

Canadian Masters 2020 Hosting Package



Host of the Canadian National Masters
Cross Country Ski Championship
March 26th-29th, 2020



Please be advised that accommodations will book up quickly due to the Spring IOCC Rebuild Project in Labrador City. Book early to guarantee your accommodations.

Competition Jury:

Organizing Committee Chair: Gerry Rideout

Technical Delegate: TBD

Race Secretary: Rhonda Lawrence

Chief of Competition: Phillip Power

Chief of Timing: Doug Yetman

Chief of Course: Alf Parsons

Event Coordinator: Charlotte Walker

Race Office Hours: (at Menihek Nordic Ski Club unless otherwise stated)

Thursday	March 26 th	8:30am- 5pm
Friday	March 27 th	8:30am- 5pm
Saturday	March 28 th	8:30am- 5pm
Sunday	March 29 rd	8:30am- 5pm

Eligibility and Licenses:

All competitors must have a valid and active membership with the Canadian Masters Cross Country Ski Association in order to participate in the 2020 Masters National Championships. Memberships may be purchased through your provincial director at www.canadian-masters-xc-ski.ca/en_index.htm or will also be available for purchase on Zone4 through the online registration page on the Menihek Nordic Ski Club (MNSC) website: www.meniheknordicski.ca

Waivers:

All participants will automatically sign a digital waiver when registering online for the event. Participants will not be permitted to race without signing the waiver.

Race Entry Fees and Deadlines:

\$30 per event for all age categories (EARLY BIRD RATE before March 1st for)

\$45 per event for all age categories from March 2nd-17th

\$50 per event for all age categories from March 18th- 25th

All entry fees include lunch on the day of the race

All medal presentations on race days after lunch, including Saturday's race

NFLD Kitchen Party & Screech-In on Friday night \$20.00/person

Banquet/Dance on Saturday night: \$35/person

Race Entry Deadline:

Wednesday March 25th is the closing date for online registrations.

How to Enter:

Registration will open on-line through www.meniheknordicski.ca (with a link to: www.zone4.ca) on June 1st, 2019. The Zone 4 system provides the opportunity for participants to confirm that their entry has been received. Please note: Zone 4 only supports VISA and MasterCard. Payment must be made at the time of registration. Banquet and dinner tickets will be available online. Limited tickets will be available on site as well depending on availability

Age Categories for Racers (M/F):

Category	Year of Birth	Age
Master 1	1990-1986	30-34
Master 2	1985-1981	35-39
Master 3	1980-1976	40-44
Master 4	1975-1971	45-49
Master 5	1970-1966	50-54
Master 6	1965-1961	55-59
Master 7	1960-1956	60-64
Master 8	1955-1951	65-69
Master 9	1950-1946	70-74
Master 10	1945-1941	75-79
Master 11	1940-1936	80-84
Master 12	1935-	85+

Event Weekend Race Schedule:

Friday March 27th – 10 Km Classic

Category	Distance
Master 1-8	10 KM
Master 9 (M)	10 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Saturday March 28th- 20 Km Classic

Category	Distance
Master 1-8	20 KM
Master 9 (M)	20 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Saturday March 28th- 20 Km Freestyle

Category	Distance
Master 1-8	20 KM
Master 9 (M)	20 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Sunday March 29th- 10 Km Freestyle

Category	Distance
Master 1-8	10 KM
Master 9 (M)	10 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

All races to be wave start by age category

Parking:

Parking for the event will be available at the parking lot. There are also two other parking areas within walking distance to the stadium (see venue map at www.meniheknordicski.ca). As space can be limited, especially on weekends, we encourage carpooling where possible.

Waxing Facilities:

A waxing trailer with electrical outlets is available near the park office at MNSC. Two other waxing areas will be available at the venue with power on race mornings.

Accommodation:

Labrador City has a variety of accommodations available. **Please be advised that accommodations will book up quickly due to the Spring IOCC Rebuild Project in Labrador City. Book early to guarantee your accommodations.** For any booking concerns, please contact Charlotte Walker at menihek@nf.aibn.com Click on the button to link to website:



Car Rentals:



Additional Information:

Race maps, detailed schedules, athlete meetings, weather updates and additional race information will be available at www.meniheknordicski.ca .

Event Schedule:

Thursday March 26 th 5:00	Registration and Meet and Greet Social Menihek Nordic Ski Club Smokey Mountain Rd. (6.3 Km from Wabush Airport)
Friday March 27 th 10:30 a.m. 6 pm	10 km Classic (Wave Start) NFLD Night & Screech In Venue TBA Admission \$20.00/person
Saturday March 28 th 10:30 a.m. 2 pm 6 pm	20 km Classic (Wave Start) 20 km Skate (Wave Start) Banquet (\$35 per person) Venue TBA Dinner & Dance
Sunday March 29 th 10:30 a.m.	10 km Skate (Wave Start)

Map of the Trails:

