



Haywood Canada Cup/Ontario Cup #1

Wednesday, December 29 & Thursday, December 30, 2004

Lappe Nordic Ski Centre

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

www.bigthundernordic.com

CONTACTS:

Technical Delegate:	Alain Vachon	avachon@laberge-lafleur.qc.ca
Chief of Competition:	Brian Kurikka	bkurikka@tbaytel.net
Organizing Committee:	Bert Viljakainen	bviljakainen@shaw.ca
Chief of Course:	Reijo Puiras	reijopuiras@hotmail.com
Competition Secretary:	Mary Ellen Ripley	mripley@tbaytel.net

LOCATION:

Lappe Nordic Ski Centre is located 20km west of Thunder Bay. Follow Hwy 102, 8km to Dog Lake Road. Continue on Dog Lake Road for 10km. The Centre is 4km left off Dog Lake Road on Kam-Current Rd (at Lappe Church).

SCHEDULE OF EVENTS

Wednesday, Dec. 22, 2004	5:00pm	Registration Deadline
Tuesday, Dec. 28, 2004	9:00am-5:00pm	Official training day - courses marked for Thursday
	7:00pm	Team Leaders meeting at Ski Centre
Wednesday, Dec. 29, 2004	9:30am	Madshus National Sprint Series – free technique - qualification round
Thursday, Dec. 30, 2004	9:30am	Classic Technique – Interval start - various medium distances

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



ELIGIBILITY

This race is now part of the NOC FIS Regional Series, and all racers with FIS licences in the Open classes (junior men/women, senior men/women) are eligible for FIS points. All competitors from juvenile and up must have a CCC license or FIS licence. A CCC supporting member license (day license) may be purchased at the time of registration for a fee of \$5.00/day. All waivers must be signed and skiers under 18 must have waivers signed by a parent or guardian. All waivers must be received by the Competition Secretary at the latest by 5:00 PM Tuesday, December 28, 2004.

ENTRY DEADLINE

Faxed or mailed entries must be received by 5:00 PM, Wednesday December 22, 2004, with payment unless other arrangements are made with the Competition Secretary. Please register by fax using the team or individual entry forms attached to 807-345-0526. Follow with payment and hard copy confirmation. **Alternatively, registration can be done through the Zone 4 website at <http://www.zone4.ca>. The deadline for electronic registration is Sunday, December 26, 2004 at 23:59 EST.**

ENTRY FEES

Senior categories	\$35.00 per day
Juvenile, junior, and master categories	\$30.00 per day
Midget categories	\$20.00 per day
Mini-midget categories	\$15.00 per day

FACILITIES

Lappe Nordic Ski Centre has 12km of trails accommodating both classic and skate skiers. There is a large chalet on site with change rooms, saunas and showers. Trailers will be available for waxing on site.

FOOD

The Centre has a kiosk that sells muffins, cookies, juice, etc. Finnish pancakes, soup and sandwiches, coffee, hot chocolate and pop are available in the kitchen located in the upper level of the ski chalet. Food vouchers will be given to athletes.

ACCOMMODATIONS - rooms will be blocked only until Wed. Dec. 1st - book early!

Ramada Landmark Inn ramada@tbaytel.net
 Dawson Rd (Hwy 102) & Hwy 11-17 1-800-465-3950
 Thunder Bay, ON (807) 767-1681
 Fax# (807) 767-1439

The Landmark is a full service hotel with pool and restaurant. The distance to the Ski Centre is 21Km. Please ask for the "Canada Cup rate" of \$75.00 + taxes.

Thunder Bay Inn thunderbayinn@shaw.ca
 1460 Dawson Rd (2km west on Dawson Rd-Hwy 102) 1-866-210-1234
 Thunder Bay, ON (807) 768-1234

The Thunder Bay Inn is a new facility. The distance to the Ski Centre is 19 Km. Please ask for the "Canada Cup rate" of \$69.95 + taxes. This rate includes a continental breakfast.



Event Categories, Distances & Fees
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Category	Code	Wednesday Free Technique Sprints	Thursday Classic Technique Interval Start	Entry Fees Per Day
Juvenile Girls	JVG	850m	5km	\$30
Juvenile Boys	JVB	850m	7.5km	\$30
Junior Girls	JNG	1100m	7.5km	\$30
Junior Boys	JNB	1100m	10km	\$30
Junior women	JNW	1100m	10km	\$30
Junior men	JNM	1100m	15km	\$30
Senior women	SNW	1100m	10km	\$35
Senior men	SNM	1100m	15km	\$35
Master women	MSW	1100m	10km	\$30
Master men	MSM	1100m	15km	\$30
Midget girls	MDG	650m	3.5km	\$20
Midget boys	MDB	650m	3.5km	\$20
Mini-midget girls	MMG	650m	2.5km	\$15
Mini-midget boys	MMB	650m	2.5km	\$15

The organizers reserve the right to combine age categories as necessary.
 Coaches please have athletes fill out the athlete profile. Thank You.

Please support our generous sponsors:





Individual Entry Form

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Last Name: _____ First Name: _____

Address: _____ City: _____

Province/State: _____ Postal/Zip Code: _____

Phone: _____ Fax: _____

E-mail: _____ Gender: _____ Year of birth: _____

CCC Licence #: _____ FIS Licence #: _____

Club: _____ Division: _____ Nation: _____

Category - Wed. Free Sprint: _____ Category - Thu. Classic: _____

Under 23 (Canada Cup category - Y/N): _____ Total Entry Fees: \$ _____

Entry Fees:

Senior categories	\$35.00 per day
Juvenile, junior & masters categories	\$30.00 per day
Midget categories	\$20.00 per day
Mini-midget categories	\$15.00 per day

Cheques payable to:

Big Thunder Nordic Ski Club
C/O Mary Davies
1813 McGregor Avenue
Thunder Bay, Ontario P7E 5G1

Please register by fax: 807-345-0526

Please ensure all athletes sign a waiver. Racers under 18 are required to have a parent or guardian sign waiver.



Team Entry Form
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Club: _____ District: _____

Coach: _____ Phone: _____

E-mail: _____



	Name	CCC License #	FIS License #	Year of Birth	M/ F	Category Code		Under 23? (Y/N)	Entry Fees (\$)
						Wed. Sprint	Thu. Classic		
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
TOTAL \$:									

Make cheques payable to **Big Thunder Nordic Ski Club**, c/o Mary Davies Treasurer, 1813 McGregor Avenue, Thunder Bay Ontario, P7E 5G1. **Please register by fax: 807-345-0526.** All skiers must sign a waiver and skiers under 18 must have waiver signed by a parent or guardian.



Event Athlete Waiver:

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In consideration of Cross Country Canada, (hereinafter called CCC), the Lake Superior Ski District, (hereinafter called LSSD), Big Thunder Nordic Ski Club and Lappe Nordic Ski Centre accepting my entry into the above named event, hereby for myself, my heirs, executors administrators and assign, forever release and forever discharge CCC and LSSD, its clubs, servants, sponsors or employees from any and all claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage which may arise by reason of the negligence of CCC, LSSD, its clubs, servants, sponsors, or employees.

As a participant of the above event, or as a parent of a participant under the age of 18, I have read the above waiver and understand its terms and conditions.

Date: _____ Signature: _____

Name of Participant (please print): _____



Athlete Profile:

Name: _____ Club: _____

Age started skiing: _____ Most inspiring athlete: _____

Favourite Course: _____

Best Results: _____

Off season interests: _____
