



Race Notice Kenora Skiathlon/MB Cup #2

Hosted by Kenora Nordic & Biathlon Club

Sunday January 10th, 2016

Registration: <https://zone4.ca/reg.asp?id=11235> *deadline Midnight Friday Jan 8th*

General Information

Location: Kenora Nordic & Biathlon Club and Mt Evergreen

The Kenora nordic trail system is located in Kenora ON, approximately 200km east of Winnipeg. We have over 20 km of beautiful ski trails that offer both classic and skate skiers the chance to experience the magnificent Canadian Boreal Forest. All trails are groomed for classic skiing and almost 7 km of trails also accommodate skate skiing. The Kenora Nordic Trails are suited for all skill levels from beginner to expert.

Visit: <http://www.skikenora.com/cc/trail-information/trail-map/> for a map of our trails

Directions: <http://www.skikenora.com/cc/location-and-driving-directions/>

Competition: Skiathlon – A Skiathlon is a mass start event (in waves) in which both the classical and free technique are used with equipment change at mid-distance. The first half of the race is competed in classical technique while the latter half is raced in the free technique. The ski equipment change takes place in special changing area by the stadium.

Schedule of events:

Coaches Meeting: 10:00am

Bib Pickup: 10:00am

Race Starts: Pee Wee - 11:00am, Midget - 11:30am, Juvenile Boys/Girls - 12:30pm, Junior Boys/Girls, Junior Men/Women, Senior Men/Women, Master Men/Women - 1:30pm

Award Ceremony: 3:00pm

Contact: kenoranordic12@gmail.com

Awards: Podium presentations top youth & top adult, and random draw bib prizes.

Course Maps: Available and posted at race site. Course closes Fri @ 5pm for final prep.

Competitive Age Categories

Your competitive age category is based on how old you are as of December 31st in the current competitive season.

See <http://www.ccsam.ca/competitive-skiing/event-information/race-categories/> for more information.

Event Categories	Distance
Peewee Girls (born in 2004- 2006)	2km
Peewee Boys (born in 2003 - 2006)	2km
Midget Girls (born in 2002 - 2003)	4.5km
Midget Boys (born in 2001 - 2002)	4.5km
Juvenile Girls (born in 2000 - 2001)	8km
Juvenile Boys (born in 2000)	8km
Junior Girls (born in 1998 - 1999)	10.5km
Junior Boys (born in 1998 -1999)	10.5km
Junior Female (born in 1996 – 1997)	10.5km
Junior Male (born in 1996 - 1997)	10.5km
Senior Men/Women (born from 1985 & Earlier)	10.5km
Master Men/Women (born from 1985 & Earlier)	10.5km

Registration Deadline

Registration is to be completed only through <https://zone4.ca/reg.asp?id=11235>. The deadline for registration is January 8th at midnight. NO LATE REGISTRATIONS WILL BE ACCEPTED.

Entry Fees	Price
Pee Wee	\$10
Midget	\$15
Juvenile/Junior/Senior/Master	\$20

Facilities

Mt Evergreen has a multi-level chalet with a cafe, seating area and bathrooms. Limited change areas are available. The parking lot has the capacity for 100 vehicles.

First Aid

First Aid will be available on site courtesy of the Kenora Nordic Ski Patrol. Medical Facilities are available in Kenora.

Updates

Updated information will be posted on our website at:
<http://www.skikenora.com/cc/2016-01-02/2016-kenora-skiathlon/>