



## Clarenville Nordic Ski Club Summitfest – NL Cup #3 January 18 & 19, 2020 – Clarenville, NL

### Race Notice

All races will be held at the Corwin Mills Nordic Center. Races will be organized for all age categories.

#### Host Club:

Clarenville Nordic Ski Club  
<https://clarenvillenordicskiclub.com/>

#### Sanctioning Organizations /Rules:

Cross Country Newfoundland & Labrador

#### Location:

Corwin Mills Nordic Center

#### Contacts:

**Trevor Coates** – Chief of Race  
[trevorcoates@nlesd.ca](mailto:trevorcoates@nlesd.ca)  
(709) 427-6384

**Jana Niederhauser**  
[jananiederhauser@nlesd.ca](mailto:jananiederhauser@nlesd.ca)  
(709) 746-4246

**Richard Churchill** – Communications  
[churchill.richard@gmail.com](mailto:churchill.richard@gmail.com)  
(709) 743-4253

**Keith Barrington** – Club President  
[keithlbarrington@gmail.com](mailto:keithlbarrington@gmail.com)  
(709) 433-2221

#### Schedule & Format

##### Friday, January 17

Coaches Meeting- Lee Churchill Chalet 7:00 pm

##### Saturday, January 18

Bib Pick Up 10:00 am

##### Sprint, Freestyle

Interval Start Qualifiers 11:00 am Start

All Categories

3 Rounds Kings Court Format 12:00 pm Start

Pee-wee and up

##### Banquet

Bill Davis Chalet 6:30 pm

##### Sunday, January 19

Bib Pickup 9:00 am

##### Mass Start, Classic Technique

Novice through Peewee 10:00 am Start

Bantam through Open Categories 11:00 am Start

**Registration:****How to Register and Enter the race**

- Entries will be accepted on-line through the Zone 4 website at [www.zone4.ca](http://www.zone4.ca)
- The Zone 4 website provides the opportunity for participants to confirm that their entry has been received.

**Race Entry Fees:**

Novice – Bantam	\$5.00/per race
Midget - Junior	\$10.00/per race
Open	\$15.00/per race
Recreational	\$15.00/per race

**RACE REGISTRATION DEADLINE: .....Thursday January 16<sup>th</sup> , 2020 10:00 pm**

**Late Registration may be permitted at 2X race registration fee.**

All entries must be completed with signed waivers and all registration fees paid prior to a race bib being issued.

**Eligibility & Licenses:****Eligibility**

- All participants must be members in good standing with a club recognized by CCNL/CCC.

**Waxing Facilities/Waxing Protocol:**

- Waxing Area will be provided
- Clubs/racers will be responsible for providing their own waxing forms.
- There should be no Waxing inside the Lee Churchill Chalet.
- Wax testing areas will be available.

**\*\*\*NOTE: As per CCNL Policy, High Fluoro Glide Waxes are NOT permitted \*\*\***

**Accommodations:**

Accommodations within Clarenville are available at the following locations:

**Clarenville Inn**

<http://www.clarenvilleinn.ca>

134 Trans Canada Hwy, Clarenville, NL

Toll Free: 1-877-466-7911

Telephone: (709) 466-7911

Facsimile: (709) 466-3854

Email: [reservations@clarenvilleinn.ca](mailto:reservations@clarenvilleinn.ca)

**Restland Motel**

<http://www.restlandmotel.ca>

262 Memorial Dr, Clarenville, NL

Toll Free: 1 (800) 205-3993

Telephone: (709) 466-7636

Email: [info@restlandmotel.ca](mailto:info@restlandmotel.ca)

**Seacrest Suites**

<http://www.seacrestsuites.com>

141-143 Memorial Dr, Clarenville, NL

Toll Free: 1-866-466-6803

Telephone: (709) 466-3719

Email: [stay@seacrestsuites.com](mailto:stay@seacrestsuites.com)

**St Jude Hotel**

<http://www.stjudehotel.com>

247 Trans Canada Hwy. Clarenville, NL

Toll Free: 1-(800)-563-7800

Telephone: (709) 466-1717

Facsimile: (709) 466-1714

**Should you experience  
difficulty arranging  
accommodations please  
contact Richard Churchill at  
[churchill.richard@gmail.com](mailto:churchill.richard@gmail.com)**

**Canteen:**

There will be a canteen available throughout the day on both Saturday and Sunday with donations supporting the Clarenville Nordic Jr Ski Program.

