



***2018 Provincial Cross Country Ski Championships
Newfoundland & Labrador Cup #5
Hosted by
Aurora Nordic Ski Club***

April 14th & 15th, 2018

George Smith, President
709.454.3278



2018 Provincial Cross Country Ski Championships
Newfoundland & Labrador Cup #5

Event	2018 Provincial Cross Country Ski Championships Newfoundland & Labrador Cup #5 (NL Cup #5)
Dates	April 14 & 15, 2018
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 standings with club recognized by CCNL/CCC.
Registration & deadlines	Registration is online ONLY at www.zone4.ca All entries must be received online by: 8:00 PM THURSDAY 12TH APRIL, 2018
Registration Fees	Midget & up: \$22.00 per race Mini-Midget & under: \$12.00 per race Entry fees are payable online at www.zone4.ca
Draw	April 13 th , 2018

<p>Bib Pick up</p>	<p>Pick up will be at the Aurora Nordic Classic: 10am, April 14th Freestyle: 9am April 15th</p>
<p>Coaches Meeting</p>	<p>Held at Aurora Chalet Friday, April 13th @ 7pm Saturday, April 14th @ 4pm</p>
<p>Banquet</p>	<p>There will be no banquet due to the short notice of hosting the event. However, some local restaurants include Pizza Delight, Haven Inn and Jungle Jims.</p>
<p>Awards</p>	<p>Awards for Saturday races will be presented at Aurora Nordic Ski Club after the last races for the day.</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@grenfellotheritagehotel.ca Website: grenfellotheritagehotel.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 14 th - Classic Technique@ 11:00 am 30 sec. Interval Start Sunday, April 15 th - Free Technique @ 10:00 am Mass Start
Travel Subsidy	Please contact Will Fitzgerald for travel subsidy policies and application offered by CCNL
Race Registration Vouchers	Please contact CCNL to redeem your voucher.
NL CUP POINTS	If you would like your race counted as NL Cup Points please register in the following categories: Midget, Juvenile, Junior or Open.

Age Categories

AGE CATEGORIES FOR RACES	
Category	Year of Birth
Novice	2012 -2017
Atom	2010 - 2011
Peewee	2008 - 2009
Mini Midget	2006 - 2007
Midget Girl/Boy	2004 - 2005
Juvenile Girl/Boy	2002 - 2003
Junior Boy/Girl	2000 - 2001
Junior Men/Women	1998 - 1999
Senior Men/Women	1988 - 1997
Open Men/Women	1999 and older
Para-Nordic	No Age Limit
Masters 1	1978-1987
Masters 2	1968-1977
Masters 3	1958-1967
Masters 4	1957 & earlier

2018 Provincial Championships/NL Cup #5 Categories

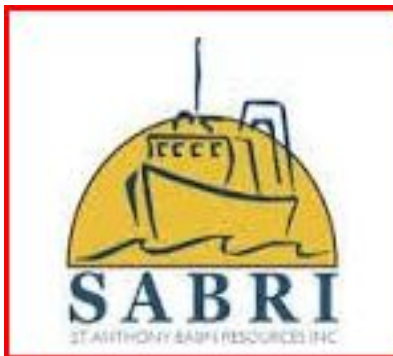
Category	Classic (Km)	Free (Km)
Novice	250 m	n/a
Atom	500 m	500m
Pewee	1.5	1.5
Mini Midget	2.5	2.5
Midget	2.5	5
Juvenile	5	5
Junior Girl/Boy	7.5	10
Junior Women/Men	7.5	10
Senior Women/Men	7.5	10
Masters Women/Men	7.5	10
Open Women/Men	7.5	10
Paranordic - Sit	TBD	TBD
Paranordic - Standing	TBD	TBD

Master Categories can be combined as appropriate

REGISTRATION ONLY ONLINE AT www.zone4.ca

*****NOTE: NO High Fluoro Glide wax is permitted for ALL Categories *****

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