

EOSSAA Nordic Ski Championships 2024

- Date:** Wednesday, February 7th, 2024
- Host School:** Valour JK-12 School, Petawawa and Mackenzie Community School, Deep River
- Fees:** \$20.00 per athlete (Includes 5\$ Trail Pass) to a maximum of \$200.00 per school. **Late entries** will cost **\$30.00** per athlete and the maximum will not apply to late entries. Make cheques payable to Valour JK-12 School. (If you are paying in cash, please bring the exact amount).
- Location:** Forest Lea Cross Country Ski Trails, Pembroke, Ontario (<http://paxc.blogspot.com/>)
- Directions:** From the south - Take Highway 417 northbound past the exits to Pembroke, turn left onto Forest Lea Road and proceed to the end of the road.

From the north - Take Highway 417 southbound to Forest Lea Road, turn right onto Forest Lea Road and proceed to the end of the road.
- Entries:** Please e-mail entries to Rick Schroeder by **Friday February 2nd, 2024 at 3:00pm**. All forms can be emailed prior to the event or handed to me the day of.
(e-mail: schroederr@rcdsb.on.ca)
- Please ensure that all athletes are capable of skating their course distance before entering them.**
- Course:** The race courses and distances will conform to those outlined in the EOSSAA playing regulations however, snow conditions may require last-minute changes. Teams wishing to qualify for OFSAA will compete in the individual races in the morning **and** in a 4 x 800m relay in the afternoon. Team scores in the two events will be added together, but results of the individual races carry more weight. Teams **not wishing to compete** in the relays must inform the convenor of this at registration as we plan heats and finals based on entries.
- Schedule:**
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|----------|---|
| 9:00 am | Registration |
| 10:00 am | Individual races beginning with junior girls followed by junior boys, senior girls and senior boys. (10 minute break in between each category). |
- Start times will depend on numbers in each event. A start sheet will be emailed to every coach prior to race day to confirm entries. A Start List will also be posted the morning of the event. Athletes will depart every 30 seconds.*
- At the end of the Senior boy's event, there will be a short lunch break followed by the relays. The relay order will be Junior girls, Junior boys, Senior girls and Senior boys. **Please note:** There may not be enough teams to warrant relays in all age categories. Awards will be presented after the relays.
- Facilities:** There is a small club house available for warming up. Waxing should be done before arriving. **There are no changing facilities available on site.** We only have outhouses on site.
- Food:** Warm water and/or Gatorade will be provided for athletes at the end of their races. The closest store is approximately 10 - 12km from the site. Please take this into consideration.
- Accommodation:** There are several hotels in Pembroke and Petawawa (within 15 km of the course). Please Contact hotels directly.

EOSSAA Nordic Ski Championships 2024

To: Nordic Ski coaches

Re: 2024 EOSSAA Nordic Ski Championships

Where: Forest Lea Ski Trails, Pembroke, Ontario

Convenors: Gary Serviss/Rick Schroeder, Valour JK-12 School and Aubrey Fletcher, Mackenzie Community School

Dear Coach,

The 2024 EOSSAA Nordic Ski Championships will take place at the Forest Lea Ski Trails located on Forest Lea Road, fifteen kilometres from Pembroke city centre. The event will be hosted by Valour JK-12 School and Mackenzie Community School. The Championships will take place on **Wednesday, February 7th, 2024**. Please e-mail entries to Rick Schroeder ((e-mail: schroederr@rcdsb.on.ca)) by **Friday February 2nd, 2024 at 3:00pm**. Please avoid scratches the day of the event as they cause problems with the starting order. Late entries will cost \$30.00 per athlete (beyond maximum).

Each school must complete and e-mail the attached EOSSAA entry form (**see site**) with **names, category, birth dates and division**. Note: Junior athletes were born in 2009 and 2008 and Senior athletes were born in 2007, 2006 and 2005.

Please note: Coaches will be responsible for inputting all required forms to the OFSAA Hub including: 1) Student Waiver form for OFSAA 2) Eligibility Forms/AELS 3) Coaches Waiver 4) Any Para Athletes

These can be found on the OFSAA website. **We will not collect your OFSAA forms at EOSSAA. Please inform the convener at registration if you have athletes who do not intend to compete at OFSAA if they qualify.**

The following EOSSAA rule is in effect again this year with regards to OFSAA team qualifying. The 1st place team in each age category will earn the right to represent EOSSAA at the OFSAA Nordic Ski Championships. The 2nd place team **may** also move on to OFSAA provided that all four scoring team members use the skate technique and demonstrate that they are capable of completing an OFSAA calibre course. A Jury of Appeal consisting of the convener and two other knowledgeable coaches will make the final decision on qualification of 2nd place teams.

NEW 2019: Qualifying for individuals has now changed. The top 6 individuals in the “**OPEN**” division and the top 6 in the “**High School**” division not already qualifying on a team will qualify providing that they place in the top ten, in their respective divisions.

****See OFSAA Regs for further details****

OFSAA coaches meeting

Coaches meeting will take place virtually via Zoom. Please remember that the coaches meeting is mandatory.

Date: Tuesday 20 Feb 2024

Time: 6pm EST

The Zoom link will be sent directly to coaches and supervisors registered in Zone 4.

Note: In each age classification, High School and Open athletes will compete in the same race.

The trails are now open for skiing and athletes and their families are welcome to come to Forest Lea to practice. Please consult our PACX blogspot for more information.

Sincerely,
Gary Serviss
(garyserviss10@gmail.com)
Rick Schroeder
(schroederr@rcdsb.on.ca)
Aubry Fletcher
(fletcher@rcdsb.on.ca)

PLEASE NOTE:

Passing Protocol : Coaches please take the time to inform all your athletes on this important rule!

When approaching a slower skier, call out “track” when ready to pass (do not track too soon please). The passing skier should pass on the left (like cars on the highway) and the skier being passed should move to the right of the trail – slower skiers don’t have to stop but must make enough room for the faster skier to pass. Do not impede a faster skier and do not try to pass unless you are able to do so. If more than one skier passes another skier at the same time – call out “track – two skiers” so that they know.