



- **Box 592, Corner Brook, NL, A2H 6G1**  
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**EVENT:** 2019 Ye Olde Races

**DATES:** January 5 & 6, 2019

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

**SANCTION:** Cross Country Canada (CCC) &  
Cross Country Newfoundland & Labrador (CCNL)

**EVENT HEADQUARTERS:** Blow-Me-Down Lodge

**COMPETITION SECRETARY:** Judy May

**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

**“ Any athletes trying out for the Canada games team must deliver their skis to XCNL coaches the evening before each race for waxing. All skiers in this category will be using the same glide wax.”**

**\*\*\*NOTE: As per CCNL policy NO High Fluoro Glide wax is permitted in ANY Catagory\*\*\***



**Teck**



**EVENT SCHEDULE:**

**Saturday January 5, 2019**

10:00 AM: *Para Nordic Sprint Qualifier*  
15 Second Interval Start  
Free Technique Standing  
Classic track for Sit Ski

10:30 AM: *Sprint Qualifier (Free Technique);*  
15 Second Interval Starts

11:00 AM: *Novice, Atom, Pee Wee Only (Free Technique)*  
15 Second Interval Starts

1:00 PM: Long Distance Race (Free Technique)  
Mass Start by Category

**Sunday January 6, 2019**

10:00 AM *Long Distance Race (Classic Technique)*  
Mass Start

**Note: Technique control Zones will be utilized in  
the classic races**

**(Technique control Zone and Turning zone will be marked in  
Classic Races)**

**ENTRIES AND DEADLINES:**

All entries are to be entered only on line at Zone 4;  
[www.zone4.ca](http://www.zone4.ca) and must be received by **12 PM Thursday,  
January 3, 2019**

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

All entries must be complete with **signed waivers** and all fees must be paid in full and waiver signed before a bib will be issued.

**ENTRY FEES:**

**Open:** \$15.00 per race\*.

**Novices, Atoms & Pee Wee:** \$10.00 per race.

**Competitive:** \$15.00 + \$5.00 Day License for Sundays  
Classic race only

\* \*HST included in fees

**DRAW:**

Friday, January 4, 6:30 p.m. at the Blow-Me-Down Club.

**COACHES MEETING:**

Friday, January 4, 7 p.m. at the Blow-Me-Down Club.

**AWARDS:**

Medals for first second & third place for all other categories except the Open Male/Female categories. Awards for Saturday morning races will be presented at 12:45. Awards for afternoon race 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.

Travel subsidy policy and application offered by CCNL:

[https://docs.google.com/forms/d/1duufXGaNDoi6EPLc0gPGfbODxCBwssqGtcJfjh\\_0Z20/viewform](https://docs.google.com/forms/d/1duufXGaNDoi6EPLc0gPGfbODxCBwssqGtcJfjh_0Z20/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**

	<b>Year of Birth</b>	<b>Sprint Qualifier (Free)</b>	<b>Free Saturday</b>	<b>Classic Sunday</b>
<b>Competitive</b>				
Midget Girls	2005-2006	1.0 km	3.3 km	3.3 km
Juvenile Girls	2003-2004	1.0 km	3.3 km	6.6 km
Junior Girls	2001-2002	1.0 km	6.6 km	6.6 km
Junior Women	1999-2000	1.0 km	6.6 km	6.6 km
Open Women	1998 and older	1.0 km	6.6 km	6.6 km
Female Canada Games Trial	1996 and under	1.0 km	6.6 km	6.6 km
Midget Boys	2005-2006	1.0 km	3.3 km	3.3 km
Juvenile Boys	2003-2004	1.0 km	6.6 km	6.6 km
Junior Boys	2001-2002	1.0 km	10.0 km	10 km
Junior Men	1999-2000	1.0 km	10.0 km	10 km
Open Men	1998 and older	1.0 km	10.0 km	10 km
Male Canada Games Trial	1996 and under	1.0 km	10.0 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	3.3 km
Para Nordic Men Sit	any	1.0 km	2.5	1.5 km
Para Nordic Men Standing	any	1.0 km	3.3 km	3.3 km
<b>Open</b>				
Novice Girls	2012 & later	0.5 km		0.5 km
Atom Girls	20011-2012	1.0 km		1.0 km
Pee Wee Girls	2009-2010	1.0 km		1.0 km
Novice Boys	2012 & later	0.5 km		0.5 km
Atom Boys	2011-2012	1.0 km		1.0 km
Pee Wee Boys	2009-2010	1.0 km		1.0 km

**Saturday January 5, 2019 Free Technique**  
**Sunday January 6, 2019. Mass Start Classic Technique**  
 Race Start 10 AM

Seeding will be based on NL Points List where applicable.

**REGISTRATION ONLY ONLINE AT [www.zone4.ca](http://www.zone4.ca)**

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