


<b>EVENT</b>	<b>2015 Kanata Nordic Sprint Race, "The Pretzel"</b>	
<b>When</b>	Sunday, February 22nd, 2015	
<b>Where</b>	<a href="#">Kanata Nordic Trails</a> at the Bonenfant Y Outdoor Centre, 1620 Sixth Line Rd. Dunrobin (Kanata North), Ontario	
<b>Technique</b>	Free-style sprint race with Prologue.	
<b>Format</b>	The 2015 Kanata Nordic Pretzel Race is a race series of Free Style heats following a Prologue race. Athletes of any experience from ages 5 to 85+ are encouraged to come on out and participate. The intent of the event is to encourage participation and competition in NCD Races at all levels by all member of local clubs. Most participants will ski in the Prologue and up to 3 heats.	
<b>Description</b>	<p>The Prologue will be dual starts at 15 second intervals. The timed results of the Prologue will be used to seed the Quarterfinal sprint heats. Results of all sprint heats will be based on relative finishing position.</p> <p>There will be up to 6 skiers per sprint heat. If there are less than 24 skiers in a category the 6 per heat format will be used with reduced numbers in some heats and the top three will advance. If there are fewer than 16 skiers per category the 4 per heat format will be used and only top two will advance.</p> <p>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.</p> <p>NCD points will be awarded based on Prologue results only if the athlete competes in all subsequent sprint heats for which they have qualified. All categories in the Prologue will be seeded by random selection.</p> <p>Juvenile and older categories will compete on the long sprint course. Midget categories will compete on the intermediate course and Atom &amp; Peewee categories will ski the short course. Depending on registration numbers race organizers may consolidate categories within these groupings.</p>	
<b>Registration Information</b>	Registration is exclusively on line via: <a href="http://zone4.ca">zone4.ca</a> . The registration deadline is Friday February 20th, 2015 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.	
<b>Cancellation</b>	There will be no refunds in the event that the race must be cancelled.	
<b>Contact</b>	For difficulties with the registration process please contact "registration@kanatanordic.ca". Other information can be found on Kanata Nordic's website at <a href="http://www.kanatanordic.ca">www.kanatanordic.ca</a> .	

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<b>Categories</b>	The race categories, which follow the new CCC guidelines for long term athlete development, are shown in the table provided below. Skiers who enter more than one age category in any races in the NCD Race Series cannot combine points across categories. Junior Men, Junior Women and older will all ski in the combined categories for Open Men & Open Women.
<b>Seeding</b>	Atom to Open categories: By random selection, by year of birth.
<b>Sanction</b>	This is an NCD points event. CCC rules will apply. NCD points will be awarded based on placing in the Prologue. However, athletes must complete ALL sprint heats for which they qualify to be eligible for any NCD points.
<b>Fees</b>	Atom & Pee Wee \$18 All other categories \$24.
<b>Bib pick-up</b>	For the Prologue: Sunday February 22nd, 8:00-9:30 am, Vail Building. For the Sprint Quarter Final heats: 30 minutes prior to the first Quarter Final heats, Vail Building.
<b>Start Time</b>	Prologue 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 3:15 pm.
<b>Course</b>	Course maps are attached to this race notice.
<b>Waxing</b>	Limited indoor waxing facilities will be available onsite. This is a "Low Fluoro" wax event. This means that race participants will NOT use HF (High-Fluoro) or MF (Medium-Fluoro) waxes, including HF or MF powders, pucks, blocks and liquids. This includes the use of cold weather powder additives and hardeners.
<b>Awards</b>	Awards will be presented 30 minutes after the posting of the category unofficial results, at the front steps of the Vail building. There will be 2 types of awards presented:  Year of Birth Awards (YOB) will be awarded to athletes born from 1997 to 2009 inclusive. YOB Awards will be presented to the top male and female finisher in each YOB, based on the Prologue results.  Category Awards to athletes based on NCD categories: Awards will be presented in each category to the top 3 male and female finishers in the A Final and in the B Final.  Every athlete will receive a nut-free chocolate covered pretzel on completion of the prologue qualifying race.
<b>Race Committee</b>	Event Chair: Lily Yip, Chief of Competition: Mike Duivenvoorden, Chief of Timing & Results: Harris Kirby, Chief of Course: Gene Vigneron, Race Secretary: Kam Leung.
<b>Parking;</b>	Parking will be available on site but is limited and car-pooling is encouraged if possible.

