

BOYS AND GIRLS NORDIC SKIING

Revised: June 2008

1. DATE

The WOSSAA Nordic Skiing Championship shall be held at least 9 days prior to the OFSAA meet.

2. LOCATION

The location shall be determined by the host Conference.

3. EVENTS

The events to be conducted are:

Boys Nordic Skiing	-	Junior Team and Individual
	-	Senior Team and Individual
Girls Nordic Skiing	-	Junior Team and Individual
	-	Senior Team and Individual
Relays	-	Boys Junior and Senior Team Relay
	-	Girls Junior and Senior Team Relay

4. COMPETITIVE STRUCTURE AND PROCEDURES

The top four teams in each age class in each conference are eligible to compete. A coach may request additional team entries (entries granted by the WOSSAA convenor if there is space available).

The top four combined junior teams and the top four combined senior teams are eligible to compete.

Any individual finishing in the top 20 in their division at the Conference meet qualify for WOSSAA.

5. MEET STRUCTURE

Course distances shall be as follows:

Senior Boys	7 km or +/- 1 km
Junior Boys	4 km or + 2 km
Senior Girls	4 km or + 2 km
Junior Girls	3 km or + not more than 1.5 km

Relays should be at the discretion of the convenor. The convenor shall take into account the time of day and difficulty of the chosen course to determine the exact distances.

Relays: Sprint relay of 800m or - 100m or + 200 m
This is the same for all age groups.

6. ENTRY

Teams shall be made up as follows:

Boys Team	4 members will count
Girls Team	4 members will count
Combined	one boys team (as outlined above) and one Girls' team (as outlined above)
Relays	4 skiers must be designated as relay competitors on both the Boys' Junior and Senior and Girls' Junior and Senior Teams.

7. EXPENSES

Entries and fees are to reach the convenor by the entry deadline which will be at least noon five days prior to the meet.

An Entry Fee shall be charged which shall be sufficient to cover operating costs of the tournament.

8. ELIGIBILITY

To represent the school, a student must meet the following age requirements:

Junior:	the individual's birth certificate indicates that he/she has not reached his/her 15 th birthday by January 1 st prior to the start of the school year in which the competition is held;
Senior:	the individual's birth certificate indicates that he/she has not reached his/her 19 th birthday by January 1 st prior to the start of the school year in which the competition is held

A student may compete in only one classification at the meet.

Any nordic skier participating at WOSSAA 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 (eight).

9. RULES AND OFFICIALS

- a) The rules of competition shall be those contained in the WOSSAA Constitution; OFSAA Regulations; any meet rules circulated by the convenor.
- b) A jury of appeal shall be appointed prior to the meet (either the day of the meet or earlier) consisting of three people from different conferences with the convenor or his/her designate as a non-voting chairperson (4th member). This jury shall rule on any Formal complaint at the meet (eg. Failure to complete the course).
- c) All skiers will wear an assigned number.
- d) All skiers must be off the course 15 minutes before the start off racing.

- e) The “tracking rule” will be in effect.
- f) Relay exchange is a human touch inside the exchange zone.
- g) A skier must ski the individual events to be eligible for a relay.
- h) A team may consist of unlimited skiers, but only the first four count for team points.
- i) A school may declare an “A” and “B” team in one category. A skier may only ski in the relay for his declared team.

Protests re: eligibility, or course conditions must be submitted in writing before the competition begins. Protests concerning a race must be in writing within 30 minutes of the completion of the race.

10. SCORING

- a) In the individual Nordic event the places will be determined by time. Where ties exist, the same placing is awarded and the appropriate number of placings left out.
- b) The team winner will follow the format stated in the OFSAA constitution for the current year.
- c) Nordic relay placings shall be the combined time of four skiers in the relay race.
- d) The team winner will be the team with the lowest placing total from the individual race and the relay. The score for relay placing will be calculated using the differential calculated from the individual race team placings.

$$\text{Differential} = \frac{\text{Last place team score} - \text{First place team score}}{\text{Number of teams}}$$
- e) The combined winner will be the combined team with the lowest total of Boys (d) and Girls (d).
- f) DNF's due to missed checkpoint, lost or broken equipment and failure to complete the course will receive a time one second greater than the last proper time.
- g) If in calculating the team placing, a tie occurs, the lowest total times in the individual races will count. If a tie still exists, the fastest time of the fourth skier in the individual race will determine the placing.
- h) If in the relay a team that had placed third after the team score in the individual race should place first or second they should be submitted as a team entry to OFSAA.

11. AWARDS

Individual WOSSAA medallions shall be presented to the first three finishers (gold, silver and bronze) and ribbons for positions 4th through 6th in each race.

Team Team championships shall be awarded for Boys Junior and Senior Nordic Skiing and Girls' Junior and Senior Nordic Skiing, as well as, the Combined Junior team and Combined Senior team. 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 6 medals/team (gold, silver and bronze)

12. UNIFORMS

All competitors are expected to dress in clothing that is neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. No club, or Ontario, uniforms may be worn while racing and advertising logos greater than 5 cm x 5 cm should be avoided.

13. CONVENING

The convenors will rotate on a yearly basis from the AMDSB schools to the TVDSB schools. The rotation will be as follows: St. Marys DCVI, to Ingersoll, to St. Micheal's, to WCI, to FE Madill, and finally to Huron Park SS.