



Nordiq Canada is happy to host the Nordiq Thunder time trials on Frozen Thunder **November 13th** and **14th** between 09:00 AM – 12:00 PM in the following formats:

- Wednesday, November 13th – Classic Sprint King’s Court Format.
 - Qualifier starts @ **9:00 AM.**
 - We will be running all qualifiers and heats based on performance (so mixed gender) but results will be split into separated into registered race categories.
 - Start list based on FIS sprint points, then CPL points, then random placement
 - 15 sec interval starts
 - 1 laps (1.1 km)
 - Each skier will do a qualifier as well as 3 heat brackets in a 1 up, 1 down format, 4 racers per heat.
 - Heat brackets will go at approximately **10:00, 10:35, and 11:10 AM.**
 - Heats will run 2 mins between each.
 - Late starters will automatically be placed last in their heats and will be moved on to the next heat bracket (they forfeit the heat they missed).
 - Course is open for warm up between 8:15 – 8:45 AM. The course will be done in reverse of the regular Frozen Thunder direction.
 - No cool down is allowed on the track. Athletes must exit the track once they have completed their time trial.
 - Please inform the timing tent (located at the finish line) of any DNS ASAP.

- Thursday, November 14th – Individual Skate.
 - Women start @ **9:30 AM; men @ 10:15 AM**
 - Start list based on FIS distance points, then CPL points, then random placement
 - 15 sec interval start
 - 5 laps (9.5 km)
 - Course is open for warm up between 9:00 – 9:30.
 - No cool down is allowed on the track. Athletes must exit the track once they have completed their time trial.

No other training will be allowed on Frozen Thunder during this time.

REGISTRATION:

- Registration is done via Zone 4.
- All athletes doing the time trial must have a Frozen Thunder season pass or day ticket.
- **DEADLINE FOR REGISTRATION – November 12 (for the Nov 13th races) and 13th (for the Nov 14th races) @ 12:00 PM MST.**

WAX PROTOCOL: No fluoro.

TIME TRIAL BIBS:

- Race bibs will be used for the Time Trial NOT Frozen Thunder bibs.



- Bibs can be picked up at the Nordic Canada office located beside the Bill Warren Training Centre building race morning starting at **7:45 AM**.
- Please return the bib by dropping it in the bib bin at the finished line.
- **IMPORTANT - If you do not return your bib, you will be charged a \$100 replacement fee**

Start lists and recorded final results will be on RaceSplitter and shared via email.

Registration questions can be directed to Cindy Chetley at cchetley@nordiqcanada.ca.

Technical and course questions can be directed to

