



WHALEBACK NORDIC SKI CLUB

EVENT: 2020 Newfoundland and Labrador Masters Cross-Country Skiing Championships

DATE: February 15-16, 2020

EVENT SCHEDULE: Classic Race: February 15 - 11:00 AM
Freestyle Race: February 16 - 11:00 AM

PLACE: Whaleback Nordic Ski Club
Stephenville, Newfoundland

CHIEF OF RACE: Greg Noonan
(709) 643-4993
gnoonanguide@hotmail.com

RACE SECRETARY: Bruce LeGrow
2 MacNeil Crescent
Stephenville, NL
A2N 3E3
(709) 643-3259
bruce.legrow@nf.sympatico.ca

ELIGIBILITY: Open to **ALL** skiers 30 years of age and older

ENTRY DETAILS: **\$15.00** per race **for non members of Canadian Masters**
\$10.00 per race **for Masters members**

Entry forms must be complete with signed waivers and cheque

Please make cheques payable to **Whaleback Nordic Ski Club**

All entries must be received by the Race Secretary by
6 PM FRIDAY, February 14, 2020

AWARDS: Bragging Rights Only

RACE CATEGORIES AND DISTANCES

CATEGORY		YEAR OF BIRTH	DISTANCE	
Male			Classic	Free
M I	1980-1989	10 km	10 km	
M II	1970-1979	10 km	10 km	
M III	1960-1969	10 km	10 km	
M IV	1950-1959	10 km	10 km	
M V	1949 and earlier	10 km	10 km	
Female			Classic	Classic
F I	1980-1989	10 km	10 km	
F II	1970-1979	10 km	10 km	
F III	1960-1969	10 km	10 km	
F IV	1950-1959	10 km	10 km	
F V	1949 and earlier	10 km	10 km	

Wave start for classic

Wave start for free technique

ENTRY FORM

Please Print

Last Name: _____ First Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Telephone: _____ Gender: _____

Club: _____

Race: Classic: _____ Free: _____ Category: _____ Birth Date: _____

Classic Technique: Saturday, February 15, 2020 - 11:00 AM

Freestyle Technique: Sunday, February 16, 2020 - 11:00 AM

Category	Year of Birth	Distance	
		Classic	Free
M I	1980-1989	10 km	10 km
F I		10km	10 km
M II	1970-1979	10 km	10 km
F II		10 km	10 km
M III	1960-1969	10 km	10 km
F III		10 km	10 km
M IV	1950-1959	10 km	10 km
F IV		10 km	10 km
M V	1949 and earlier	10 km	10 km
F V		10 km	10 km

**Entry Fees enclosed \$10.00 per race Masters members
\$15.00 per race non-members**

Please return this entry to: Bruce LeGrow - Race Secretary
2 MacNeil Crescent
Stephenville, NL A2N 3E3
bruce.legrow@nf.sympatico.ca

ALL ENTRIES MUST BE RECEIVED BY 6:00 PM FRIDAY, February 14, 2020

Release Clause: I hereby release the Whaleback Nordic Cross Country Ski Club, its members or agents, sponsors, Cross Country Canada, Newfoundland Masters Cross Country Ski Association and any person officially connected with competitions from any liability for any injuries or damages whatsoever arising from my participation in or presence at this competition.

Date

Signature