

Kanata Nordic Pretzel Sprint – Race Notice



When	Sunday, January 26th, 2020
Where	Kanata Nordic Trails at Wesley Clover Parks 401 Corkstown Rd. Ottawa, ON (See Maps-1 & 2)
Technique Format	Ladder Format Mixed Gender Skate Sprint Race. “No elimination” Ladder format for all distances and categories. An all-day mixed gender skate-style sprint event starting at 9 AM with a timed prologue held over 450m, 650m and 850 m distances for the different ages & race categories. Three rounds of heats follow the prologue for all skiers at each race distance.
Description	Timed results of the prologue using Zone4 GO timing chips seed the first round of the sprint heats ladders. Each sprint heat has up to 6 skiers. Mixed-gender sprint heats are not timed, and results are based solely on relative finishing position in each heat. A heats list will be displayed for each race course. Progressively faster skiers are listed from the top of each heats list to the bottom. After each sprint heat, the first two finishers are moved down a level in the next heats list to a “faster” heat and the last two finishers in each heat are moved up a level in the next heats list to a “slower” heat.
Registration Information	Registration is via: zone4.ca. under “ 2020 Kanata Nordic Pretzel Sprints ”. Final registration deadline is 23:59 Thursday, January 23rd, 2020. NO REGISTRATIONS will be accepted after the registration deadline. <i>(Jackrabbit is a category in this event for kids who are not in a club competitive program.)</i> U8, U10 & Jackrabbits: Yellow 450m Short sprint course U12 & U14: Blue 650m Medium sprint course U16, U18 & older: Red 850m Long sprint course (See Table-1 for Event Distance & Age Categories See Map-1 & Map-S, Map-M & Map-L for the Short, Medium & Long course outlines).
No Refunds	There will be no refunds if the race is cancelled. The race organizers retain the right to modify the race course(s) and format if deemed necessary, on or before the date of the event.
Contact	For questions regarding the registration process please contact the Race Secretary at “ registration@kanatanordic.ca ”. Other information can be found on Kanata Nordic’s website at www.kanatanordic.ca .
Categories	Course distances and age categories are shown in Table-1 below ‘Event Distance & Age Categories’. U18 Men and Women and older skier age categories all ski in a combined Open category.
Start List & Seeding	A prologue Start List will be posted on Zone4 the day before the event. All age categories are seeded by course distances so that, ideally, for each prologue course distance, faster skiers start ahead of younger skiers.

Kanata Nordic Pretzel Sprint – Race Notice

NCD Points

NCD points are awarded by Year of Birth in the category raced, based on the prologue times, but only if **all subsequent sprint heats are skied**. First place in each YOB and category will receive 15 points; second place receives 13 points; third place receives 11 points. Each subsequent placing will receive one less point and all places after 12th place receive one point.

Note that competitive skiers who “ski up” to an age category older than their normal age category, in this or any races in the NCD Race Series, cannot combine points across age categories for their season total.

Bib Pick-up

7:30-8:30 AM in the Main Tent.

Skiers use the **SAME BIB ALL DAY** for the prologue sprint and all heats. Skiers only return their assigned bibs at the end of the final heat or, if withdrawing and departing earlier, return bibs to the Race Office. Skiers must pay a \$60 fee to NCD for lost or unreturned bibs.

Timing Chip Pick-up

Before the Prologue at the Entrance to the Start Area.

Skiers receive their assigned timing GO chip just before the Prologue and return it at the end of the Prologue in the finish area. The GO chip on a Velcro strap **MUST** be worn around one ankle. If a skier withdraws from a race before crossing the finish line the GO chip **MUST** be returned to the bin in the Finish Area. A charge of \$65 will be assessed to all skiers whose assigned chips are not returned.

Race Start

9:00 AM Prologue. All skiers **MUST** ski in the prologue. Sprint heats will start at 11:00 AM and the final heat will be completed by 3:30 PM. Awards are presented shortly afterward.

Course

Course open to coaches & racers wearing bibs from 7:30 to 8:30 AM. A combined map of the race courses is attached to this race notice. Course maps will also be posted at several locations on site.

Awards

Every skier receives a chocolate covered pretzel at the prologue race finish line.

These are NOT guaranteed to be nut-free.

Awards are based on the timed results of the prologue and the relative finish placement in all three rounds of heats. Skiers who ski out of their category are not eligible for YOB awards. Final awards points are cumulative from round to round and based on relative position of all finishers (N) in each round of each race course. The top finisher is assigned N points; the second fastest finisher gets N-1 points, etc.; and 1 point goes to the last (Nth) finisher.

Awards will be presented after the last sprint heat at the end of the day:

YOB Awards are presented to the top three male and female finishers in each YOB for each of the categories listed in the Race Distance Categories table below up to and including U18 Boys and Girls.

CCC Race Category Results are announced for each race category for the top 3 male and female finishers in each race category.

Waxing

No indoor waxing facilities will be available onsite. **This is a “No Fluoro/Low Fluoro” wax event.** Skiers are encouraged to NOT use any Fluoro waxes BUT **MUST NOT** use ANY HF (High-Fluoro) or MF (Medium-Fluoro) waxes, including HF or MF powders, pucks, blocks and or liquids. This includes the use of cold weather powder additives and hardeners.

Parking

Parking will be available at several locations on site within easy walking distance of the race facilities and the warm-up course.

Kanata Nordic Pretzel Sprint – Race Notice

Toilets Porta-Toilets will be available at several locations for the use of the public. Race goers are requested to only use the porta-toilets.

