



RACE NOTICE

2023 ROPSSAA Nordic Skiing Championships

Tuesday February 14, 2023

Hosted by the Highlands Trailblazers Racing Society

CONTACTS

ROPSSAA Convenor	Ian Coulson	905-890-1010 x2555	ian.coulson@peelsb.com
Nordic Convenor	Eve Scott		eve.scott@peelsb.com
Race Secretary	Debra Friendly		dfriendly@hvgp.ca

LOCATION

Highlands Nordic

1182 Nottawasaga Concession 10 S
Duntroon, ON
LOM 1H0

SCHEDULE OF EVENTS

Monday February 6	4:00pm	Hub Eligibility Deadline
Thursday February 9	4:00pm	GO/NO GO DATE
Friday February 10	8:00pm	Team Registration Deadline
Tuesday February 14	9:00am	Race Office Open
	9:45am	Coaches Meeting
	10:30am	Distance Races Begin
	2:00pm	Sprint Relays Begin
Thursday, February 16	SNOW DATE*	

***NOTE that Highlands Nordic is using February 16 as the snow date for all Association championship events. If the snow date is required, it is possible that ROPSSAA would not be the only Association represented on that day.**

PARTICIPATING SCHOOLS

Glenforest
Mayfield

Lorne Park
Woodlands



CATEGORIES

Category	Age Requirements	Distance
Novice Girls & Boys	Born 2003 or later First Year Skier	3km +/- 1km
Junior Girls	Born 2007 or later	4km +/- 1km
Junior Boys	Born 2007 or later	5km +/- 1km
Senior Girls	Born 2003 or later	5km +/- 1km
Senior Boys	Born 2003 or later	7.5km +/- 1km
Para Nordic	Born 2003 or later	1km +/- 500m
Sprint Relays	Corresponding age category	600m +/- 100m

NOTE: Junior and Senior categories are divided into HIGH SCHOOL and OPEN Divisions as per the OFSAA & ROPSSAA Playing Regulations

HIGH SCHOOL DIVISION

(i) A skier who exclusively trains with/for his/her high school and does not train or compete with/for any other Nordic program or program with a Nordic skiing component.

(ii) A skier in grade nine (9) is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the school year.

iii) A skier in grade ten or above is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the previous school year.

OPEN DIVISION

Any Nordic skier who is not eligible to compete in the High-school division or as a Para-nordic athlete, or who chooses not to compete in the High-school division or as a Para-nordic athlete, must compete in the Open division for individual distance events. All appeals can be made to the OFSAA Nordic Sports Advisory Committee via the OFSAA staff liaison prior to the second Tuesday of January.

ELIGIBILITY

All schools must submit their eligibility lists to the Athletic Convenor by the deadline indicated.

Team rosters are to be generated in the OFSAA Hub as **“Varsity Co-Ed Nordic Skiing”**

Additionally, as per the playing regulations 3.(h) and (i):

- (h) Any competitor must have participated as a member of a bona fide high school program during their Nordic season (November - February), in a minimum number of practices (12), at a location where the majority of their high school practices are held under the supervision of a teacher coach as certified by the school principal.
- (i) All competitors in the ROPSSAA championship must have participated in a minimum of 2 high school meets. Individuals not meeting this criterion may appeal to the Jury of Appeal by the eligibility list deadline. In addition, any novice/new skier must attend a scheduled novice event. The competitor must attend the meet as part of the school team under the supervision of a teacher coach from their school.



REGISTRATION

All participating schools must submit the excel registration form to the [Race Secretary](#) by **Friday February 10, 8:00pm**.

The Race Secretary has the following instructions for coaches:

1. The file must be renamed by the school to include their school name.
2. The worksheet is protected so they can only enter data where required.
3. Some fields (e.g. category) have a drop down menu so that everyone is entered the same way.
4. Please test the spreadsheet before deadline day to allow Debra to respond in plenty of time if you are having a problem or have a question.
5. Substitutions: No late/same day entries will be allowed. Substitutions will be allowed only when there has been a withdrawal (scratch) in the same category.

Please test the spread sheet so that you are aware of what is required prior to the deadline.

ENTRY FEES

Trail Passes

\$24 per skier (HST included) – to be paid directly to Highlands Nordic upon arrival at the venue. Payment can be made by cash, cheque or credit card.

Highlands will issue a receipt which must be presented to the Race Office in order to pick up your bibs.

Each school must pay for the number of registered skiers submitted on the Excel spreadsheet and skiers must wear the trail pass while warming up and racing. The amount due is calculated on the spreadsheet.

Bib Deposits

\$100 per school – each school must bring a cheque or cash as a deposit for use of the bibs. The cheque should be made out to the **HIGHLANDS TRAILBLAZERS RACING SOCIETY**.

Cheques will be returned once all bibs have been accounted for at the conclusion of the event. If in the event that bibs cannot be confirmed before you must leave the facility, the cheque will be mailed back to the school.

OPHEA SAFETY GUIDELINES

All schools must abide by the [OPHEA Safety guidelines for Cross Country Skiing](#)