



# 2013 Kanata Nordic Sprint Race " *The Pretzel* "

<b>When</b>	Sunday, February 24th, 2013
<b>Where</b>	Bonnenfant Y Outdoor Education Centre, 1620 Sixth Line Rd. Kanata North (Dunrobin), Ontario.
<b>Technique</b>	Free Style, Qualification race, and Sprint heats.
<b>Format</b>	The 2013 Kanata Nordic Pretzel Race is a race series of Free Style qualification race followed by a series of sprint heats. The qualification race will be timed. Results of heats will be based on relative finishing position. The intent of the race is to encourage participation and healthy competition in NCD Races at all levels by all member Clubs. Most athletes will participate in the qualification race and 2 heats.
<b>Description</b>	<p>A dual start qualification race will start skiers at 15 second intervals and will be used to seed quarter final heats.</p> <p>There will be up to 6 skiers per heat and up to 5 heats in the quarterfinals. If there are less than 30 in a category we will follow the 6 per heat format with reduced numbers in some heats. For 24 skiers or less we will have 4 quarter final heats based on up to 6 per heat. If less than 16 skiers per category, we will follow the 4 per heat format and only top two will advance. If a competitor from a previous heat is overtaken by a subsequent heat, the competitor will be marked as DNF and ranked in the last position in the heat. If there are more than 30 in a category skiers finishing in position 31 and above in the qualification will be added to a second row in the heats to encourage participation in the heats.</p> <p>Starting order in the quarter finals will be in accordance with Cross Country Canada (CCC) Rules and Regulations Section 360. Top 3 from each quarter final heat will go to a semi final heat. Top 3 from each semi final heat will go to 'A' Final, 4<sup>th</sup> through 6<sup>th</sup> from each semi final heat will go to 'B' Final.</p> <p>Consolation Round semi final heats will be made up of the 4<sup>th</sup> through 6<sup>th</sup> place finisher from each quarter final heat. The top 3 from each Consolation semi final heat will advance to a Consolation Final. There will be no 'B' Consolation Final.</p>

Medals will be awarded to top 3 in the 'A' Final in each category. Ribbons will be awarded to top 3 in the 'B' Final in each category.

NCD points will be awarded based on qualification race results only if the athlete competes in all subsequent heats for which they have qualified.

All categories in the qualification race will be seeded by random selection.

Atom & Pee Wee category skiers will compete on a 350 m loop. Midget category skiers will compete on a 650 m loop and Juvenile and older category skiers will compete on a 1,000 m loop. Older adult categories will compete in Open Men and Open Women heats.

**Registration Information**

Registration is exclusively on line via: [zone4.ca](http://zone4.ca). The registration deadline is Thursday February 21st 2013 at 23:59 EST. No entries will be accepted after that date.

**Contact**

For difficulties with the registration process, contact '[registration@kanatanordic.ca](mailto:registration@kanatanordic.ca)'. Other information can be found on Kanata Nordic's website at [www.kanatanordic.ca](http://www.kanatanordic.ca).

**Categories**

The race categories, which follow the new CCC guidelines for long term athlete development, are shown in the table provided below. Junior Men & Women and older category skiers will race in the same Open Men & Women heats. Medals will be awarded for each category.

**Seeding**

Atom to Open categories: By random selection for the qualification race.

**Sanction**

This is a NCD points event. CCC rules will apply. NCD points will be awarded based on the qualification race placement. Athletes must compete in all eligible sprint heats for which they qualify to be eligible for NCD points.

