



Gander Invitational 2019

NL Cup # 4

Race notice

The 13th annual **Gander Invitational Ski Meet** is on for **March 2-3**. The GI is again part of the Newfoundland Cup Series and is 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 competitive event will follow last year's Gander Invitational format and race route which is focused on the Gold trail with freestyle (skating) categories for the 3.15km, 6.3km and 9.5km distances. The recreational classic and freestyle categories will ski a different course (the Red trail), one lap for the 3.4km and 2 laps for the 6.8km. As well there are shorter events - 200m, 400m, and 800m for children.

The distances for Parandordic 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 2, Saturday

- 12:30 pm Bib Pickup
- 1:30 pm Seeding Time trial for sprints
- 2:30 pm King’s court sprints begin

March 3, Sunday Mass starts

- 9:30 am Bib Pickup
- 10:30 am Start for children’s distances
- 11:00 am Start for 3.15km, 6.3km, 9.5km

Registration

Entries will be accepted as on-line registration through the Zone 4 website at www.zone4.ca . Registration will open soon. 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 1, 2019 10:00 pm

Technical Information:

Age Categories for Races			
Category	Year of Birth	Category	Year of Birth
Novice	2013 or later	Senior Man/Woman	1989 to1998
Atom	2011 & 2012		Age as of Dec 31
Pee-Wee	2009 & 2010	Master 1	Age 30 – 39
Bantam	2007 & 2008	Master 2	Age 40 -49
Midget	2005 & 2006	Master 3	Age 50 – 59
Juvenile	2003 & 2004	Master 4	Age 60+
Junior Boy/Girl	2001& 2002	Recreational	2007 and earlier
Junior Man/Woman	2000 & 1999		

Saturday, March 2
Race #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)		
2:30pm	Novice	50m
2:30pm	Atom	150m
2:30pm	Peewee & Mini Midget	300m
3:00pm	Midget - Masters	750m

Sunday, March 3

Race #2 – Freestyle or classic* Technique (Mass Start)

Earliest Start	Category	Distance	Laps
10:30am	Novice	200m	
10:30am	Atom	400m	
10:30am	Pee Wee	800m	
10:30am	Bantam	3.15km	1
11:00am	Midget Girls & Boys	3.15km	1
11:00am	Juvenile Girls & Boys	6.3km	2
11:00am	Junior Girls & Boys	9.5 km	3
11:00am	Junior Woman	9.5 km	3
11:00am	Junior Man	9.5 km	3
11:00am	Senior & Masters Women	9.5 km	3
11:00am	Senior & Masters Men	9.5 km	3
11:00am	*Recreational Classic & Free	3.4/6.8 km	1 or 2

***Recreational category participants may choose their technique and short or medium distance**

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.email@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 1 for 2 nights. The rate is \$119.00 plus taxes per room per night and includes the Comfort Breakfast. Will hold these rooms until February 15.

- Sinbad's Hotel 651-2168 Sports rate \$139.00 plus tax (based on 2 adults in a room, hot and cold buffet included)