

NWOSSAA 2023
Race Notice
NWOSSAA Championships



Event: NWOSSAA Nordic Ski Races

Location: Mt. Evergreen Ski Hill

Date: Tuesday, February 14th, 2023

Time: Races start at 12:00pm (noon). Coaches meeting at 11:00 am. All times are CST.

Categories and course lengths (approximate):

Sr Girls/Sr Boys- 7KM **2 laps** of Frank Symonds/ Matoos/jackrabbit/matoos Return

Jr Girls/Jr Boys – 5km **2laps** of Frank Symonds/Jackrabbit/ Matoos return

Gr 7/8 – 3 km- **one lap** of Frank Symonds/Jackrabbit/ Matoos return

Race format will be 15 second interval starts, NorWOSSA results will seed bibs by category (fastest skiers will determine by vote if they want first or last at NorWOSSA).

*Course maps included

*On site indoor washrooms available, Beaver Tails will be available for purchase (No other lunch items available) Seating will be outside in the tent (Bring warm clothes for after the race)

Please come with your skis Waxed.

List of racers and categories (see example list below)

are to be submitted by Friday, Feb. 10th to:

lhummelbrunner@kcdsb.on.ca

Directions

120 Mt Evergreen Rd, Kenora

Heading west on 17A (Kenora Bypass), Turn left (south) on Airport Rd. Mt. Evergreen Rd is about 1km. Turn left (as a landmark: there is a truck repair garage).



Race Course See 3 separate maps attached



