

**2019 WOSSAA NORDIC SKI CHAMPIONSHIPS Tuesday, February 19th, 2019 Highlands
Nordic Centre 1182 Nottawasaga Concession 10 S Duntroon, ON L0M1H0**

Coaches will be contacted as early as possible if meet is cancelled. Check the Highlands Nordic Website for cancellation information.

Convenor: Jeff Cowan (FE Madill SS - Wingham)
E-mail – jeffery.cowan@ed.amdsb.ca
School Phone – 519-357-1800 Ext 406

Entry Fee- \$15.00 per skier (HST and processing fees included). If paying by cheque, cheques made out to Highlands Nordic and must be turned in at registration.

Awards Fee- This will be calculated post WOSSAA. Make cheques payable to FE Madill. (On the memo line write "WOSSAA Awards Fee").

Rental Equipment- If rental equipment is needed, contact Highlands Nordic in advance (705-444- 5017).

WOSSAA Eligibility Forms: These must be handed in when registering or e-mail to: jeffery.cowan@ed.amdsb.ca Forms are available on the WOSSAA website (www.wossaa.on.ca). Choose "WOSSAA Convenors Information" on the right of the screen and click on the eligibility forms. OR complete forms on the OFSAA ELS (<http://aels.ofsaa.on.ca/>) Please print off a copy of these forms and get them signed to hand in on Feb 19th. Athletes cannot race until paperwork and payment are submitted.

Entry Deadline: Friday February 15th, 2018 (11:59 PM). Entries must be completed on-line at <http://bit.ly/wossaanordic2019>. Coaches be aware that there are **no refunds**. You are responsible for paying for the number of skiers you have registered. Substitutions will be allowed if a scratch in the same category has been received. No additions can be made on the day of the race if there are no scratches. Late registration **MAY** be considered by contacting mdewan@hpcdsb.ca by 10:00AM Feb 16th. Registrations will not be accepted after the stated deadline. A start list will be posted by the evening of Feb.18th and results will be posted to warriornordic.ca by the evening of Feb.19th.

Races:

Elementary Girls: 2.5km

Elementary Boys: 2.5km

Novice: 2.5km

Junior Girls: 4.0km

Junior Boys: 5.5km

Senior Girls: 5.5km

Senior Boys: ~7.0km

Relays: 4X800metre loop (subject to change based on conditions)

Competitive Team Relays - Fill out form sent to coaches and submit ASAP (Prior to coaches meeting) – no additional charge

Exhibition Relays can also be entered, indicate if they are mixed or one age group with EG, EB, JG, JB, SG or SB at the end of the Team Name.

Awards:In each race, individual medals for the top 3 finishers (gold, silver and bronze) and ribbons for positions 4 through 6.

Team championship shall be awarded for Junior and Senior Boys AND Junior and Senior Girls. There will also be a Combined Junior team and a Combined Senior team award. Schools represented by these Championship teams shall receive WOSSAA plaques to be retained by the school. Members of the top 3 Boys and Girls Nordic Ski Teams shall receive up to 5 medals per team (that is, 5 gold, 5 silver, and 5 bronze).

Schedule:

- **9:00-10:00am**Registration and Bib pickup (in the team room)
 - **10:00am**Coaches' meeting
 - **11:00am**First race (if CWOSSAA joins us we may have to start at 10:30)
 - **1:30pm**Relays (4 skiers make a team, skiers must race the relay in the same age group in which they raced the individual race)
- There will be exhibition relays between the Junior and Senior races.
- **3:00pm**Awards

Bibs are to be turned in at the finish line by each athlete after his/her individual race. There is a **\$100 charge per lost bib**.

Bibs for Relays: the 4th skier will turn in bib at the finish line. Skiers #1,#2, and #3 are to be turned in by the coach at the finish line after the 3rd skier has finished.

We are looking forward to a great day of skiing. Let's all do our snow dance to build up the base at Highland Nordic, but then stop to ensure safe travels for all!