



Gander Invitational 2018

An NL Cup event

Race notice

The 14th annual **Gander Invitational Ski Meet** is on for **March 24-25**. This year the GI is part of the Newfoundland & Labrador Cup Series and has become a 2 day event. Saturday will be classic style sprints. A seeding time trial will take place first, followed by 3 rounds of “King’s court” format races. Sunday’s event will be a free technique event with distances up to 10km and as short as 200m, for children.

The distances for Paraindian and Special Olympics will be determined in consultation with the coaches of the athletes involved.

For more information check out www.airportnordic.ca.

Schedule

March 24, Saturday

- 1:30 pm Seeding Time trial for classic style sprints
- 2:15 pm King’s court format sprint heats begin

March 25, Sunday Mass starts

- 10:30 am Start for children’s distances (200m-1.5km)
- 11:00 am Start for races up to 10km.

Registration

Entries will be accepted as on-line registration through the Zone 4 website at www.zone4.ca. The Zone 4 website provides the opportunity for participants to confirm that their entry has been received. Payment must be made at the time of registration. Zone 4 only supports VISA and MasterCard.

Race Entry Fees

Junior Boys/Girls and Younger \$5.00/per race

Junior Men/Women and Older \$10.00/per race

RACE REGISTRATION DEADLINE is March 23th, 2018 10:00 pm

Route variation potential

Given the daily variance in snow depth and weather, the stated distances may change as the need for suitable snow cover will take priority. As well, given that snow depth is a concern, the classic sprints have been officially changed to skate style.

Technical Information:

Age Categories for Races			
Category	Year of Birth	Category	Year of Birth
Novice	2012 or younger	Junior Boy/Girl	2000 & 2001
Atom	2010 & 2011	Junior Man/Woman	1999 & 1998
Pee-Wee	2008 & 2009	Senior Man/Woman	1997 and older
Bantam	2006 & 2007		Age as of Dec 31
Midget Girl	2004 & 2005	Master 1	Age 30 – 39
Midget Boy	2004 to 2005	Master 2	Age 40 – 49
Juvenile Girl	2002 & 2003	Master 3	Age 50 – 59
Juvenile Boy	2002 & 2003	Master 4	Age 60+

Saturday, March 24th
Day #1 – Sprints - Free technique

Earliest Start	Category	Distance
Qualifier (Interval Start)		
1:30pm	Midget to Masters	750m
2:00pm	Novice	50m
2:00pm	Atom	150 m
2:00pm	Peewee & Mini Midget	300m
Heats (6 Athletes/Start – Kings Court Format)		
2:15pm	Novice	50m
2:150pm	Atom	150m
2:15pm	Peewee & Mini Midget	300m
2:30pm	Midget - Masters	750m

Sunday, March 25th
Day #2 – Mass start - Free technique

Earliest Start	Category	Distance	Laps
10:30am	Novice	200	
10:30am	Atom	400	
10:30am	Pee Wee	800	
10:30am	Bantam	3.15 km	1
11:00am	Midget Girls & Boys	6.3 km	2
11:00am	Juvenile Girls & Boys	6.3 km	2
11:00am	Junior Girls & Boys	9.5 km	3
11:00am	Junior Men & Women	9.5 km	3
11:00am	Senior & Masters Men & Women	9.5 km	3
11:00am	**Recreational Male & Female	9.5 km	3

NL Cup points will be awarded for free technique (skating) only

****Recreational category participants may choose their technique****

Awards

Awards will be presented for all Junior Categories.

Awards will be handed out as early as possible following the conclusion of each race.

Contact

Please contact ansc.coach@email.com with any inquiries.

Hotels

- Comfort Inn [256-3535](tel:256-3535) www.choicehotels.ca.

5 rooms booked under Airport Nordic Ski Club for March 23 for 2 nights. 3 rooms have 2 beds in each room. 2 rooms have 1 king size and a pull out sofa. The rate is \$135.00 plus taxes per room per night and includes Morning Breakfast. Will hold these rooms until March 14th. Comfort Inn also has available rooms with kings.

- Sinbad's Hotel Gander 651-2678

Sports rate is \$126/sing , \$136/doub and \$ 10 extra for each additional person. The rate also includes a hot and cold buffet breakfast in the mornings.

Routes

