



WHALEBACK NORDIC SKI CLUB

EVENT: 2023 Newfoundland and Labrador Masters Cross-Country Skiing Invitational

DATE: February 11-12, 2023

EVENT Classic Race: February 11 - 11:00 AM
Freestyle Race: February 12 - 11:00 AM

SCHEDULE: Whaleback Nordic Ski Club
Stephenville, Newfoundland

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

RACE SECRETARY: Bruce LeGrow
2 MacNeil Crescent
Stephenville, NL
A2N 3E3
(709) 643-3259
bruce.legrow@nf.sympatico.ca

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

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

ENTRY DETAILS: Entry forms must be complete with signed waivers and cheque or payment by e-transfer

Please make cheques payable to **Whaleback Nordic Ski Club** or pay by e-transfer to **bruce.legrow@nf.sympatico.ca**

All entries must be received by the Race Secretary by **6 PM FRIDAY, February 10, 2023**

AWARDS: Bragging Rights Only

RACE CATEGORIES AND DISTANCES

CATEGORY		YEAR OF BIRTH	DISTANCE	
Male			Classic	Free
M I	1983-1992	10 km	10 km	
M II	1973-1982	10 km	10 km	
M III	1963-1972	10 km	10 km	
M IV	1953-1962	10 km	10 km	
M V	1952 and earlier	10 km	10 km	
Female			Classic	Classic
F I	1983-1992	10 km	10 km	
F II	1973-1982	10 km	10 km	
F III	1963-1972	10 km	10 km	
F IV	1953-1962	10 km	10 km	
F V	1952 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 11, 2023 - 11:00 AM

Freestyle Technique: Sunday, February 12, 2023 - 11:00 AM

Category	Year of Birth	Distance	
		Classic	Free
M I	1983-1992	10 km	10 km
F I		10km	10 km
M II	1973-1982	10 km	10 km
F II		10 km	10 km
M III	1963-1972	10 km	10 km
F III		10 km	10 km
M IV	1953-1962	10 km	10 km
F IV		10 km	10 km
M V	1952 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 MacNeil Crescent
Stephenville, NL A2N 3E3
bruce.legrow@nf.sympatico.ca

ALL ENTRIES MUST BE RECEIVED BY 6:00 PM FRIDAY, February 10, 2023

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