Shelter Primary shelter available on site for spectators and skiers will be in a very large 40'x60' externally heated tent with full floor and plenty of tables and chairs.

Canteen Baked goods, coffee, hot chocolate, and chili will be available for purchase throughout the day – cash only. **Be sure to bring plenty of water as we have no running water on site.**

Race Committee

Head of Race Committee: David Bentley
 Head of Competition: Mike Viera
 Head of Facilities: Cory Garlock
 Head of Course: Gene Vigneron
 Race Secretary: Sunida Hurst
 Head of Volunteers: Heather McCulligh
 Timing & Results: Harris Kirby

Fees Early bird price for all categories until 23:59 Sunday, January 12th, 2020. On Monday, January 13th, 2020 registration for all categories increases. Registration closes at 23:59 Thursday, January 23rd, 2020; no late or on-site registrations will be accepted.

U8, U10 & Jackrabbits **Yellow 450m Short sprint course**
 U12 & U14 **Blue 650m Medium sprint course**
 Open (U16, U18 & older) **Red 850m Long sprint course**

Registration Deadlines:
 Until 23:59 Sunday-12th-Jan: \$30
 Until 23:59 Thursday-23rd-Jan: \$40

Table-1 Event Distance & Age Categories

Age refers to **age on 31-December- 2019**

Male Categories	Age Range			Years of Birth		Course	Years of Birth		Age Range	Female Categories	
U8 Boys	6	to	7	2012	to	2013	Yellow 450m Short	2012	to	7	U8 Girls
U10 Boys	8	to	9	2010	to	2011		2010	to	9	U10 Girls
Jackrabbit Boys	6	to	9	2010	to	2013		2010	to	9	Jackrabbit Girls
U12 Boys	10	to	11	2008	to	2009	Blue 650m Medium	2008	to	11	U12 Girls
U14 Boys	12	to	13	2006	to	2007		2006	to	13	U14 Girls
U16 Boys	14	to	15	2004	to	2005	Red 850m Long	2004	to	15	U16 Girls
U18 Boys	16	to	17	2002	to	2003		2002	to	17	U18 Girls
Open Men	18	&	up	<	to	2001		<	to	2001	Open Women

Ages refer to skier's age on 31-December- 2019

Note: Skiers may “race up” to an older age category but will receive no YOB awards and their NCD points will not be transferred down to their actual age category.

Kanata Nordic Pretzel Sprint – Race Notice



Map-1: Short (Yellow 450m), Medium (Blue 650m) & Long (Red 850m) prologue & sprint courses



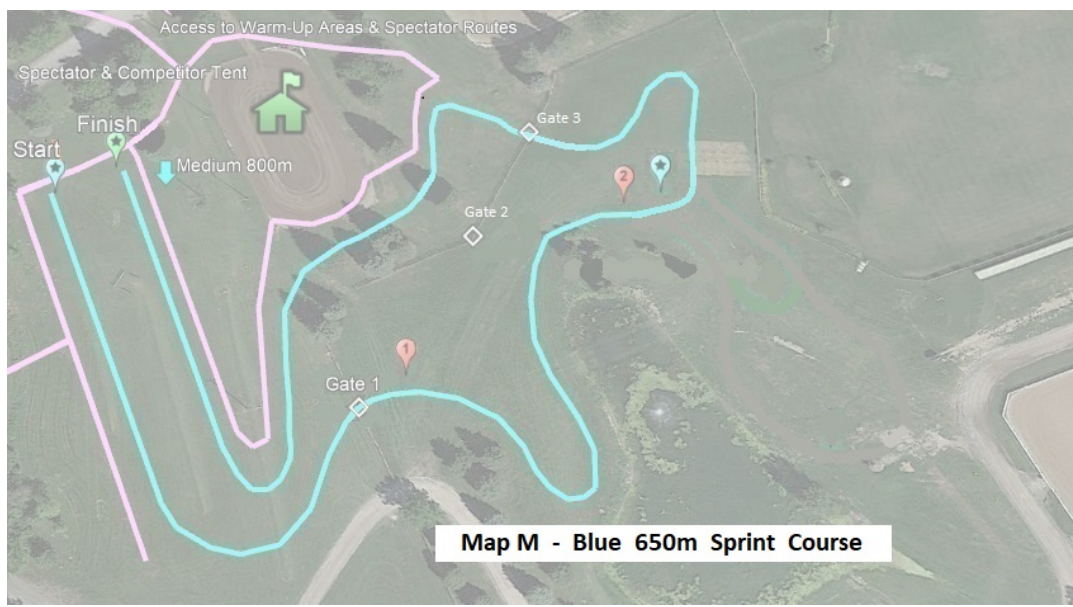
Map-2 - Race Location at Wesley Clover Parks Outdoor Centre – 401 Corkstown Road

Location-Lat: 45.34 North Long: 75.85 West

From highway 417, take the Moodie Drive North exit and turn west (left) onto Corkstown Road.

From March Road, turn east onto Corkstown Road.

Kanata Nordic Pretzel Sprint – Race Notice



Schedule Sunday, Jan-26th, 2020

All times are subject to change.

Check the posted schedule on race day.

Time	Activity
7:30 - 8:30	Bib pickup & Race course open
9:00 - 9:45	Prologue
11:00 - 12:00	1st round of sprint heats
1:00 - 2:00	2nd round of sprint heats
2:30 - 3:30	3rd round of sprint heats
3:45 - 4:15	Awards presentations
4:30	Sunset