**EVENT****2015 Kanata Nordic Sprint Race, "The Pretzel"****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.

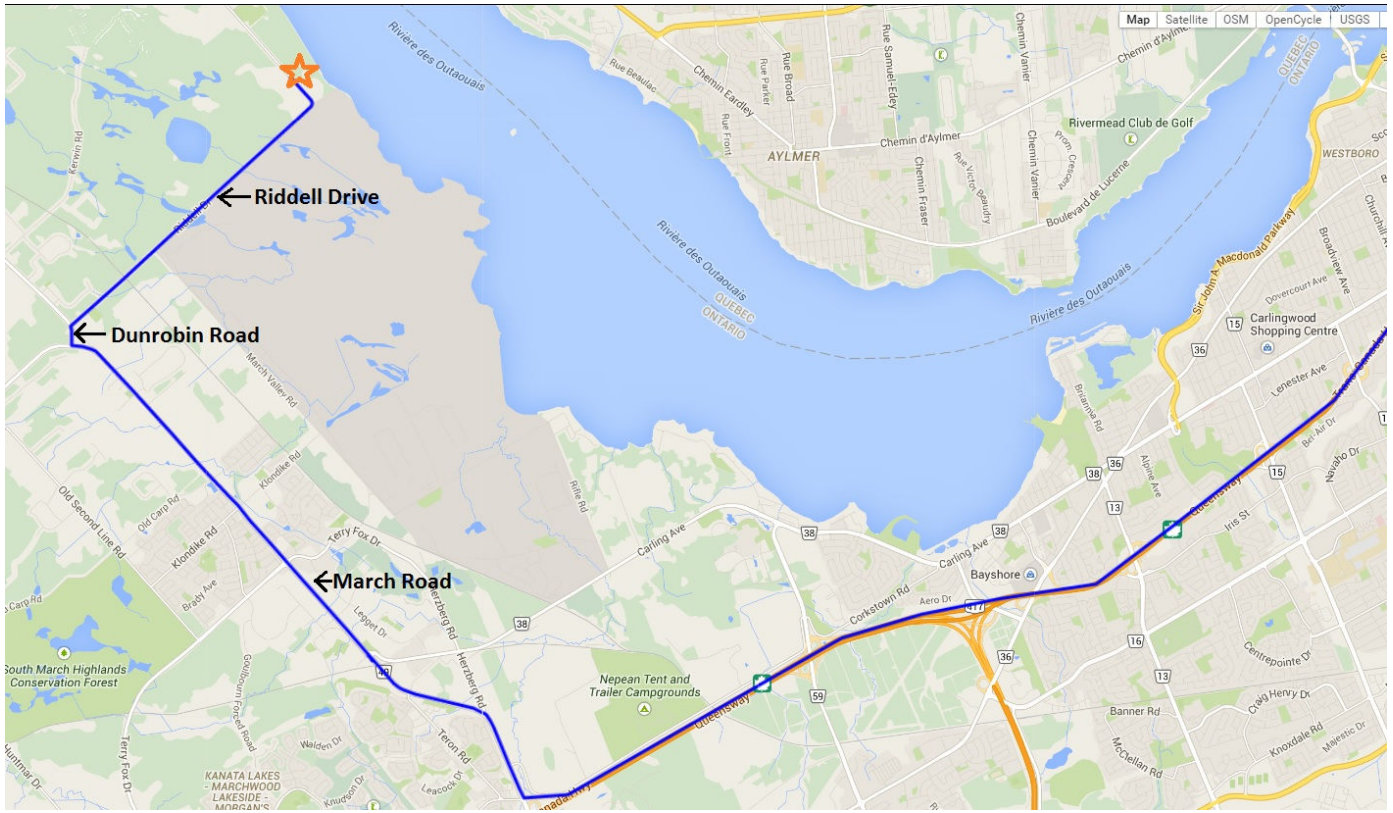
**Shelter :**

Heated indoor space is available for spectators and athletes.

