



# GBSSA Nordic 2025 Huntsville

Arrowhead Provincial Park

Feb. 12, 2025

(Snow Date : Feb. 13, 2025)



Races, Distances, and Locations

**Interval Start : Racers will leave every 15 seconds onto the course.**

Para Stand Girls & Boys 2.5 km	Team Relays 4 x 800m
Special Olympic / Para Sit Girls & Boys 1.2km	
Junior Girls and Boys 5.5 km	
Senior Girls and Boys 7.5 km	

Race Entry - \$25/athlete (Registration is open Feb 5th until Feb. 10th at 11:59pm)

Registration: [GBSSA 2025 Registration](#)

**Coaches please make cheques payable to Huntsville High School Nordic.**

**Remember to bring your practice recording sheet (12 teacher practice + 2 races), and player eligibility forms with Athletic Director and Principal's Signature.**

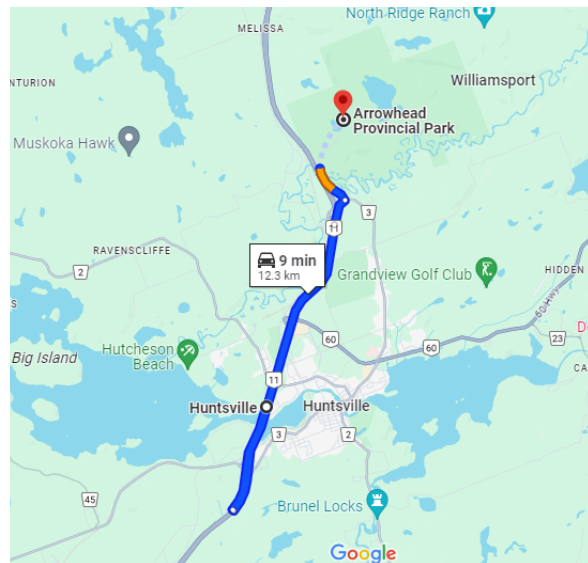
[Zone4.ca](#) is the official registration to attend the 2025 GBSSA Nordic Ski Championships. Additional Associations are also listed on the registration page. Teachers please fill out all the fields. A team score is based on 5 skiers so if you have 9 skiers you can register two teams A (five skiers) and B (four skiers). So relay teams can only use declared A team members for the A relay team and B team members for the B relay team. Relay team seeding on the start grid is based on the top 4 results per team from the individual distance race placings.

**Note: There will be no refunds for any registered athletes who are unable to compete on the race day or the snow date. Cancelled buses/zones due to weather will have fees waived/returned on a case-by-case basis.**

# Arrowhead Provincial Park

451 Arrowhead Park Rd,

Huntsville, ON



## Race Day Plan

Time	Events	Location
8:30-9:30 am	Teams Arrive/Pre-ski	Arrowhead Park
10:00am	Coaches Meeting Relay teams must be submitted prior to 10:30am	Arrowhead Clubhouse
10:20am	Race Course Closes	Race Course
10:30am	Relay Declaration submitted in Race Office	Arrowhead Clubhouse
10:30am	All races start	Main Stadium/Race Course
11:40am	Para Stand 2.5 km Special Olympic/Para Sit 1.2 km	Main Stadium/Race Course
12:30pm	Relay Bib Pick Up	Arrowhead Clubhouse
1:00 pm	Relay Races	Sprint Course 4x800m
3:00 pm	Awards	Front of Visitors Centre
3:30 pm	OFSAA Qualifying Meeting	Arrowhead Clubhouse

## Race Courses

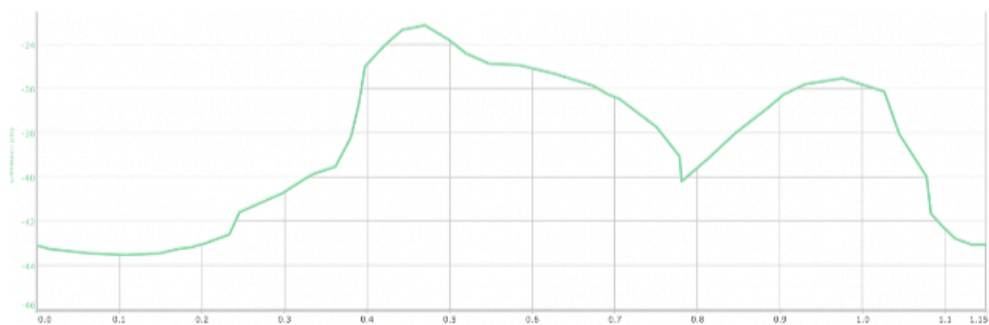
Senior 7.4km Junior 5.8km

### GBSSA Nordic Huntsville 2025

Para 1,2 km & SO Novice Distance Course 2,45 km



## GBSSA 2025 Team Sprint Relay Course – 4 person x 800 m



## Parking

Bus parking in the main parking lot by the Visitors Centre

Buses may stay onsite throughout the day for a park fee of \$62.50 or drop off teams

Car parking: Vehicle must have a day use \$21 or seasonal/year round provincial park pass \$99

## Food/Hydration

Recommended to bring your own food/water

Potable water refills available.

Snacks, and some drinks for sale as well but not full meals.

## Health and Safety

Ski Patrol will be onsite/on course

Coaches/Volunteers are asked to station themselves throughout the course

There is a heated “hang out” building in the Visitors Centre with indoor washrooms/changerooms.

## Awards

**Schools that won annual Nordic Championship category plaques from last year please bring to this year's Championship. Also please ensure your school name and year have been engraved prior to coming to the championships.**

Awards will take place in front of the main entrance into the Visitor Center.

Informed Consent and Assumption of Risk Agreement (Next Page)

**No signing necessary here**

**By registering for this race coaches, athletes, and anyone attending will assume certain risks. Please read carefully.**

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events, which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing , road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

#### **Description of Risks**

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- training whether indoor or outdoor including strength training, running, hiking, and cycling
- overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts
- vigorous physical exertion, rapid movements and quick turns and stops
- falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces
- contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects
- failing to participate within one's abilities, skill and within designated areas
- becoming lost or separated from the group or the group becoming split up
- failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment
- extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes
- encounters with animals or plants including allergic reactions
- travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities** and
- infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact;
- other risks normally associated with participation in the **Activities**.

#### **3. Furthermore, the Parties are aware:**

- that injuries sustained may be severe, paralyzing or fatal
- that the Participant may experience anxiety or embarrassment while challenging themselves during the activities
- that the risk of injury is reduced if the Participant follows all rules established for participation and
- that the risk of injury increases as the Participant becomes fatigued.

#### **Disclaimer**

4. Accepting the Participant's application allowing the Participant to participate, the **Parties** agree that the organizers, and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities, caused by the risks, dangers and hazards associated

with the **Activities**.

### **Acknowledgement**

5. The **Parties** confirm that:

- the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of nordic skiing;
- they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
- the Participant agrees to abide by the Rules and Regulations imposed by **NC/CSA**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
- they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- authorize the race **organizers**, to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results
- grant permission, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote nordic skiing
- understand that they may withdraw such consent at any time by contacting the race organizers.