

**Appendix C**  
**ONTARIO GAMES SPORT TECHNICAL PACKAGE**

Technical packages are a critical part of the Ontario Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, help with all aspects of Games planning including transportation budget, meals, accommodations, etc. by describing the number of participants permitted.

Every participating PSO Games coach and/or manager has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Provincial Sport Organization or the Sport Alliance of Ontario.

If an individual wishes to initiate change to a Sport Technical Package, the request should be directed to the Provincial Sport Association. Sport Technical Packages are reviewed and negotiated with the Sport Alliance of Ontario and the hosting Games Organizing Committee approximately 12 - 14 months from the games. Change will not be accepted after the Technical Package has been approved for the games without consent of all three parties.

**1.0 SPORT**                      Cross Country Ski

**2.0 EVENT**                      2010 Ontario Winter Games

**3.0 PARTICIPANTS**

<b>Participant</b>	<b>Total # of Participants</b>	<b># of Teams or Regions</b>	<b># of Participants per Team or Region</b>	<b>Qualifications</b>	<b>Responsibilities</b>
Athletes – MALE	<b>50</b>	1	50		
Athletes – FEMALE	<b>50</b>	1	50		
Coaches	<b>20</b>	1	<b>20</b>	<b>Competitive Coach Learning Introduction Learning to Train</b>	
Managers		1			
Major Officials (Selected by PSO)	<b>10</b>			<b>Minimum Level 1 Official</b>	
PSO Representative	<b>1</b>				
<b>SUB-TOTAL</b>	<b>131</b>				

**Minor Officials** (i.e. timekeepers, recruited by GOC)

<b>Job Title</b>	<b>Required Times (please indicate shifts)</b>	<b># Required</b>	<b>Qualifications/Skills</b>	<b>Responsibilities</b>
<b>Starter/Finish Line</b>	<b>1 hr before start of competition to ½ after competition</b>	<b>5</b>		

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3.1 Classification          Juvenile Boy/Girl & Junior Boy/Girl

3.2 Age:                      14 to 17 years of age

3.4 Eligibility

- All athletes, coaches and officials must be a member in good standing with Cross Country Ontario.
  
- All athletes, coaches and officials must be a Canadian citizen or have permanent immigrant status.

**4.0 COMPETITION**

4.1 Rules                      Rules of competition will be under the guidance of the PSO.

4.2 Disciplines              Classic and Free Technique Races

4.3 Facility standards

Facility Requirements – attach any available diagrams: **Facility at competition site are known and established**

Specialized markings and requirements: **Competition site has these**

Number of required practice/warm up areas: \_\_\_\_\_

Other: \_\_\_\_\_

Total hours required on field of play (as per competition format, broken down by day, warm up, overtime): \_\_\_\_\_

NOTE: Training Days will not be provided by the GOC. If Training Days are required, all associated costs are the responsibility of the PSO.

**Facility standards: Please outline your minimum requirements below.**

**Please refer to <http://www.xco.org/coaching/document/OntarioCupTechnicalPackage2008-09.pdf> for specific facility requirements. This is subject to change.**

<p>Field of Play Facilities (dimension of gym, height of a ski hill)</p>	<p>Trails Must:</p> <ul style="list-style-type: none"> <li>- Accommodate both mass and interval start races with adequate width to allow passing of skiers</li> <li>- Accommodate 2.5km – 5km course with a variety of terrain to challenge the athletes</li> <li>- An adequate warm up trail</li> <li>- Proper signage to ensure athletes understand their course</li> <li>- Grooming – Power tilling with mechanical snow moving must be available</li> </ul> <p>Facilities:</p> <ul style="list-style-type: none"> <li>- Wax Area should be provided either in the chalet or in a warm and dry designated area with walls and roof. The wax area must have adequate electrical service to allow for a minimum of six teams to wax their skis simultaneously.</li> <li>- A chalet with heat, concession, change rooms, and potable water to accommodate 100+ volunteers, competitors, etc</li> <li>- Enough portable toilets or flush toilets on site to accommodation 100+ people</li> </ul>
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	<ul style="list-style-type: none"> <li>- An isolated computer results room with a door</li> <li>- Volunteer and Officials area to store gear during the event, not in the computer area</li> <li>- Start/Finish areas must have adequate electrical service to run computers and large display clocks. Timing huts are essential for volunteers with electronic scoring equipment.</li> <li>- Results board – all results will be posted on a board that is convenient to competitors.</li> </ul>
Change Facilities (size, number)	<ul style="list-style-type: none"> <li>- Heated chalet with Male &amp; Female Change rooms</li> </ul>
Storage Requirements	
Other	