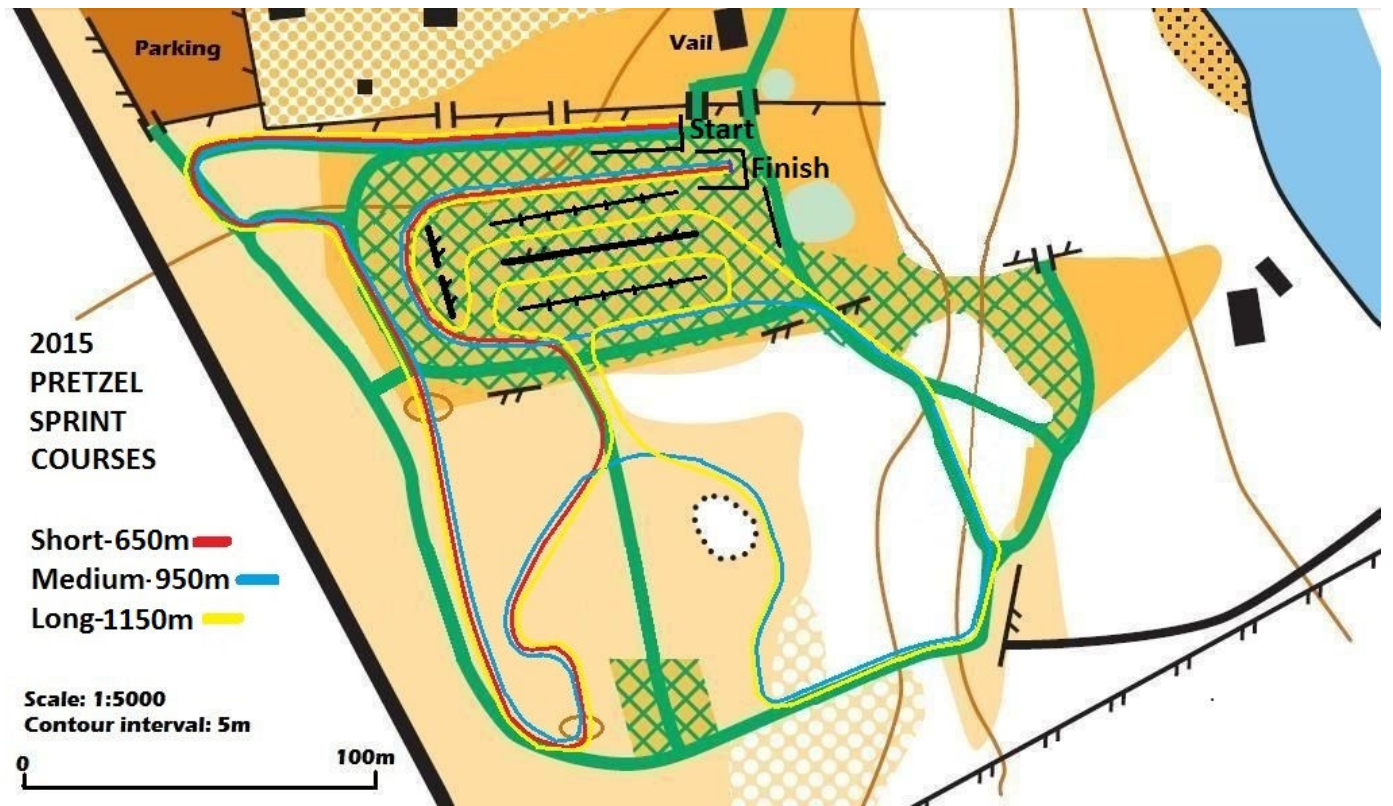
**Categories :**

YOB Awards	Category Awards	Dist	Category	
			Age by December 31st, 2014 (option age) Year of Birth (option yr)	
1 <sup>st</sup> place:	1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> place in A Finals & B Finals		Male	Female
Boys 2009-2008-2007-2006 Girls 2009-2008-2007-2006	Atom Boys Atom Girls	Short 650m	Atom Boys Age (5)-6-7-8	Atom Girls Age (5)-6-7-8
Boys 2005-2004-2003-2002 Girls 2005-2004-2003	Pee Wee Boys Pee Wee Girls	Short 650m	Pee-wee Boys Age 9-10-11-12	Pee-wee Girls Age (8)-9-10-11
Boys age 2001-2000 Girls 2002-2001	Midget Boys Midget Girls	Int 950m	Midget Boys Age (12)-13-14	Midget Girls Age (11)-12-13
