



***2017 Provincial Cross Country Ski Championships
Newfoundland & Labrador Cup #5
Hosted by
Aurora Nordic Ski Club***

April 8th & 9th, 2017

George Smith, President
709.454.3278



2017 Provincial Cross Country Ski Championships
Newfoundland & Labrador Cup #5

Event	2017 Provincial Cross Country Ski Championships Newfoundland & Labrador Cup #5 (NL Cup #5)
Dates	April 8 & 9, 2017
Place	Aurora Nordic Ski Club, St. Anthony
Sanction	CCNL Ski Association
Chief of Race	George Pink 709-454-3278
Race Secretary	Bernice Smith P.O Box 278 St. Anthony, NL, A0K 4S0 george.smith@nf.sympatico.ca
Eligibility	All participants must be a member in good standing with club recognized by CCNL/CCC.
Registration & deadlines	Registration is online ONLY at www.zone4.ca All entries must be received online by: 5:00 PM THURSDAY 6TH APRIL, 2017
Registration Fees	Midget & up: \$22.00 per race Mini-Midget & under: \$12.00 per race Banquet: \$20.00 per person Entry fees are payable online at www.zone4.ca
Draw	April 6 th , 2017 after registration closes

<p>Bib Pick up</p>	<p>Pick up will be at the Aurora Nordic Classic: 9am, April 8th Freestyle: 8am April 9th</p>
<p>Coaches Meeting</p>	<p>Held at Aurora Chalet Friday, April 7th @ 7pm Saturday, April 8th @ 4pm</p>
<p>Banquet</p>	<p>Saturday, April 8th at 6:00pm St. Anthony Lions Club Everyone welcome. Cost \$20. Purchase Tickets on www.zone4.ca</p>
<p>Awards</p>	<p>Awards for Saturday races will be presented at the banquet.</p> <p>Awards for Sunday races will be presented at the Aurora Nordic Ski Club after the final race.</p> <p>Gordon Brewer Memorial Trophy will be presented on Sunday to the Club with highest points in two race series.</p>
<p>Accommodations</p> <p>If people experiencing problems reserving accommodations please contact the race secretary.</p>	<p>Grenfell Heritage Hotel 709.454.8395 Toll Free: 1 888 450 8398 Email: reservations@grenfellotheriagehotel.ca Website: grenfellotheriagehotel.ca</p> <p>Haven Inn 709.454.9100 Toll Free: 1 877 428 3646 Email: info@haveninn.ca Website: haveninn.ca</p> <p>Hotel North: 709.454.3300 Toll Free: 1 855 454 3300 Email: hotelnorth3@hotelnorth.ca</p> <p>Snuggle Inn Cottage Suites: 709-454.2408 Toll Free: 1 877 454 4667 Email: info@snuggleinn.ca Website: snuggleinn.ca</p>

	Lighthouse Cottages: 709.454.4953 Toll Free: 1 877 333 4953 Email: info@lighthousecottages.ca Website: lighthousecottages.ca
Event Schedule	Saturday April 8 th - Classic Technique@ 10:00 am 30 sec. Interval Start Banquet @ 6 pm Sunday, April 9 th - Free Technique @ 9:00 am Mass Start
Travel Subsidy	Please contact Erik Charron for travel subsidy policies and application offered by CCNL
Hosting Grant	Available for Provincial Team Members and potential prospects. Administered by Provincial Coach and CCNL Administrator.

Age Categories

AGE CATEGORIES FOR RACES	
Category	Year of Birth
Novice	2011 & Later
Atoms	2009 & 2010
Peewees	2007 & 2008
Mini Midgets	2005 & 2006
Midgets	2003 & 2004
Juveniles	2001 & 2002
Junior Boys/Girls	1999 & 2000
Junior Men/Women	1997 & 1998
Senior Men/Women	1996 to 1987
Para-Nordic	No Age Limit
AGE at December 31, 2016	
Masters 1	Age 30-39
Masters 2	Age 40-49
Masters 3	Age 50-59
Masters 4	Age 60+

2017 Provincial Championships/NL Cup #5 Categories

Category	Classic (Km)	Free (Km)
Novice	250 m	n/a
Atom	500 m	n/a
Pewee	1.5	1.5
Mini Midget	2.5	2.5
Midget	2.5	2.5
Juvenile	5	5
Junior Girl	5	7.5
Junior Boy	7.5	7.5
Junior Women	7.5	10
Junior Men	10	10
Senior Women	7.5	10
Senior Men	10	10
Masters Men	10	10
Masters Women	10	10
Paranordic - Sit	TBD	TBD
Paranordic - Standing	TBD	TBD

Master Categories can be combined as appropriate
 REGISTRATION ONLY ONLINE AT www.zone4.ca

NOTE: As per CCNL policy NO High Fluoro Glide wax is permitted in the Junior Categories and Younger

2017 Provincial Championships.NL Cup #5 Para-Nordic Categories

Please contact the Chief of Race for details.

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