

RACE NOTICE

Provincial Sprint Championship / Manitoba Cup #3

Red River Nordic Ski and Biathlon Club is pleased to host the Provincial Sprint Championship.

Saturday January 16, 2016

Location: Windsor Park Nordic Centre, 10 Rue des Meurons, 204 253 9236

Event Start Time: 11:00

Discipline : Skate

Event Facilitator: Jamie Giasson

Chief of Timing: Ron Pelletier

Chief of Course: Jim Kovachik

Schedule:

Coaches Meeting @10:00am

Bib Pickup 9:30 to 10:00am

Race Start @ 11:00am

Prologue (timed for provincial medals and heat seeding) 11:00

Heats 12:30

Awards: Provincial Sprint Medals for Prologue awarded throughout the day, Category Awards 2:30 p.m.

* Course and brackets posted in the clubhouse Friday afternoon

Categories Distances and Costs:

* **Atom Shuffle** In a bid to attract skiers at an early age, we are very much hoping to have many young skiers sign up for a fun race, regardless of experience. All atom skiers (anyone under Pee Wee age) will receive a prize! Atoms race is free of charge!

- 1 lap of 100 or 250 metres (to be determined based on the participants), track and skate available, on-line parental waivers to be 'signed' on Zone4 (all levels of experience welcome - very much a fun introduction to the sport)

- This is the only category that will accept registration on site. Anyone signing up a child for this level of race on race day must sign waiver at the time of registration, prior to 9:30 a.m.

*** New: Citizens Race** We wish to welcome all adult skiers who have little or no race experience to join us in this fun competition!

- 1 lap of 500 meters, free technique, \$10

- Essentially, if you ski recreationally, are a family member who serves primarily as a chauffeur to these events, are just coming off of an injury and are not ready to return to the more competitive races, etc... this event is for you! - ski tights optional!

- 16 years of age and up; categories will be established based on registration

All other Categories:

Prologue Time Trial: Free Technique – Interval Starts @11am

Category	Distance (km)
Pee Wee Boys	250 meters
Pee Wee Girls	250 meters
Midget Boys	.5 km
Midget Girls	.5 km
Juvenile Boys	750 km
Juvenile Girls	750 km
Junior Boys	1 km
Junior Girls	1 km
Open Men's and Open Women's Category	
Junior Men	1 km
Junior Women	1 km
Senior Men (U23)	1 km
Senior Women (U23)	1 km
Masters Men	1 km
Masters Women	1 km

Registration Deadline

Registration is to be completed only through <https://zone4.ca/onlinereg.asp?id=6280>. The deadline for registration is January 14th at 6 p.m. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

***Atom competitors may register on site with parent or guardian present but if you know your little one will be participating, please register on-line.**

*Entry Fees	Register on Zone 4 by Jan. 14th, 2016, 6 p.m.
Juvenile, Junior, Senior, Masters	\$20
Midgets + PeeWees	\$15
Citizens	\$10
Day Membership – mandatory for all competitors (excluding Atoms) who are not CCSAM-club members	\$5

*Entry fees include healthy snack foods, drinks, and fruit.