



2023 Thames Valley Invitational

Wednesday January 11, 2023

**Entry Deadline: Tuesday Jan 10, 2023 at 12pm**

**Approximate Races and Distances (subject to change depending on weather and snow conditions):**

Para Nordic 1.5 or 3km, Rookie/Elementary Boys and Girls 2.5 km. Junior Girls 4.0 km.

Junior Boys 4.0km. Sen. Girls 6.0km. Sen. Boys. 6km., Post Secondary 6km

**Race Times:**

Coaches Meeting at 10.30 am. First race begins at 11:00 am.

**Entry Fee:**

\$35 + HST and Zone 4 Reg fee

Faxed entries and telephone entries will not be accepted. All entries must be made on line  
HERE.

**Late Fee:**

**No Late Entries** no exceptions. Substitutes will be subject to a \$15/skier fee as well.

**General Information:**

- Teams should try to be on site by 9:30am to secure bibs and make necessary changes. Lost bibs will be charged to the school @ \$50/bib.
- Coaches, upon arrival, are to proceed directly to get coaches' package in the front of the main chalet to the Main desk to complete payment if not done online.
- Course length, starting procedures, time and order of races are all subject to change, at Convienier's discretion.
- Skiers will start in intervals – one skier every 15 seconds. All skiers should be at the start 10 minutes before their start time. There will be one lane tracked out of the start for 30 meters. Skiers must double pole only until the end of the lane. They may

skate after this point.

- Results will be available live on [zone4.ca](http://zone4.ca) and on [Hardwoodskiandbike.ca](http://Hardwoodskiandbike.ca) immediately following the race.

**Start Order (Subject to adjustment on race day):**

PN Girls

PN Boys

Rookie Girls

Rookie Boys

Jr Girls

Jr Boys

Sr Girls

Sr Boys

- Please instruct your skiers to leave all trail flags etc. in place. Failure to do so may result in disqualification.
- Age groups for OFSAA cross country skiing.
  - Juniors – Born 2007 and 2008.
  - Seniors – Born 2004, 2005, 2006.
- If the event is canceled or if a team is unable to attend because of weather/driving conditions on race day, public restrictions or lack of snow a portion of the entry fee will be returned, after expenses have been covered.
- No refunds for scratches.

**Awards: Podiums will follow the final race and are provided by Thames Valley**

**[HARDWOODSKIANDBIKE.CA](http://HARDWOODSKIANDBIKE.CA)**