

**EVENT** **2014 Kanata Nordic Sprint Race, "The Pretzel"**

**When** Sunday, February 23rd, 2014

**Where** [Kanata Nordic Trails](#) at the Bonnenfant Y Outdoor Centre, 1620 Sixth Line Rd. Dunrobin (Kanata North), Ontario



**Technique** Free-style sprint race.

**Format** The 2014 Kanata Nordic Pretzel Race is a race series of Free Style heats following a prologue seeding round. The prologue will be timed. Results of heats will be based on relative finishing position. The intent of the race is to encourage participation/competition in NCD Races at all levels for all member Clubs. Most athletes will participate in the Prologue and up to 3 heats.

**Description** A dual start qualification prologue at 15 second intervals will be used to seed the initial sprint heats.

There will be up to 6 skiers per heat. If there are less than 24 in a category we follow the 6 per heat format with reduced numbers in some heats. If less than 16 per category we 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 they will be marked as DNF and will be seeded in subsequent rounds accordingly.

Starting order in the quarter finals will be in accordance with CCC Rules and Regulations Section 360. Top 3 from each heat will go to semi-finals. The top 3 from each semi-final heat will go to 'A' Final, where numbers allow, the 4<sup>th</sup> through 6<sup>th</sup> from each semi-final heat will go to 'B' Final.

Medals will be awarded to top 3 in the 'A' Final in each category. NCD points will be awarded based on prologue results only if the athlete competes in subsequent heats for which they have qualified.

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

Juvenile and older categories will compete on the long sprint loop. Midgets and will compete on the intermediate loop and Atom & Peewee skiers on the short loop. Depending on registration numbers race organizers may consolidate categories within these groupings.

**Registration Information** Registration is exclusively on line via: [zone4.ca](#). The registration deadline is Friday February 21st, 2014 at 23:59 EST. NO ENTRIES will be accepted after that time. Each category in the sprint heats will be limited to a maximum of 30 skiers.

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**Contact** For difficulties with the registration process, contact "registration AT 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. Skiers competing in an older category according to the CCC guidelines must do so consistently for all NCD races. (Junior Men, Junior Women and older will all ski in the open Men & Open Women categories. Medals will be awarded for each age group)

**Seeding** Atom to Open categories: By random selection, by year of birth.

**Sanction** This is a NCD points event. CCC rules will apply. NCD points will be awarded based on placing in the qualification race. However, athletes must compete in ALL sprint heats for which they qualify to be eligible for any NCD points.

**Fees** Atom & Pee Wee \$16 All other categories \$22

**Bib pick-up** Sunday February 23rd, 8:00-10:00 am

**Start Time** First start at 10:00 am. The race course will be open between 8:30 & 9:30 am. Depending on entries all finals are expected to be completed by 3:00 pm.

**Course** Course maps available found on Kanata Nordic's website at [www.kanatanordic.ca](http://www.kanatanordic.ca).

**Waxing** Limited indoor waxing facilities will be available onsite.

**Awards** Awards will be presented to the top 3 finishers in each 'A' Final in each category after the last final. Every finisher gets a nut-free chocolate covered pretzel.

Award Ceremony is expected to be at 3:15 pm.

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**Cancellation** There will be no refunds.

**Race Committee** Event Chair: Lily Yip, Chief of Competition: Mike Duivenvoorden, Chief of Timing: Harris Kirby, Chief of Course: Gene Vigneron, Race Secretary: Kam Leung.

**Parking;** Parking will be available on site, but car-pooling is encouraged if possible.

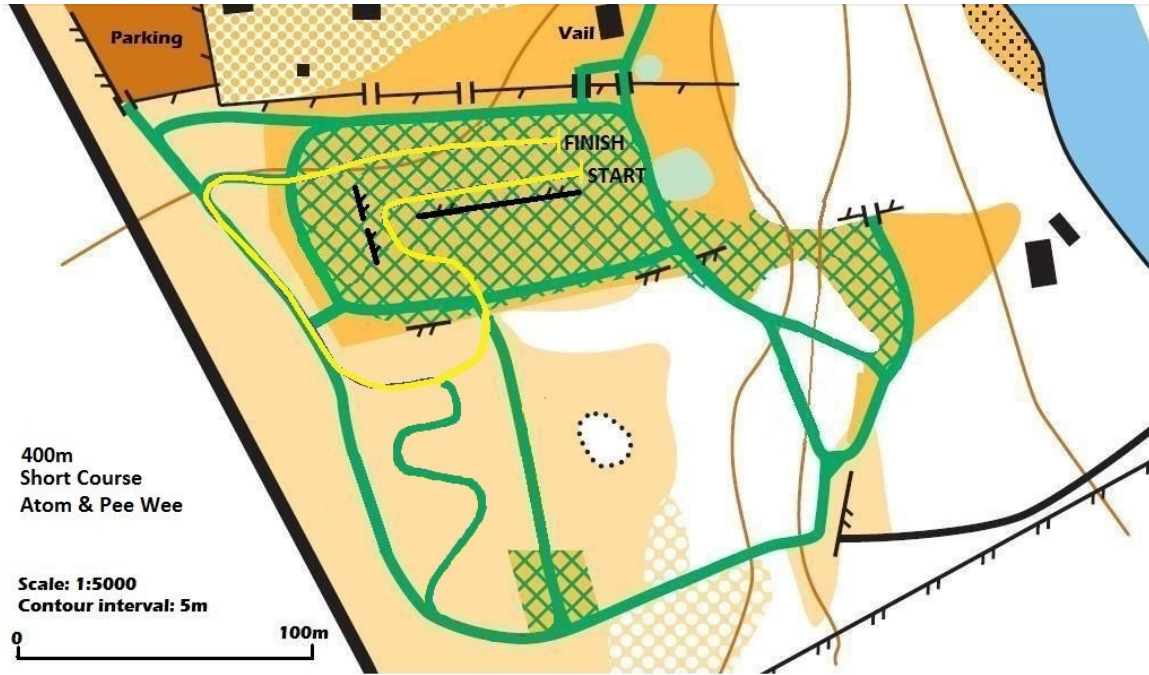
**Food / Water :** Food such as Chili, soup, granola bars, and muffins will be available for purchase. Coffee, bottled water, juice will also be available for purchase.

