



# NORDIQ THUNDER RACES 2019

Canmore Nordic Centre Provincial Park,  
November 13 & 14, 2019

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**Categories:** Open Men, sub-categories junior and senior men race together  
Open Women, sub categories junior and senior women race together

**Eligibility and Licenses:** All athletes must have a valid racing license issued by FIS, CCC or the NSF (cross-country) of another country, or a Supporting Member Day License (SMDL) available through Nordiq Canada.  
Biathletes not holding FIS or cross-country NSF licenses must purchase a day license (SMDL) available at Nordiq Canada.  
All athletes must have a Canmore Nordic Center Frozen Thunder day ticket or pass.

## Dates, Schedule and Format:

Tuesday, Nov 12: Official training classic sprint race. (Note the course will be marked but it will not be closed)

Wednesday, Nov 13: Sprint, classic technique, Kings Court format\*

Thursday, Nov 14: Distance time trial, free technique, individual start – Men 10km, Women 7.5 km

## Ski Preparation requirements:

To minimize athlete costs and technical support, the following waxing protocols will be mandatory.

For all athletes competing in the sprint race and all athletes competing in the distance time trial: Skis are required to be waxed by the athlete or support team with a designated glide wax that will be communicated to registered athletes and/or their coaches by 5pm on the day before the race.

**Start time all races:** 09:00 AM

**Bib pick-up all races:** 07:45-08:15 on race days in the Biathlon Stadium building lower meeting room  
Racers must show Canmore Nordic Centre Frozen Thunder pass or day ticket to receive their bib.

**Race day warm-ups:** The course will only be open from 8:30 – 8:55 on race days. Athletes should have roller skis available for warming up.

**Courses:** To be decided and posted on the Nordiq Canada web site once the Frozen Thunder track is set.

**Registration:** Zone4 website <http://www.zone4.ca/> \$ 30 per race

**Race Entry Deadline:** November 11<sup>th</sup> 12:00 noon MST on Zone 4, **no late entries, no exceptions**

**Wax rooms:** Available for a rental fee through the Canmore Nordic Centre.

## Enquiries/

**Communications:** Thomas Holland at [officials@nordiqcanada.ca](mailto:officials@nordiqcanada.ca). To ensure race communications, coaches please register an email address at this email address.

\*Kings Court format - This is a normal qualifying race, followed by 3 heats where everyone in the race competes based on their qualifying time in heats of 4. With all categories (men, women, juniors, and seniors) racing "together" in the rounds with the best 2 skiers moving up to the next faster heat, and the slowest 2 skiers moving down to the next slower heat