**Banquet / Social:**

There will be a banquet / social held on Saturday night, January 18, 2020 at 6:30pm (location to be announced). The awards ceremony for the Saturday events will take place during the banquet/social. Tickets must be purchased in advance through the Zone4 registration page at a cost of \$15.00/ ticket for midget and older and \$8.00/ ticket Bantam and younger. Dietary concerns can be directed to Cynthia Coates at [cynthiacoates@nlesd.ca](mailto:cynthiacoates@nlesd.ca)

**Awards:**

Awards for Saturdays distance race and team sprint will be awarded Saturday evening at the Banquet. Awards for Sunday's long distance race will be presented at the Corwin Mills Nordic Center immediately after final race is completed on Sunday and the race results are declared official.

**Junior Development Travel Subsidy:**

Please find below links to travel subsidy policies and application offered by CCNL:

[JUNIOR DEVELOPMENT CLAIM FORM FOR CLUB SUBSIDY](#)

**Technical Information:**

Category	Year of Birth	Free Saturday AM	Classic Sunday AM
Novice Boys/Girls	2014 & later	*400 m	400 m
Atom Boys/Girls	2012-2013	*400 m	800 m
Pee Wee Boys/Girls	2010-2011	400 m	1.2 km
Bantam Boys/Girls	2008-2009	400 m	3.3 km
Midget Boys/Girls	2006-2007	1.2 km	3.3 km
Juvenile Boys/Girls	2004-2005	1.2 km	6.6 km
Junior Boys	2002-2003	1.2 km	9.9 km
Junior Girls	2002-2003	1.2 km	6.6 km
Junior Men	2000-2001	1.2 km	9.9 km
Junior Women	2000-2001	1.2 km	6.6 km
Open Men	1999 - earlier	1.2 km	9.9 km
Open Women	1999 - earlier	1.2 km	6.6 km
Recreational	-		3.3 km
Recreational	-		6.6 km
Recreational	-		9.9 km
Para Nordic - Standing		1.2 km	2.4 km
Para Nordic – Sit		400 m	1.2 km