Boys 1999 Girls 2000-1999	Juvenile Boys Juvenile Girls	Long 1150m	Juvenile Boys Age (14)-15	Juvenile Girls Age (13)-14-15
Boys 1998-1997 Girls 1998-1997	Jr B Boys Jr B Girls	Long 1150m	Junior B Boys Age 16-17	Junior B Girls Age (15)-16-17
	Jr A Men Jr A Women	Long 1150m	Junior A Men Age 18-19	Junior A Women Age 18-19
	Senior Men Senior Women	Long 1150m	Senior Men Age 20-29	Senior Women Age 20-29
	Master Men Master Women	Long 1150m	Master Men Age 30 and older	Master Women Age 30 and older

**Race Location at YMCA Outdoor Centre – 1620 Sixth Line Road**



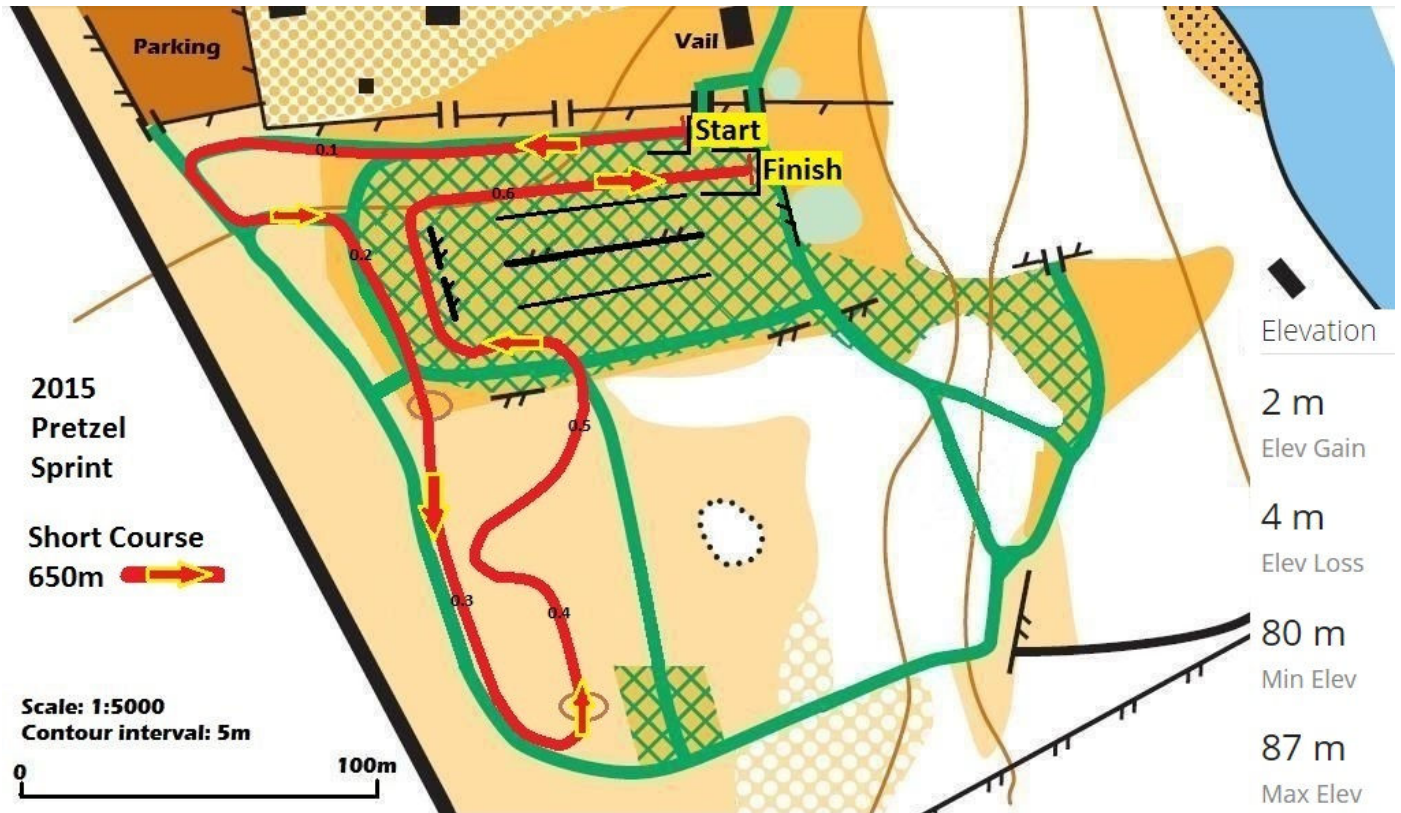
**All Course for all Male and Female Categories**



