

Welcome to GBSSA/YRSAA/LOSSA/GHAC/COSSA/CISSA Regional Qualifier 2019

Highlands Nordic, Duntroon, Ontario

Wednesday, February 13, 2019

Registration

Registration must be completed using the Excel spreadsheet available at www.htbrs.com. Registration will close February 9th at 23:59. Late entries will only be permitted at the discretion of the race secretary. Entry fee will be \$24/skier, HST included. Late registrations will be \$29/skier (\$24 plus \$5 late fee). Please pay by cheque on race day. Please ensure the cheque is made out to **Highlands Trailblazers Racing Society**. Questions about registration can be directed to Race Secretary Debra Friendly by email friendlymonk2010@gmail.com. Start lists will be available by noon on Tuesday, February 12th on zone4.ca. Coaches are asked to bring a bib-deposit cheque of \$100 payable to **Highlands Trailblazers Racing Society**. Deposit cheques will be returned at the end of the day when bib collection is confirmed.

Coaches are asked to seed racers '1' for slowest and '5' for fastest in each category during registration. Substitutions may be made on the day of the race only if there has been a scratch in the same category. Substitutions will only be permitted within the same major category, i.e. the high school/open designation does not matter. Teams with more than 1 relay team per category assign racers to A, B etc during registration (in the School field e.g. HHS-A, HHS-B). Relay team declarations must be made at registration to allow the race office to enter athletes. Ensure that your team entry is correct by viewing the confirmation list after registering your team. Any bibs not returned will be subject to a fee of \$100. Please help us get all these back!

Eligibility

Eligibility is as per individual association and OFSAA regulations. Eligibility lists and practice schedules are due to your association convener prior to competition. For questions about eligibility and requirements in your individual association please review association playing regulations and direct your questions to the appropriate convener:

GBSSA Convener - David Knox dknox@scdsb.on.ca

GHAC Convener – Richard Sebben SebbenR@hcdsb.org

LOSSA Convener – Christina Mark christinanordicmark@hotmail.com

YRAA Convener – William Schoenhardt William.Schoenhardt@yrdsb.ca

CISSA Convener - Brian McCue Brian.McCue@sac.on.ca

COSSA Convener - Jon Grimwood jon_grimwood@kprdsb.ca

Competition Day Schedule

Trails open at 8:30 am for pre-ski with courses marked and V-boarded. Race Office will open for registration and bib pick-up at 9:00 am in the team room downstairs. Coaches' meeting will happen at 9:30 am in the large portable directly north of the main lodge. The meeting will start promptly; light snacks and warm drinks will be available for those who are on time.

First racer will start at 10:00 am (30-second intervals) in the following sequence: Standing Para, Novice Girls, Novice Boys, Junior Girls, Junior Boys, Senior Girls, Senior Boys. Relay races will begin at 1:00 pm. Relay races will have a start order of Junior Girls, Junior Boys, Senior Girls, Senior Boys.

Awards - GBSSA

Awards will happen for each association independently as determined by Convener. GBSSA awards will happen immediately following relay races. GBSSA Coaches meeting to determine OFSAA athletes will follow awards in the same location as the morning coaches meeting. For individual results in the GBSSA 1st place will receive a medal, and ribbons will be given for 2nd to 8th place respectively. Team award winners will receive a medal for 1st place, ribbons for 2nd and 3rd places respectively. If your school has a championship plaque please bring it to the championship so that it may be given to this year's winner. To order ribbons for Para athletes please email bhewitt@scdsb.on.ca by February 1st, 2019.

Courses

Race courses will be clearly marked and V-boarded with some intersections marshalled during competition. The race courses will be the same as will be used for OFSAA. Please see the course maps for details on specific routes. Course maps are available by following [this link](#). Distance courses will be clearly marked with 'Race' arrows. Courses for qualifying distances will be as per OFSAA regulations. Distances will be as follows Novice Girls 3km, Novice Boys 3km, Standing Para 3km, Junior Girls 4.6 km, Junior Boys 5.8 km, Senior Girls 5.8 km, Senior Boys 7.4 km. At the conclusion of distance races, relay course will be set for 1 km course.

Regulations

Races will be run as per Association and OFSAA regulations. Coaches, please refer to these regulations ahead of the competition for specifics on practice/competition regulations, uniform policy, jury of appeal etc. OFSAA regulations as of November 2018 can be found on [their website](#). Please contact conveners of individual associations for their most up-to-date regulations. Some specific reminders for coaches;

- Declare each athlete as either a 'high school' or 'open' racer.
- Waxing protocol has changed and only paraffin and Low Fluoro waxes are to be used on athlete skis for competition. This means no high waxes or pure Fluoro toppers, hardners, gels or pucks.

Inclement Weather

In the case that busses are cancelled in Simcoe County West Zone (zone that Highlands Nordic is located) races will be postponed until Friday, February 15th. Please check the forecast for Feversham to get an idea of weather that is expected. You can visit <http://simcoecountyschoolbus.ca/> or follow [@scstc_schoolbus](#) on twitter for specific details on bus cancellations. Cancellations are posted daily around 6:00 am if there is a service interruption. Conveners will be notified as soon as possible if there is a postponement.

Any further questions about the race can be directed to Bill Hewitt by emailing bhewitt@scdsb.on.ca.

Best of luck to all Teams and Athletes!