



Gander Invitational 2017

An NL Cup event

Race notice

The 13th annual **Gander Invitational Ski Meet** is on for **March 25-26**. Please note the new date. This year the GI is part of the Newfoundland & Labrador Cup Series and has become a 2 day event. Saturday will be sprints. A seeding time trial will take place first, followed by 3 rounds of “King’s court” format races. Sunday’s event will follow the traditional Gander Invitational format. Classic (diagonal stride) and freestyle (skating) categories for the 5k, 10k and 15k distances with shorter 200m, 400m, 800m and 1.5k events 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 25, Saturday

- 1:00 pm Seeding Time trial for skating style sprints
- 2:00 pm King’s court skating style sprints begin

March 26, Sunday Mass starts

- 10:30 am Start for children’s distances
- 11:00 am Start for 5km, 10km, 15km

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 24th, 2017 10:00 pm

Technical Information:

Age Categories for Races			
Category	Year of Birth	Category	Year of Birth
Novice	2011 or younger	Junior Boy/Girl	2000 & 1999
Atom	2010 & 2009	Junior Man/Woman	1998 & 1997
Pee-Wee	2008 & 2007	Senior Man/Woman	1996 and older
Mini Midget	2006 & 2005		Age as of Dec 31
Midget Girl	2004 & 2003	Master 1	Age 30 – 39
Midget Boy	2004 to 2002	Master 2	Age 40 – 49
Juvenile Girl	2002 & 2001	Master 3	Age 50 – 59
Juvenile Boy	2001	Master 4	Age 60+

Saturday, March 25th
Day #1 – Sprints - Free Technique

Earliest Start	Category	Distance
Qualifier (Interval Start)		
1:00pm	Midget to Masters	1.25km
1:30pm	Novice	50m
1:30pm	Atom	150 m
1:30pm	Peewee & Mini Midget	300m
Heats (6 Athletes/Start – Kings Court Format)		
2:00pm	Novice	50m
2:00pm	Atom	150m
2:00pm	Peewee & Mini Midget	300m
2:30pm	Midget - Masters	1.25km

Sunday, March 26th
Day #2 – Mass start - Free technique or classic* Technique

Earliest Start	Category	Distance	Laps
10:30am	Novice	200	
10:30am	Atom	400	
10:30am	Pee Wee	800	
10:30am	Mini Midget	1.5	
11:00am	Midget Girls & Boys	5 km	1x5km
11:00am	Juvenile Girls & Boys	5 km	1x5km
11:00am	Junior Girls & Boys	10 km	2x5km
11:00am	Junior Men & Women	10 km	1x5km + 1x10km
11:00am	Senior & Masters Men & Women	15 km	1x5km + 1x10km
11:00am	**Recreational Male & Female	5,10,15km	

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

****Recreational category participants may choose their distance and 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.

10 rooms booked under Airport Nordic Ski Club for March 24 for 2 nights. These rooms have 2 beds in each room. The rate is \$135.00 plus taxes per room per night and includes Morning Breakfast. Will hold these rooms until February 24. Comfort Inn also has available rooms with kings.

- Hotel Gander 256-3931 Rooms blocked for Saturday night only

12 rooms blocked under Airport Nordic Ski Club for the above date. \$129.00 for single occupancy and \$139.00 for double occupancy. An extra \$10.00 fee for each additional adult per room. A complimentary, hot breakfast available for each person in the rooms served from 7am to 11am in the dining room. The room rates are plus tax. The rooms will be held until February 27.