



Box 592, Corner Brook, NL, A2H 6G1
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EVENT: 2020 Ye Olde Races

DATES: January 4 & 5, 2020

PLACE: Blow-Me-Down Ski Park
Corner Brook, NL

SANCTION: Nordiq Canada (NC) &
Cross Country Newfoundland & Labrador (CCNL)

EVENT HEADQUATERS: Blow-Me-Down Lodge

COMPETITION SECRETARY: Elizabeth Summers

FOR INFORMATION: **CONTACT**
Blow-Me-Down Cross Country Ski Club
(709) 639-2754

LOCATION: All races will take place on the trails developed for the 2014 Ski Nationals at the Blow-Me-Down Ski Park, Lundrigan Drive, Corner Brook, NL

ELGIBILITY: All Participants must be a member in good standing with a club recognized by CCNL/NC.



Teck



EVENT SCHEDULE:

Saturday January 4, 2019

10:30 AM: Sprint – Novice to Bantam Categories
Classic Technique
15 Second Interval Starts

11:00 AM: Sprint Qualifier – Competitive, Recreational and Para Standing Categories
Classic Technique
15 Second Interval Starts

11:30 AM: Para Sit Category Short Distance
Classic track for Sit Ski
15 Second Interval Start

1:00 PM: Kings Court Sprint – Competitive, Recreational and Para Standing Categories*
Classic Technique

*** Kings Court format**

This is a normal qualifying race, followed by 3 heats where everyone in the race competes based on their qualifying time in Heats of 6. With all categories (men, women, juniors, and seniors) racing "together" in the rounds with the best 2 skiers moving up to the next faster heat, and the slowest 2 skiers moving Down to the next slower heat. This provides good quality racing in Each heat, and lets all skiers have a solid race effort.

Sunday January 5, 2020

10:00 AM Para Sit Category Long Distance
Classic track for Sit Ski
15 Second Interval Start

10:30 AM Long Distance Race – Competitive, Recreational and Para Standing Categories
Free Technique
Mass Start

Seeding will be based on NL Seeding List where applicable <
<https://crosscountrynl.com/standings> >.

ENTRIES AND DEADLINES:

All entries are to be entered only on line at Zone 4; www.zone4.ca and must be received by 12 PM Thursday, January 2, 2020

Any Late entries will start after the official group and will cost 2 x Registration Fee.

ENTRY FEES:

Youth (Novice to Bantam): \$10.00 per race.
Competitive, Recreational, Para Nordic: \$15.00 + \$5.00
Day License**
HST included in fees

****CCC Day Licence costs an additional \$5.00 per race, unless the skier has a CCC Racing Licence for the season obtained from:**

<http://www.cccski.com/Events/License-Applications.aspx>

COACHES MEETING:

Friday, January 3, 7 p.m. at the Blow-Me-Down Club.

AWARDS:

Medals for first, second & third place for all categories except the recreational categories. Awards for Saturday's races will be presented at the Banquet. Sunday's awards will be presented 1 hour after the final skier completes the final race, and after race results become official.

Clubs can apply for the travel subsidy offered by CCNL:

https://docs.google.com/forms/d/e/1FAIpQLScSkCbmVOBzCwSgDAw3LOUnia_0TGck_fJ-324Z_Y2nXajZoQ/viewform

BANQUET / SOCIAL:

There will be a banquet at the Blow-Me-Down Lodge on Saturday, January 5 at 6:00 pm. Cost is \$15.00 per person. **Tickets must be purchased in advance.** Note: Canteen will be open during the event in the daytime.

RACE CATEGORIES AND DISTANCES

	Year of Birth	Sprint Qualifier (Classic)	Classic Sprint Saturday	Free Sunday
Competitive				
Midget Girls	2006-2007	1.0 km	1.0 km	3.3 km
Juvenile Girls	2004-2005	1.0 km	1.0 km	6.6 km
Junior Girls	2002-2003	1.0 km	1.0 km	6.6 km
Junior Women	2000-2001	1.0 km	1.0 km	6.6 km
Open Women	1999 and older	1.0 km	1.0 km	6.6 km
Midget Boys	2006-2007	1.0 km	1.0 km	3.3 km
Juvenile Boys	2004-2005	1.0 km	1.0 km	6.6 km
Junior Boys	2002-2003	1.0 km	1.0 km	10 km
Junior Men	2000-2001	1.0 km	1.0 km	10 km
Open Men	1999 and older	1.0 km	1.0 km	10 km
Para Nordic Woman Sit	any	1.0 km		1.5 km
Para Nordic Women Standing	any	1.0 km		3.3 km
Para Nordic Men Sit	any	1.0 km		1.5 km
Para Nordic Men Standing	any	1.0 km		3.3 km
Recreation				
Recreation Short	any	N/A	N/A	3.3 km
Recreation Medium	any	N/A	N/A	6.6 km
Youth				
Novice Girls	2014 & later	0.5 km		0.5 km
Atom Girls	2012-2013	1.0 km		1.0 km
Pee Wee Girls	2010-2011	1.0 km		1.0 km
Bantam Girls	2008-2009	1.0 km		1.0 km
Novice Boys	2014 & later	0.5 km		0.5 km
Atom Boys	2012-2013	1.0 km		1.0 km
Pee Wee Boys	2010-2011	1.0 km		1.0 km
Bantam Boys	2008-2009	1.0 km		1.0 km

REGISTRATION ONLY ONLINE AT zone4.ca/event/2020/nlcup2

*****NOTE: As per CCNL policy, High Fluoro Glide wax is not permitted.**