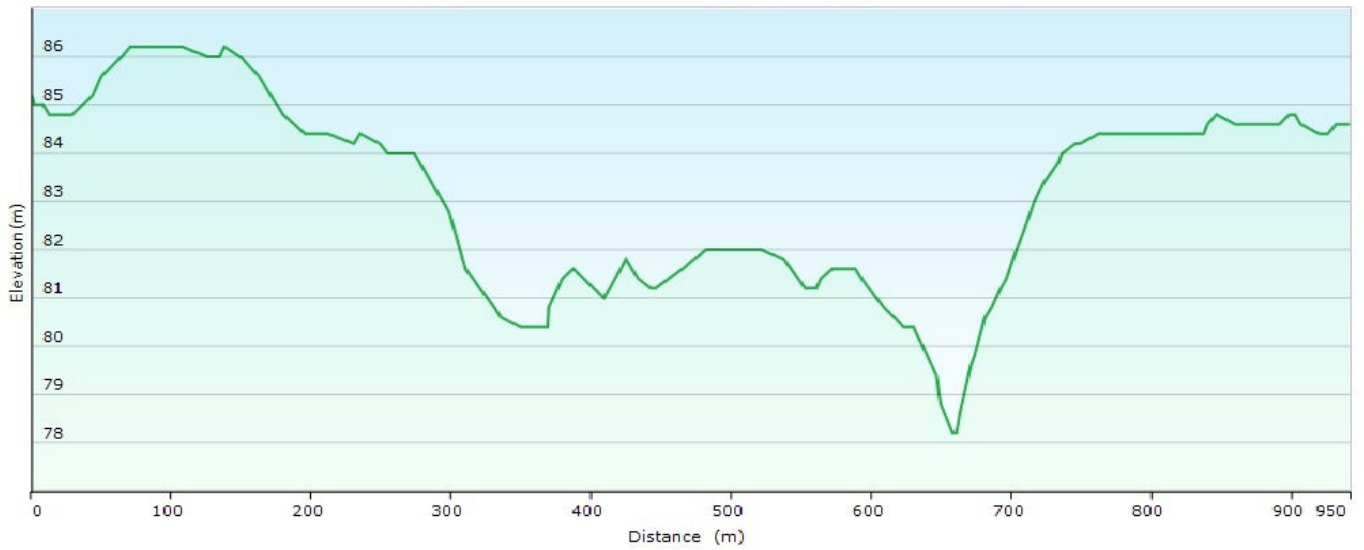




# 650 meter Short Course for Boys & Girls Atom & Pee Wee Categories



# 950 meter Intermediate Course for Boys & Girls Midget Categories



**1150 meter Long Course for all Male and Female Juvenile, Junior B, Junior A, Senior & Master Categories**