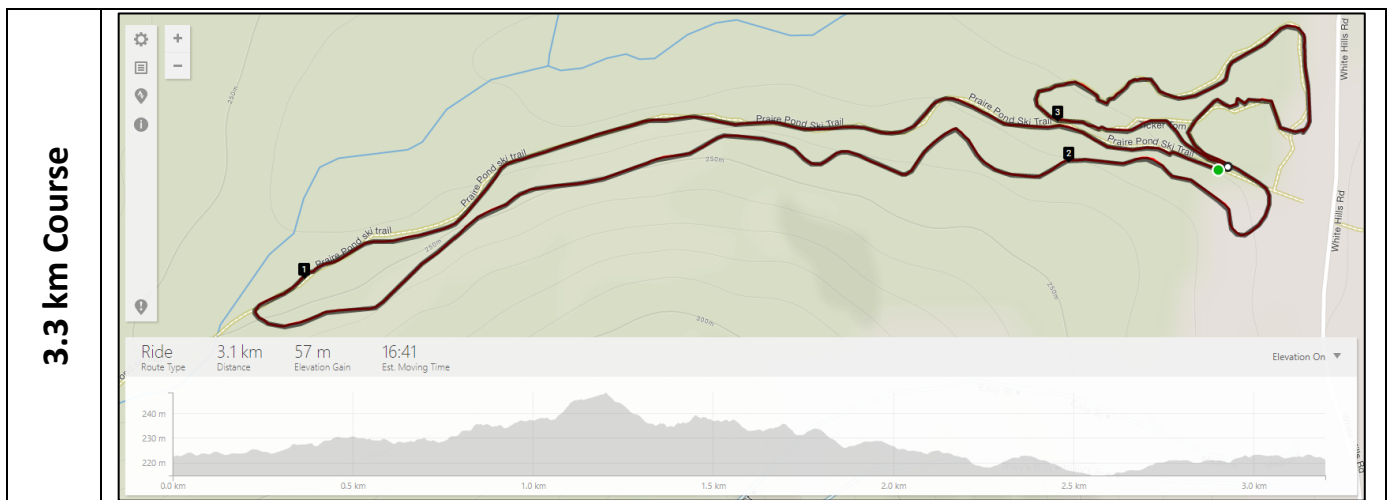
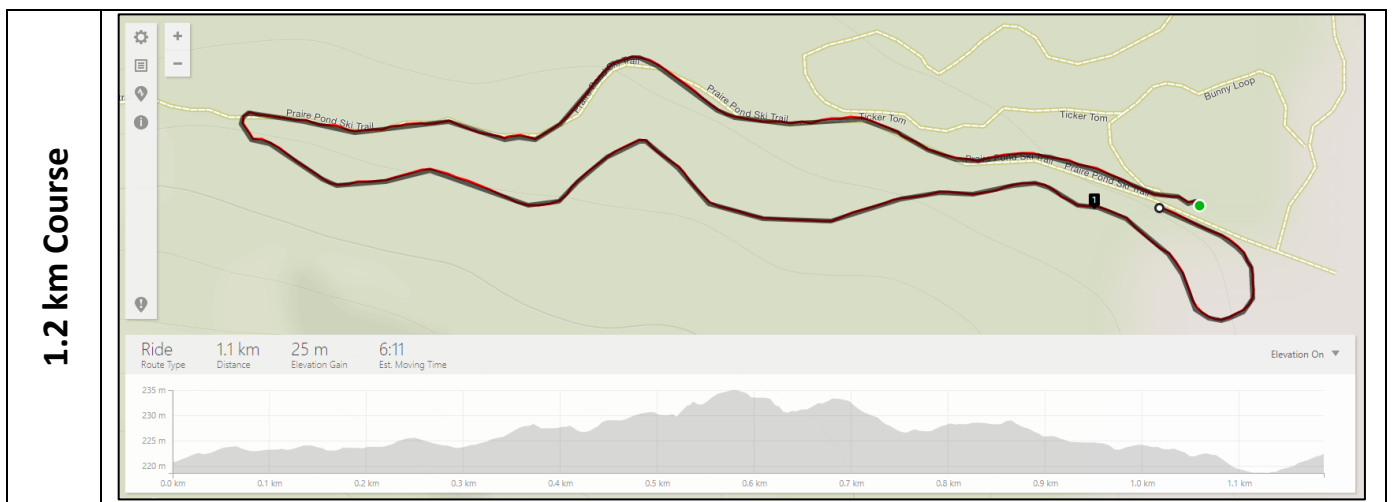
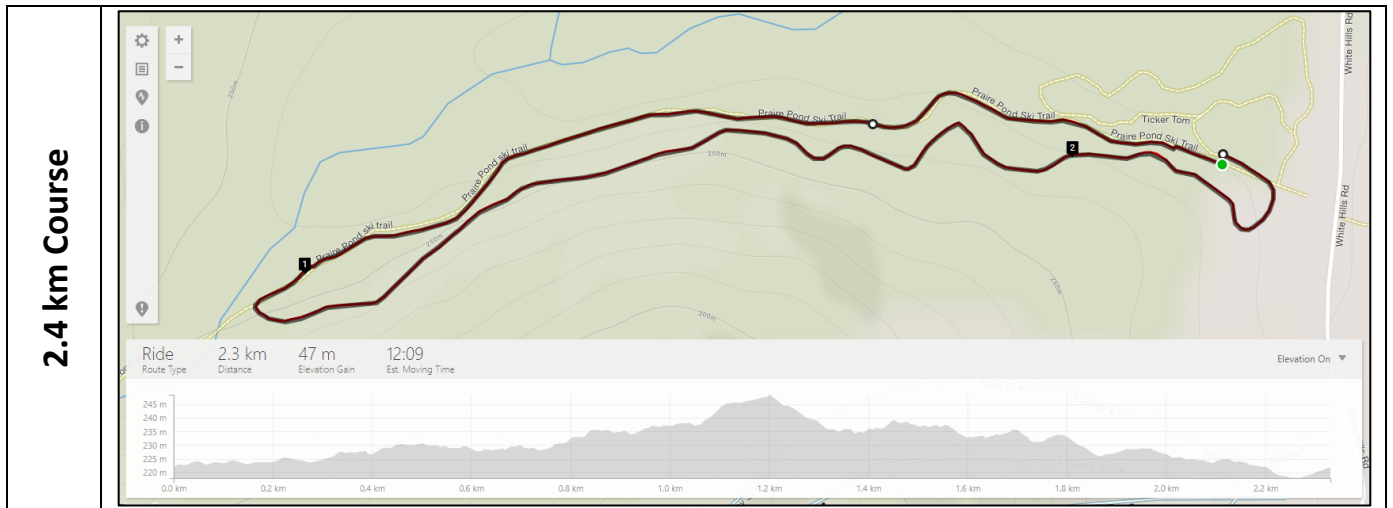
**Race Distances:**

- Due to unforeseen conditions, all distances, courses and formats are subject to change.

**Seeding and Points:**

Category	First Priority	Second Priority
Midget & Older	CCNL Points	Race Committee selection
Bantam & Younger	Random Draw	

# Course Maps and Elevation Profiles



CCNL Sponsors



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