**Fees**

\$18 + applicable Zone4 fees

**Bib pick-up**

Sunday February 24, 8:00-9:00 am

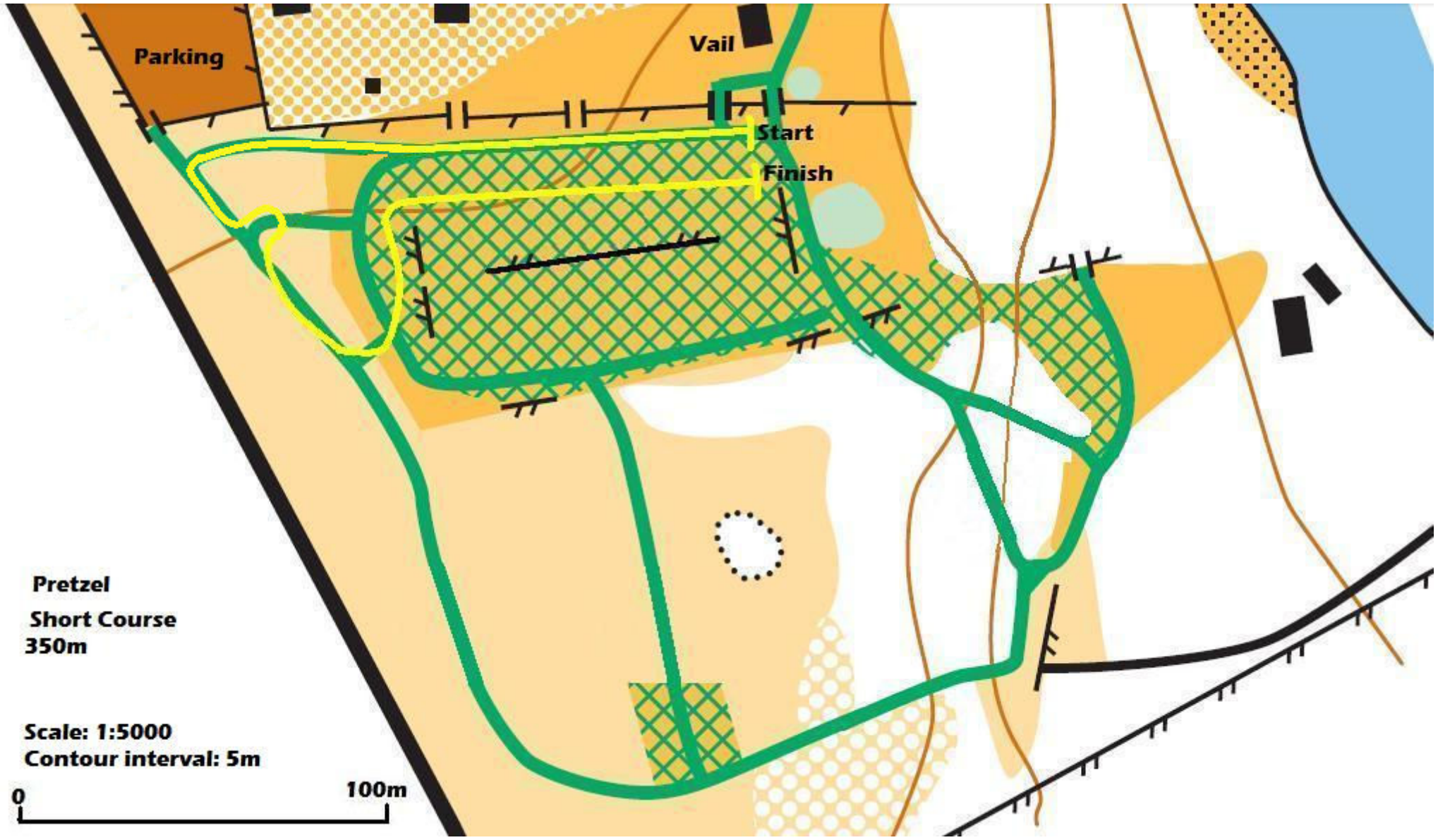
**Bib Returns**

All bibs must be returned by the end of the last Final of the day. In the event a skier leaves early or has completed all his/her heats, the skier must hand in the assigned bib before leaving the site.

Bibs are the responsibility of the skier and Club/ Organization for which a skier has registered. In the event a bib is not returned at the end of the designated time, a replacement fee of \$50.00 per bib will be charged.

<b>Start Time</b>	First start at 9:00 am. The course will be open Sunday, February 24, 2013 from 7:30 am to 8:30 am. Depending on entries all finals are expected to be completed by 3:00 pm.  The Start List for the qualification race will be posted online at <a href="http://www.kanatanordic.ca">www.kanatanordic.ca</a> not later than 6:00 pm, Saturday-23-February-2013.
<b>Course</b>	Course maps available with the Race Notice and at <a href="http://www.kanatanordic.ca">www.kanatanordic.ca</a>
<b>Waxing</b>	Limited indoor waxing facilities will be available on site.
<b>Awards</b>	Awards will be presented to the top 3 finishers in each 'A' Final and 'B' Final in each category after the last final. Every finisher will receive a nut-free chocolate covered pretzel.  Award Ceremony is expected to be at 3:15 pm or earlier.
<b>Cancellation</b>	There will be no refunds.
<b>Race Committee</b>	Event Chair: Lily Yip, Chief of Competition: Mike Duivenvoorden, Chief of Timing: Harris Kirby, Chief of Course: Gene Vigneron, Race Secretary: Kam Leung.
<b>Parking;</b>	Parking available on site is limited so car pooling is encouraged wherever possible.
<b>Food / Water :</b>	Food such as Chili, soup, granola bars, and muffins will be available for purchase. Coffee, bottled water, juice will also be available for purchase.
<b>Washrooms :</b>	Washroom facilities are available.
<b>Shelter :</b>	A heated indoor space is available for spectators and athletes.

