



## 2019 Hardwood Ski and Bike Invitational #2

**Wednesday January 16, 2019**

**Entry Deadline: Monday January 14 2019 @ 6pm**

**Approximate Races and Distances (subject to change depending on weather and snow conditions):**

Para Nordic 1.5 or 3km, Novice/Elementary Boys and Girls 2.5 km. Junior Girls 4.0 km. Junior Boys 5.0km. Sen. Girls 5.0km. Sen. Boys. 7.5km., Post Secondary 7.5km

**Race Times:**

Coaches Meeting at 10.30 am. First race begins at 11:00 am.

**Entry Fee:**

\$22.12 + HST

Faxed entries and telephone entries will not be accepted. All entries must be made on line through [www.zone4.ca](http://www.zone4.ca).

**Late Fee:**

Entries received after the January 14th deadline are subject to a \$10/skier late fee, no exceptions. Substitutes will be subject to a \$10/skier fee as well.

**General Information:**

- Teams should try to be on site by 9:30am to secure bibs and make necessary changes. Lost bibs will be charged to the school @ \$30/bib.
- Coaches, upon arrival are to proceed directly to get coaches' package.(HQ Building)
- Course length, starting procedures, time and order of races are all subject to change, at Convener's discretion.
- Skiers will start in intervals – one skier every 15 seconds. All skiers should be at the start 10 minutes before their start time. There will be one lane tracked out of the start for 30 meters. Skiers must double pole only until the end of the lane. They may skate after this point.
- Results will be available live on [zone4.ca](http://zone4.ca), and on [Hardwoodskiandbike.ca](http://Hardwoodskiandbike.ca) immediately following the race.

**Start Order (To be adjusted on race day):**

PN Girls	1km or 3km Start time 11:00am
PN Boys	1km or 3km Start Time 11:01
Elem. Girls	2.5 km - Start Time 11:05 am
Elem. Boys	2.5 km – Start Time 11:10 am
Novice Girls	2.5 km – Start Time 11:15 am
Novice Boys	2.5 km - Start Time 11:20 am
Junior Girls	4.0 km – Start Time 11:40 am
Junior Boys	5.0 km – Start Time 11:55 am
Senior Girls	5.0 km – Start Time 12:10 pm
Senior Boys	7.0 km – Start Time 12:20pm

- Please instruct your skiers to leave all trail flags etc. in place. Failure to do so may result in disqualification.
- Age groups as for OFSAA cross country skiing.
  - Juniors – Born 2003 and 2004.
  - Seniors – Born 2000, 2001, 2002.
- If the event is cancelled or if a team is unable to attend because of weather/driving conditions on race day, a portion of the entry fee will be returned, after expenses have been covered.
- No refunds for scratches.

**Awards: 1:00pm**

**Individual Award:**

- Medals to Top 3 in all Categories.

**High School Team Awards:**

- Team awards use the top four results from each school team. Any number of skiers may race.
- Novices will not be included in team scoring.
- Novice events are intended to be a low-key, first time racing experience.