



Box 592, Corner Brook, NL, A2H 6G1
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EVENT: 2023 Ye Olde Races
NL Cup 2

DATES: January 7 & 8, 2023

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

SANCTION: Nordiq Canada (NC) &
Cross Country Newfoundland & Labrador (CCNL)

EVENT HEADQUARTERS: Blow-Me-Down Lodge

COMPETITION SECRETARY: Elizabeth Summers

FOR INFORMATION: **CONTACT**
Blow-Me-Down Cross Country Ski Club
(709) 639-2754

LOCATION: All races will take place on the trails at the Blow-Me-Down Ski Park, Lundrigan Drive, Corner Brook, NL

ELGIBILITY: All Participants must be a member in good standing with a club recognized by CCNL/NC.



Teck



EVENT SCHEDULE: Saturday January 7, 2023

11:00 AM: Sprint Qualifier (Classic Technique);
15 Second Interval Starts

11:30 PM: Para Nordic Sprint Qualifier
15 Second Interval Start

11:30 AM: Novice, Atom, Pee Wee Only (Classic Technique)
15 Second Interval Starts

2:00 PM: Long Distance Race (Classic Technique)
Interval Start

Sunday January 8, 2023

10:00 AM *Para Sit Category Long Distance*
Classic track for Sit Ski
30 Second Interval Starts

10:30 AM *Competitive, Recreational and Para Standing*
Categories
Free Technique
Mass Start

Seeding will be based on NL Seeding List where applicable <
<https://crosscountrynl.com/standings> >.

XCNL Coaches will collect and wax Canada Games trials athletes' skis.

**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 and must be received by **12 PM Thursday, January 5, 2023**

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

ENTRY FEES: Youth (Novice to Bantam): \$10.00 per race.
Competitive, Recreational, Para Nordic: \$15.00 + \$5.00 Day License**
HST included in fees

****CCC Day Licence costs an additional \$5.00 per race, unless the skier has a CCC Racing Licence for the season obtained from:**
<http://www.cccski.com/Events/License-Applications.aspx>

COACHES MEETING: Friday, January 6, 7 p.m. at the Blow-Me-Down Club.

AWARDS: Medals for first, second & third place for all categories except the recreational categories. Awards for Saturday's and Sunday's races will be presented 1 hour after the final skier completes the final race, and after race results become official. awards will be presented 1 hour after the final skier completes the final race, and after race results become official.

Clubs can apply for the travel subsidy offered by CCNL:

https://docs.google.com/forms/d/e/1FAIpQLScSkCbmVOBzCwSgDAw3LOUnia_0TGck_fJ-324Z_Y2nXajZoQ/viewform

RACE CATERGORIES AND DISTANCES

	Year of Birth	Sprint Qualifier (Classic)	Classic Saturday	Free Sunday
Competitive				
Midget Female	2009-2010	1.0 km	2.5 km	2.5 km
Juvenile Female	2007-2008	1.0 km	5.0 km	5.0 km
Junior Female	2005-2006	1.0 km	7.5 km	7.5 km
Open Female	2004 and earlier	1.0 km	7.5 km	7.5 km
Female Canada Games Trial	2003 or later	1.0 km	7.5 km	7.5 km
Midget Male	2009-2010	1.0 km	2.5 km	2.5 km
Juvenile Male	2007-2008	1.0 km	5.0 km	5.0 km
Junior Male	2005-2006	1.0 km	7.5 km	7.5 km
Open Male	2004 and earlier	1.0 km	7.5 km	10 km
Male Canada Games Trial	2003 and later	1.0 km	7.5 km	10 km
CGT Para Nordic Female Sit	1993 or later	1.0 km		1.5 km
CGT Para Nordic Female Standing	1993 or later	1.0 km	2.5 km	2.5 km
CGT Para Nordic Male Sit	1993 or later	1.0 km		1.5 km
CGT Para Nordic Male Standing	1993 or later	1.0 km	2.5 km	2.5 km
Recreation				
Recreation Short	any	1.0 km	2.5 km	2.5 km
Recreation Medium	any		5.0 km	5.0 km
Youth				
Novice Female	2017 & later	0.5 km		
Atom Female	2015-2016	1.0 km		
Pee Wee Female	2013-2014	1.0 km		
Bantam Female	2011-2012	1.0 km		
Novice Male	2017 & later	0.5 km		
Atom Male	2015-2016	1.0 km		
Pee Wee Male	2013-2014	1.0 km		
Bantam Male	2011-2012	1.0 km		

REGISTRATION ONLY ONLINE AT zone4.ca/event/2023/nlcup2

*****NOTE: As per CCNL policy, High Fluoro Glide wax is not permitted.**