Category	Dist	Year of birth (YOB) Inclusive	
		Male	Female
Atom Boys / Girls	350	2004 - 2006	2004 - 2006
Peewee Boys / Girls	350	2000 - 2003	2001 - 2003
Midget Boys / Girls	650	1998 -1999	1999 - 2000
Juvenile Boys / Girls	1000	1997	1997 -1998
Junior Boys / Girls	1000	1995 -1996	1995 -1996
Open Category:	1000		
Jr. Men / Women		1993 - 1994	1993 -1994
U23 Men / Women		1990 - 1992	1990 - 1992
Sr. Men / Women		1992 & earlier	1992 & earlier
Master Men / Women		1981 & earlier	1981 & earlier



Parking

Vail

Start

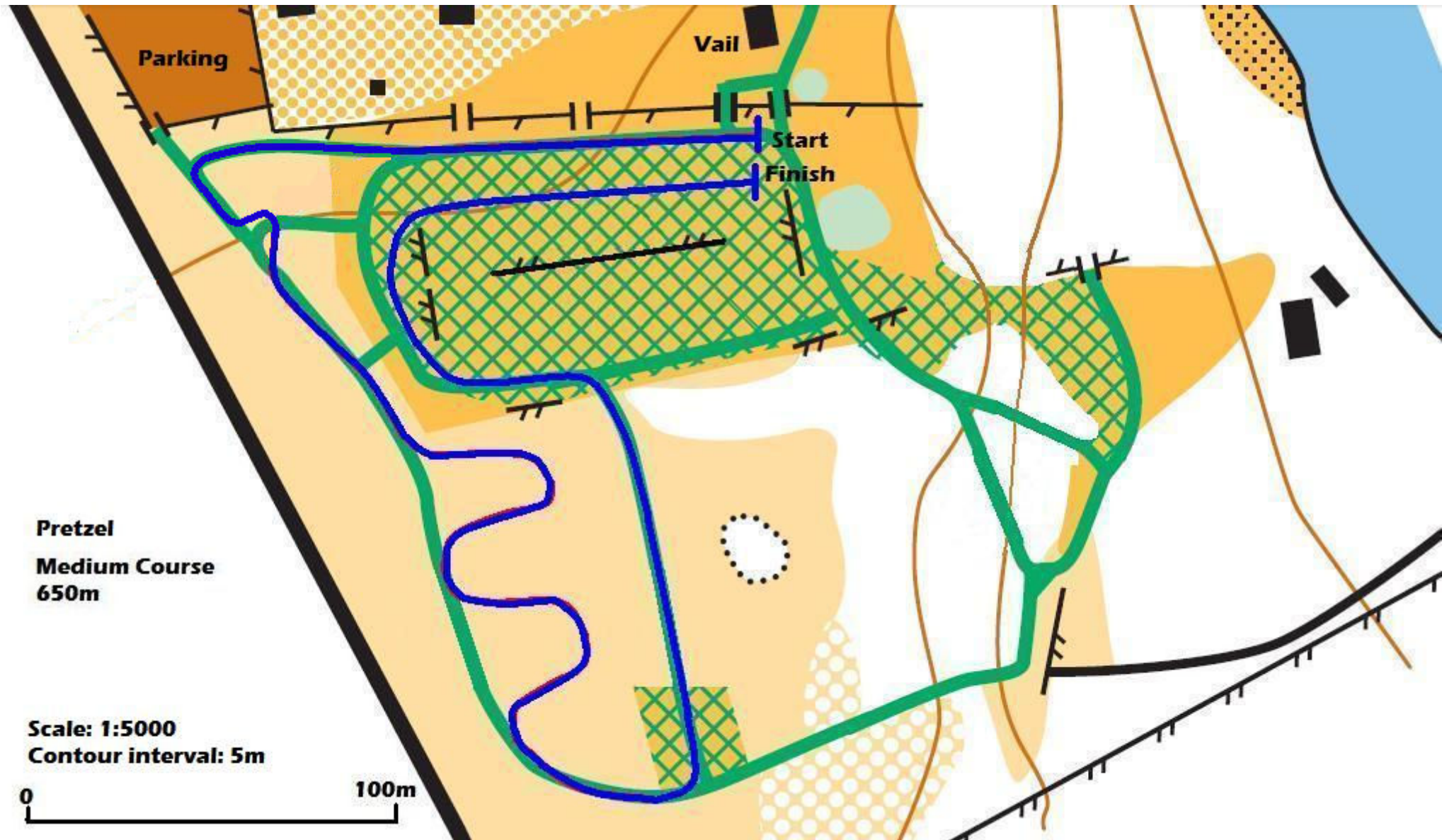
Finish

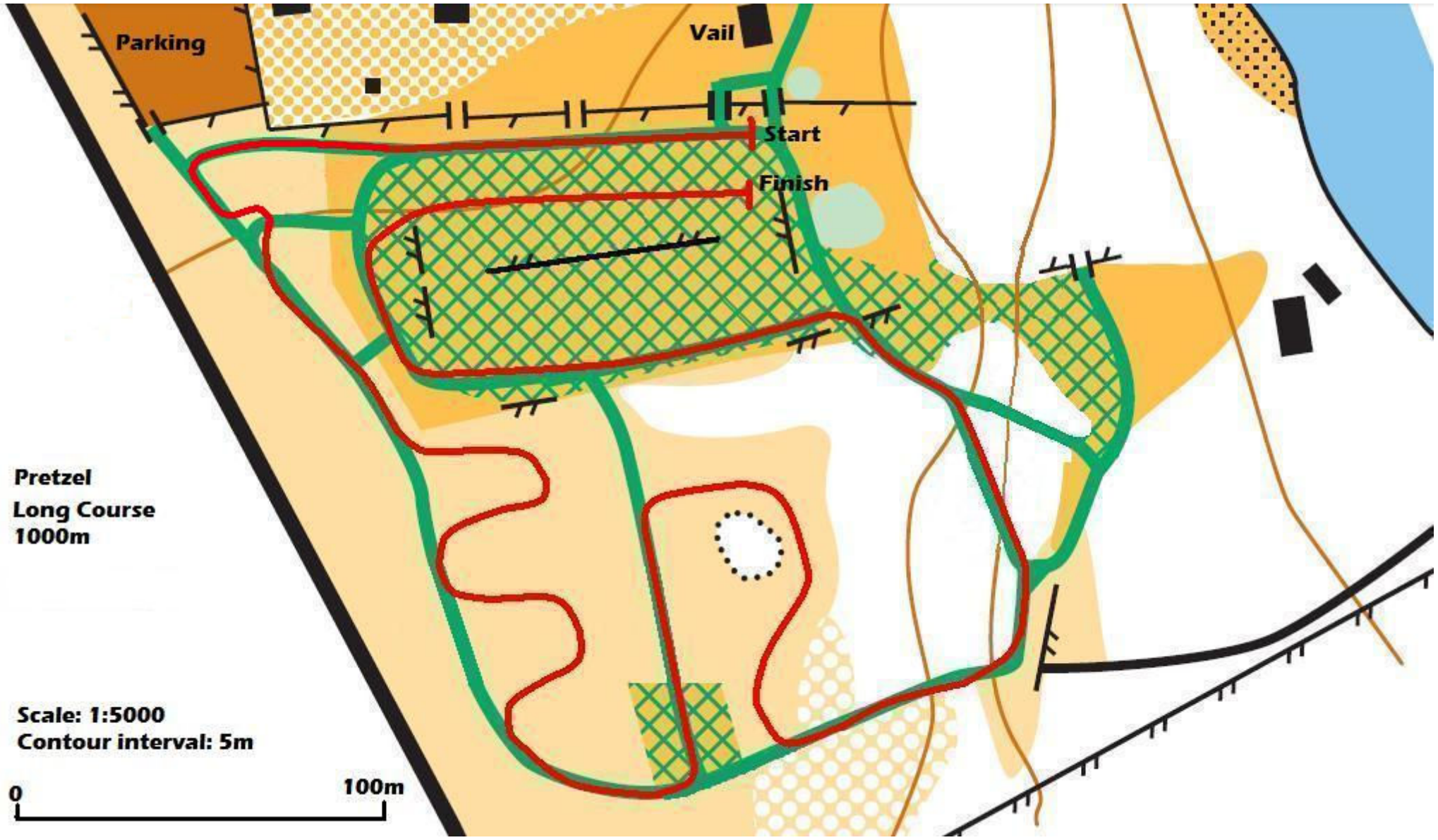
Pretzel  
Short Course  
350m

Scale: 1:5000  
Contour interval: 5m









**Pretzel  
Long Course  
1000m**

**Scale: 1:5000  
Contour interval: 5m**

