



**Special  
Olympics**  
Ontario

GEORGIAN  
NORDIC  
OUTDOOR ACTIVITY CENTRE

## It's Nordic Competition Time!

*Thank you to Georgian Nordic for hosting Special Olympics Ontario*

**Saturday, March 8, 2024**

4 Nine Mile Lake Rd, Parry Sound, ON

Races start at 10am



### **Suggested Schedule of Events:**

**5km & 7.5km / 100m / 1km / break / 2.5km / 500m / 3x1km Open Relays\***

**Athletes may enter two or three events plus relay\* (\*time permitting)**

**Athletes may indicate Freestyle or Classic in each race**

Cost is \$25 per athlete payable to Georgian Nordic upon arrival

A light lunch will be served; please bring your own snacks

Please contact Hellaina Rothenburg to register your athletes:

[hellainar@specialolympicsontario.com](mailto:hellainar@specialolympicsontario.com)

SOC Rules:

[https://www.specialolympics.ca/sites/default/files/cross-country-skiing-rules-en\\_1.pdf](https://www.specialolympics.ca/sites/default/files/cross-country-skiing-rules-en_1.pdf)

Athletes will be divisioned by technique, gender and ability

Please reply with your intent to participate by Monday, January 27<sup>th</sup>

Entries with events and times are due by Monday, February 24<sup>th</sup>

*Please expect extra volunteers and parents to lend a hand!*