



WHALEBACK NORDIC SKI CLUB

EVENT: 2019 Newfoundland and Labrador Masters Cross-Country Skiing Championships

DATE: February 2-3, 2019

EVENT SCHEDULE: Classic Race: February 2 - 11:00 a.m.
Freestyle Race: February 3 - 11:00 a.m.

PLACE: Whaleback Nordic Ski Club
Stephenville, Newfoundland

CHIEF OF RACE: Greg Noonan
Ph: (709) 643-4993
Email: gnoonanguide@hotmail.com

RACE SECRETARY: Bruce LeGrow
2 MacNeil Crescent
Stephenville, NL
A2N 3E3
Ph: (709) 643-325
Email: bruce.legrow@nf.sympatico.ca

ELIGIBILITY: Open to **ALL** skiers 30 years of age and older

ENTRY DETAILS: **\$15.00** per race **for non members of Canadian Masters**
\$10.00 per race **for Masters members**

Entry forms must be complete with signed waivers and cheque

Please make cheques payable to **Whaleback Nordic Ski Club**

All entries must be received by the Race Secretary by
6PM FRIDAY, February 1, 2019

AWARDS: Bragging Rights Only

RACE CATEGORIES AND DISTANCES

| CATEGORY | YEAR OF BIRTH | DISTANCE | |
|---------------|------------------|----------------|----------------|
| | | Classic | Free |
| Male | | | |
| M I | 1979-1988 | 10 km | 10 km |
| M II | 1969 -1978 | 10 km | 10 km |
| M III | 1959 -1968 | 10 km | 10 km |
| M IV | 1949- 1958 | 10 km | 10 km |
| M V | 1948 and earlier | 10 km | 10 km |
| Female | | Classic | Classic |
| F I | 1979 -1988 | 10 km | 10 km |
| F II | 1969-1978 | 10 km | 10 km |
| F III | 1959-1968 | 10 km | 10 km |
| F IV | 1949-1958 | 10 km | 10 km |
| F V | 1948 and earlier | 10 km | 10 km |

Wave start for classic

Wave start for free technique

ENTRY FORM

Please Print

Last Name: _____ First Name: _____

Address: _____

City: _____ Prov _____ Postal Code: _____

Telephone: _____ Gender: _____

Club: _____

Race: Classic: _____ Free: _____ Category: _____ Birth Date: _____

Classic Technique: Saturday, February 201 11:00 a.m.

Freestyle Technique: Sunday, February 201 11:00 a.m.

| Category | Year of Birth | Distance | |
|--------------|---|----------|-------|
| | | Classic | Free |
| M I | 197 <input type="text"/> <input type="text"/> 198 <input type="text"/> <input type="text"/> | 10 km | 10 km |
| F I | | 10km | 10 km |
| M II | 196 <input type="text"/> <input type="text"/> 197 <input type="text"/> <input type="text"/> | 10 km | 10 km |
| F II | | 10 km | 10 km |
| M III | 195 <input type="text"/> <input type="text"/> 196 <input type="text"/> <input type="text"/> | 10 km | 10 km |
| F III | | 10 km | 10 km |
| M IV | 194 <input type="text"/> <input type="text"/> 195 <input type="text"/> <input type="text"/> | 10 km | 10 km |
| F IV | | 10 km | 10 km |
| M V | 194 <input type="text"/> and earlier | 10 km | 10 km |
| F V | | 10 km | 10 km |

**Entry Fees enclosed -\$10.00 per race Masters members
- \$15.00 per race non-members**

Please return this entry to: Bruce LeGrow - Race Secretary
2 Mac Neil Crescent
Stephenville, NL A2N 3E3
E-mail: bruce.legrow@nf.sympatico.ca

ALL ENTRIES MUST BE RECEIVED BY 6:00 p.m. FRIDAY, February 201

Release Clause: I hereby release the Whaleback Nordic Cross Country Ski Club, its members or agents, sponsors, Cross Country Canada, Newfoundland Masters Cross Country Ski Association and any person officially connected with competitions from any liability for any injuries or damages whatsoever arising from my participation in or presence at this competition.

Date

Signature