



243 Ogoopogo Royal Canadian Air Cadets Squadron (RCACS)
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20 Nov 2022

WARNING ORDER – CROSS COUNTRY SKIING – 26 FEBRUARY 2023

1. 243 RCACS will be going on a Cross Country Skiing exercise to learn basic cross-country skills while having fun and practicing a safe sport.
2. This event is open to all cadets, but **sign-up is required** to ensure sufficient rentals, passes, and meals are purchased in advance. **Cadets must sign-up at the Squadron (in-person) by 18 January 2023.**
3. Cadets who fall ill or are unable to attend must notify the Squadron ASAP through the online absence form – 243air.com/absence-form.html
4. Cadets are to be dropped off at Telemark Nordic Club - 4425 Glenrosa Road, West Kelowna, BC V4T 1V9 by 10:00am and pick-up will be at the same location for 4:00pm.
5. Cadets are to wear appropriate civilian attire (no jeans) for conducting physical fitness in a snow environment (snow pants, winter jacket, gloves, toque). **It will be cold – dress in layers!** Cadets should bring a small bag to carry their personal equipment and snacks. Boots and ski gear (poles, skis) will be provided on location (no cost to cadet), you can bring your own if you have it.
6. Lunch (Subway) will be provided, but **no water or snacks will be provided.** Cadets should bring adequate water and snacks for the duration of this activity.
7. Please direct your questions/concerns to the undersigned.

//original signed//

O. Nobakht
Captain
Training Officer
Training@243air.com

CROSS COUNTRY SKIING – 26 FEBRUARY 2023

Please indicate if attending or not by:

- **Attending**: Your initials
- **Not Attending**: Write “NOPE”

L. Name	F. Name	Attending?	Boot Size?	Dietary?
Agostinho	Selena			
Bernier	Logan			
Bertrand	William			
Biffard	Scott			
Bogdanovic	Justin			
Brennan	Rylan			
Caul	Landon			
Chawla	Gurnoor			
Cid-Langlois	Ayun			
Comber	Portia			
Craig	Declan			
Craig	Jenika			
Daniel	Maddox			
Deakin	Destyn			
Donnelly	Sarah			
Eburne	Jack			
Giesbrecht	Jacob			
Golbey	Chase			
Golbey	Ryder			
Golbey	Skyla			
Gregoire	Hannah			
Griffiths	Rhys			
Guan	Li			
Hevesy	Lucas			
Hodges	Samuel			
Honeywell	Savanna			
Howell	Rhys			
Jacobson	Parker			
Jeon	Braden			
Jones	Kai			
Jones	Trayce			
Khandsia	Saksham			
Khandsia	Samarth			
Khandsia	Akshita			
Kroker	Joshua			
Li	Dongao			
Loonskin	Sierra			
McCarthy	Sean			
Metz	Eric			
Mullins	Parker			
Myts	Nazariy			
O'Grady	Dhruba			
Palm	Ceyenna			

Shoe Size vs Cross-Country Ski Boot Size

European	Male	Female
33	1.0	2.5
33.5	1.5	3.0
34	2	3.5
34.5	2.5	4.0
35	3	4.5
35.5	3.5	5
36	4	5.5
36 2/3	4.5	6
37 1/3	5	6.5
38	5.5	7
38.5	6	7.5
39 1/3	6.5	8
40	7	8.5
40 2/3	7.5	9
41 1/3	8	9.5
42	8.5	10
42 2/3	9	10.5
43 1/3	9.5	11
44	10	11.5
44 2/3	10.5	12
45 1/3	11	12.5
46	11.5	13
46 2/3	12	13.5
47 1/3	12.5	14
48	13	14.5

When indicating boot size, write the EUROPEAN number by your name

L. Name	F. Name	Attending?	Boot Size?	Dietary?
<i>Penney</i>	Grey			
<i>Phelan</i>	Anthony			
<i>Pickles</i>	Nixon			
<i>Prodger</i>	Tayla An			
<i>Quiroz</i>	Corvin			
<i>Rajkumar</i>	Dheeraj			
<i>Rockhill</i>	Matthew			
<i>Rockhill</i>	Carlos			
<i>Rosinski</i>	Dylan			
<i>Shchelkanov</i>	Victor			
<i>Sirges</i>	Madison			
<i>Szmyrko</i>	Brody			
<i>Thibodeau</i>	Lukas			
<i>Thomson</i>	Olin			
<i>Truong</i>	Noah			
<i>Volk</i>	Thomas			
<i>Volk</i>	Nicholas			
<i>Voth</i>	Lucas			
<i>Welters</i>	Eli			
<i>Whapshare</i>	Kaelin			
<i>Wiseman</i>	Ian			
<i>Worrall</i>	Brooklyn			
<i>Zatoliuk</i>	Andrii			
<i>Zeng</i>	Jack			
<i>Zhang</i>	Amelie			
<i>Zhou</i>	Peixi			

L. Name	F. Name	Attending?	Boot Size?	Dietary?
<i>Butler</i>	Kailey			
<i>Caspers</i>	John			
<i>Holmes</i>	Josh			
<i>Mark</i>	Tai-Laun			
<i>Nobakht</i>	Omid			
<i>Rojas</i>	David			
<i>Solomonides</i>	Greg			

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45 1/3	11	12.5
46	11.5	13
46 2/3	12	13.5
47 1/3	12.5	14
48	13	14.5

When indicating boot size, write the EUROPEAN number by your name