

2023 WOSSAA NORDIC SKI CHAMPIONSHIPS
Friday, February 10, 2023
Sawmill Trails, Hepworth, ON

Convenor: Annette Wrigley (annette.wrigley@ed.amdsb.ca)
School Phone – 519-284-1731
Annette's Cell – 519-280-9025

Entry Fee - \$20 per skier (HST and processing fees included). If paying by cheque, cheques should be made out to St. Marys DCVI and must be turned in at registration. Receipts will be emailed post-event.

WOSSAA Eligibility Forms: These must be handed in when registering or e-mail to: annette.wrigley@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 Hub (<https://ofsaa.athletesystems.ca/login.php>) Please print off a copy of these forms and get them signed to hand in on Feb 10th. Athletes cannot race until paperwork and payment are submitted. If you are choosing this route, please remember that WOSSAA athletes are required to read through the [Rules of Behaviour For Participants](#) and the [WOSSAA concussion code of conduct](#) as you, the coach is verifying this for each athlete.

Entry Deadline: Wednesday, Feb 8, 2023 (11:59 PM). Entries must be completed online at <https://bit.ly/hpwossaanordic2023>. Coaches, please 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. A start list will be posted by the evening of Feb. 9th and results will be posted to warriornordic.ca by the evening of Feb.11th.

Races:

Junior Girls and Boys: ~ 5km
Senior Girls and Boys: ~6.0km

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

Exhibition Relays can also be entered and will race between the Junior and Senior races.

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

Team championships 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
- **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 a 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.