



Canoe Kayak Ontario (CKO) Sprint's Winter Cup - Ski Loppet Information & Registration Package

- Event: Ontario Winter Cup - Ski Loppet
- Date: Sunday, February 2, 2020
- Venue: Gatineau Park, QC - Parking Lot 8 (P8) - Old Chelsea Road, off Hwy 5
<http://ncc-ccn.gc.ca/places/gatineau-park>
- Purpose: The competition objectives are to provide a competition opportunity that aligns with General Preparation phase training.
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Event Specifics

- The event is open to all club members, including current paddlers, parents, volunteers and alumni.
- The format will include 2019 U14, U18 and Open age categories. All events will be mixed gender. Events include 7 km, 14 km and 22 km distances.
- A final draw and course map will be produced after receiving the entries. **Entry Deadline - Wednesday, January 29th, 2020.**

Registration Details

- Registrations are to be completed on the attached CKO Sprint Winter OCup Ski Loppet entry form and emailed to Technical Director, Ryan Blair ryan@ckosprint.ca by Wednesday, January 29th, 2020.
- Entry into the event is free. Participants must purchase their own ski passes. Passes will be provided to those attending the Ontario Team NextGen Training Camp.
- Each participant must complete an online waiver to compete in the event. Once completed, the waiver will cover participation in all 2020 CKO Sprint events.
 - a. 18 years old & older participant waiver <https://forms.gle/4TLkLz54dRuspYvRA>
 - b. 17 years old & younger participant waiver <https://forms.gle/oEQre94fDnQKaQ7F6>



Event Specifics

Preliminary Schedule – Sunday, February 2nd

Time	Event
8:30 am	Registration
8:45 am	Competition Meeting
9:00 am	22 km start
9:05 am	14 km start
9:10 am	7 km start

Ontario Winter Cup Series Points & Awards

- Prizes will be awarded to the male & female winners in each category. Points will be awarded to the Top 8 male & female performances in each event (see table below). Ontario Winter Cup Series points will combine a club's total points from the two (2) Ontario Winter Cup events (Swim Meet & Ski Loppet).

Position of Finish	Total Points
1st	16
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

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