@magma.ca">jmccarthy@magma.ca</a>
Chief of Competition:	Bert Viljakainen	<a href="mailto:bviljakainen@shaw.ca">bviljakainen@shaw.ca</a>
Organizing Committee:	Janis Nixon	<a href="mailto:janis_nixon@hotmail.com">janis_nixon@hotmail.com</a>
Chief of Course:	Peter Crooks	<a href="mailto:tb nordictrails@tbaytel.net">tb nordictrails@tbaytel.net</a>
Competition Secretary:	Mary Davies	<a href="mailto:mdavies@tbaytel.net">mdavies@tbaytel.net</a>

### LOCATION:

Kamview Nordic Ski Centre is located on 20th Side Road, off Hwy 61, 5km south of Thunder Bay Airport.

### SCHEDULE OF EVENTS

Saturday, January 6, 2007	5:00pm	Registration Deadline
Friday, Jan. 12,2007	9:00am-5:00pm	Official training day – courses marked for Saturday
	7:00pm	Team Leaders meeting at the Best Western Nor'Wester Resort Hotel, corner of Hwy 61 and Mountain Road
Saturday, Jan. 13,2007	9:30am	Free Technique – Interval start – various medium distances (see p.3)
Sunday, Jan. 14,2007	9:30am	Classic technique – Interval Start – Various medium distances (see p.3)

Award Presentations to follow races each day at the Kamview Nordic Ski Centre

### ELIGIBILITY

All competitors from juvenile and up must have a valid CCC race license or hold a CCC supporting member license (day license) in accordance with CCC Document 2.2.2 Race Licence Policy. Day licences to be purchased at the time of registration for a fee of \$5.00/day. Waivers must be completed for all unlicensed skiers and received by the Competition Secretary at the latest by 5:00 PM Friday, January 12, 2007.



### ENTRY DEADLINE

Registration can be done only through the Zone 4 website at <http://www.zone4.ca>. The deadline for registration is Saturday, January 6, 2007 at 5:00EST.

### CHECK CONFIRMATION LISTS BY WEDNESDAY JANUARY 11

8:00 p.m., Wednesday, January 11: deadline for team coaches to review Confirmation Lists and submit requests for revisions. Confirmation lists by club or team will be available at: Zone4.ca Requests for revisions should be sent by E-mail, to: Mary Davies, [mdavies@tbaytel.net](mailto:mdavies@tbaytel.net)

### ENTRY FEES

Senior categories	\$35.00 per day
Juvenile, junior, and master categories	\$35.00 per day
Midget categories	\$20.00 per day

### FACILITIES

Kamview Nordic Ski Centre has 30 km of trails accommodating both classic and skate skiers. There is a chalet on site with change rooms. Trailers and/or tents will be available for waxing on site.

### FOOD

The Centre sells muffins cookies, juice, coffee, hot chocolate etc. and a variety of hot foods.

### ACCOMMODATIONS/CAR RENTAL -

#### Event Hotel

#### Best Western Nor'Wester Resort Hotel

2080 Hwy 61

Thunder Bay, ON (807) 473-9123

Toll free 1-888-473-2378

The Nor'Wester Resort Hotel is a full service hotel with pool, sauna, weight room and restaurant. \$93 standard room. The Distance to the Ski Centre is 1Km. Quote Ontario Cup #2 booking number 101958. Rooms will be blocked only until Fri. Nov. 24. Heated wax facilities will be provided adjacent to hotel.

### EVENT CAR RENTAL

Enterprise Car Rental, 1-800-rent-a-car



### Event Categories, Distances & Fees

#### Ontario Cup #2 (Jan. 13 & 14)

Category	Code	Saturday Free Technique Interval Start	Sunday Classic Technique Interval Start	Entry Fees Per Day
Midget Girls	MDG	3.5km	3.5km	\$20
Midget Boys	MDB	3.5km	5km	\$20
Juvenile Girls	JVG	5km	5km	\$35
Juvenile Boys	JVB	5km	7.5km	\$35
Junior Girls	JNG	5km	5km	\$35
Junior Boys	JNB	10km	7.5km	\$35
Junior women	JNW	5km	10km	\$35
Junior men	JNM	10km	15km	\$35
Senior women	SNW	5km	10km	\$35
Senior men	SNM	10km	15km	\$35
Master women	MSW	5km	10km	\$35
Master men	MSM	10km	15km	\$35

N.B.: Junior Men and Senior Men will be seeded together and start as an Open Category; the same will apply to Junior Women, Senior Women.

Please support our generous sponsors:





# PARTICIPANT WAIVER FORM

**Note: This waiver will cover participation in all of the competitions encompassed in the named event.**

Name of Event: **ONTARIO CUP #2 at Kamview Nordic Centre, Thunder Bay, ON**

Event Date(s): **SATURDAY, JANUARY 13 & SUNDAY JANUARY 14, 2007**

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called CCC), Lake Superior Ski Division (hereinafter called the **Host Division**), Thunder Bay Nordic Trails and Big Thunder Nordic Ski Club (hereinafter called the **Host Clubs**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Host Division** and the **Host Clubs**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Clubs**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Clubs**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Clubs** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Clubs** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Clubs**, and to follow the instructions of the officials during the event.

### Adult Participant Release and Waiver

As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

### Minor Participant Release and Indemnification

As a parent or guardian of \_\_\_\_\_ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of \_\_\_\_\_

Print Name-Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

PLEASE NOTE FOR ON-LINE REGISTRATION - If participant is under the age of 18, OR, if participant is registering as part of a CLUB registration, Big Thunder Nordic Ski Club must receive a hard copy of the waiver for each athlete under 18, signed by the parent or guardian, and/or each athlete registered as part of a Club registration by 5:00 PM January 12, 2007. The waiver may be mailed to BTNSC - Competition Secretary, c/o 1813 McGregor Avenue, Thunder Bay, Ontario P7E 5G