



2022 Hardwood Ski and Bike Invitational

Wednesday December 21, 2022

Entry Deadline: Tuesday Dec 20, 2022 at 12pm

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 4.0km. Sen. Girls 6.0km. Sen. Boys. 6km., Post Secondary 6km

Race Times:

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

Entry Fee:

\$35 + HST and Zone 4 Reg fee

Faxed entries and telephone entries will not be accepted. All entries must be made on line

[HERE](#).

Late Fee:

Entries received after the December 20 12pm deadline are subject to a \$15/skier late fee, no exceptions. Substitutes will be subject to a \$15/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 @ \$50/bib.
- Coaches, upon arrival, are to proceed directly to get coaches' package in the front of the main chalet to the Main desk to complete payment if not done online.
- Course length, starting procedures, time and order of races are all subject to change, at Convienier'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 and on Hardwoodskiandbike.ca immediately following the race.

Start Order (Subject to adjustment on race day):

PN Girls

PN Boys

Novic Girls

Novice Boys

Jr Girls

Jr Boys

Sr Girls

Sr Boys

- 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 2007 and 2008.
 - Seniors – Born 2004, 2005, 2006.
- If the event is canceled or if a team is unable to attend because of weather/driving conditions on race day, public restrictions or lack of snow a portion of the entry fee will be returned, after expenses have been covered.
- No refunds for scratches.

Awards: Podiums will follow the final race. Medals for the top three skiers in each category will be awarded.

HARDWOODSKIANDBIKE.CA