#### 4.5 Equipment Requirements

<b>Equipment</b>	
Equipment provided by the PSO	* It is anticipated that the PSO will supply equipment that would normally be supplied at all other PSO sanctioned competitions.
Equipment required to be obtained by the GOC	Covered by minor and major officials
Scoring Tables (dimensions, number)	N/A
Officials Tables (dimensions, number)	N/A
PA System	
Other Equipment Required	

## Safety Requirements

<b>Safety Requirements</b>  Please advise of the risk factors associated with your sport (will assist Volunteer Medical Team)	Races can not be started unless the air temperature is at least -20C. Course safety is the responsibility of the Technical Delegate. Some athletes develop exercise induced asthma but this is known to the athlete's coach and can be managed with the use of inhalers that the athletes would already possess. Ski Patrol will be on hand to assist during racing and training.
Minimum Standard for Medical Requirements:	Canadian Ski Patrol will be on site

## 5.0 GAMES SCHEDULE

**Day 1 – Interval Start Classic race at 10am**

**Day 2 – Mass or Pursuit Start Free technique race at 10am**

## 6.0 QUALIFYING PROCESS

(Outlines how athletes and coaches in your sport will qualify for the Ontario Winter Games)

Athletes qualifying to compete in the OWG will:

- hold a valid 2009-2010 CCC racing license,
- be registered with a CCO club at the time of the race
- be a Canadian citizen or have Permanent Immigrant status
- be a permanent resident of Ontario prior to the beginning of the Ontario Cup racing series.
- Compete in x of y Ontario Cup races including both techniques\*
- A team of 100 athletes (50 of each gender) will be chosen by descending order of points using best x of y races including each technique

\*The number of qualifying races will be determined based on a pre-set schedule depending on the number of Ontario Cups races held prior to the Ontario Winter games during the 2009-2010 season. Factors affecting the number of Ontario Cups include weather related cancellations, availability of venues, and the 2010 National/International calendar.

Coaches attending the OWG will be certified to CCI-LTT at a minimum. All coaches will be required to have attended an Ontario Cup in the past 12 months.

## 7.0 RESULTS / MEDALS

### 7.1 Results

If you can provide us with detailed digital results at end of play this information will be posted within hours onto the web site. We will need your help to do this.

Results are typically posted by the local organizing committee (LOC) via [www.zone4.ca](http://www.zone4.ca). A typical set of results can be viewed at this website. A PDF version of these results can be emailed for posting on the games site as well as the posting to Zone4.

How are your results generated and will you be set up to provide digital results at end of play? How long will it take to have these results ready? Please add other relevant points or comments.

Computerized results will be sent via email. Unofficial results are typically available within 15 minutes of the end of the race. Official results will be issued once the jury has approved them. This is typically within 2 hours of the end of the race.

7.2 Medals Please indicate your medal requirements. This information will be used to purchase the required number of medals for the games.	Medals		
	G	S	B
	8	8	8

\*Will your PSO be presenting provincial championship medals at the Games? NO

## 8.0 VOLUNTEERS

Pre and post game volunteers.				
Please advise us of your need for venue set-up and take down	Number of volunteers	Skills needed	Average time to accomplish tasks	Other relevant information
Venue Set-up volunteers	10	Knowledge of stadium setup and course marking / control	2 hours prior to each day of racing	
Venue Take-down volunteers	10		1 hour after the completion of each day of racing	