**Washrooms :** Washroom facilities are available on both levels of the main chalet.

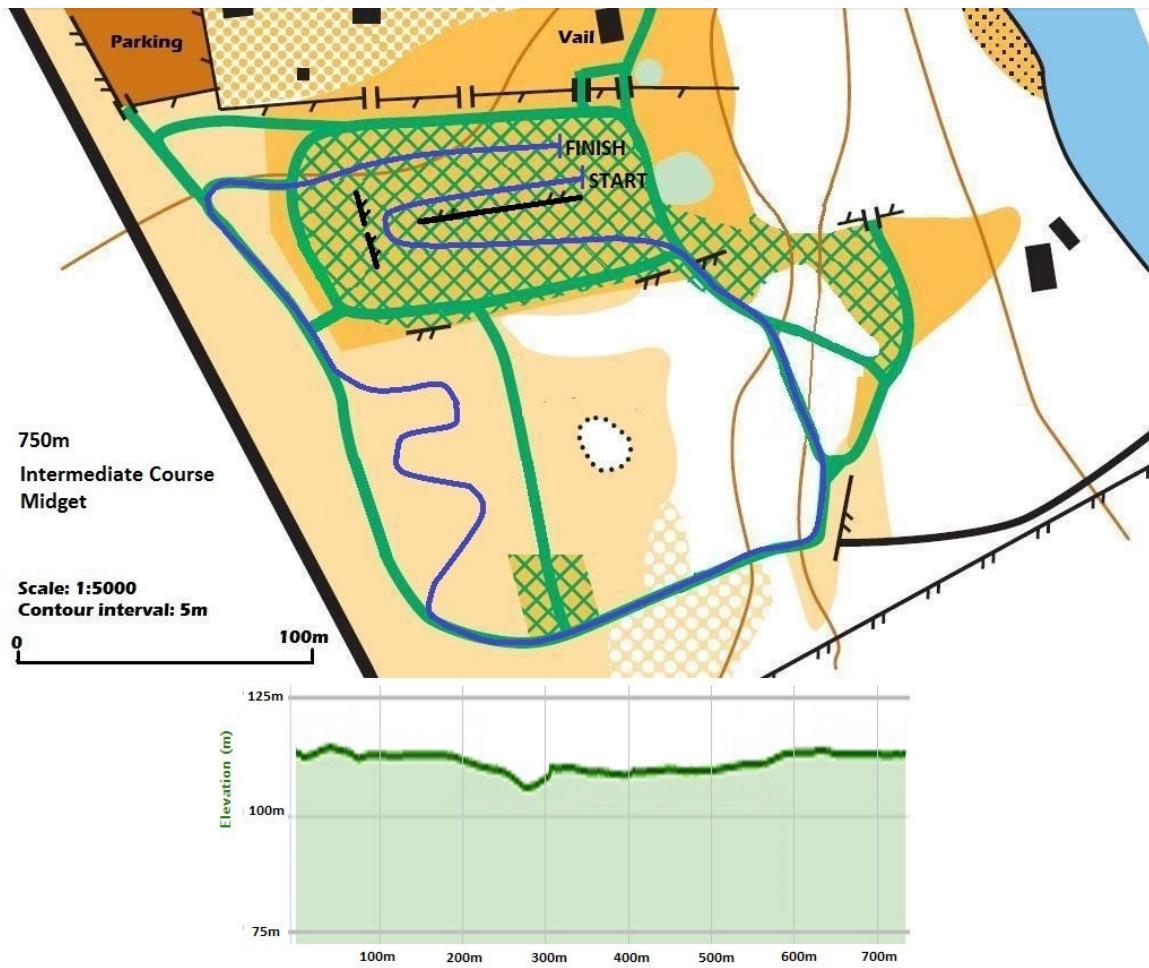
**Shelter :** Heated indoor space is available for spectators and athletes.

<b>Category</b>	<b>Dist</b>	<b>Year of birth (YOB) Inclusive</b>	
		<b>Male</b>	<b>Female</b>
	Course		
Atom Boy / Girls	Short	2005-2006-2007	2005-2006-2007
PeeWee Boy / Girls	Short	2001-2002-2003-2004	2002-2003-2004
Midget Boy / Girls	Medium	1999-2000	2000-2001
Juvenile Boy / Girls	Long	1998	1998-1999
Junior Boy / Girls	Long	1996-1997	1996-1997
Open Men / Women	Long	1995 & before	1995 & before

# 400 meter Short Course for Atom & Pee Wee Categories



# 750 meter Medium Course for Midget Category



## 1100 meter Long Course for Juvenile, Junior & Open Categories

