



## **Gander Invitational 2019**

### **An NL Cup event**

Race notice

The 13th annual **Gander Invitational Ski Meet** is on for **March 2-3**. Please note the new date. 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 event will follow last year's Gander Invitational format and race route with freestyle (skating) categories for the 3.15km, 6.3km and 9.5km distances and recreational classic and freestyle categories for the 3.15km and 6.3km. As well there are shorter events - 200m, 400m, and 800m for children.

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

For more information check out [www.airportnordic.ca](http://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](http://www.zone4.ca) . Registration will open February 18. 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:**

<b>Age Categories for Races</b>			
<b>Category</b>	<b>Year of Birth</b>	<b>Category</b>	<b>Year of Birth</b>
Novice	2013 or later	Senior Man/Woman	1988 to 1998
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
dget	2005 & 2006	Master 3	Age 50 – 59
Juvenile	2003 & 2004	Master 4	Age 60+
Junior Boy/Girl	2001 & 2002	Recreational	2000 and earlier
Junior Man/Woman	2000 & 1999		

**Saturday, March 2**  
**Race #1 – Sprints - Free Technique**

<b>Earliest Start</b>	<b>Category</b>	<b>Distance</b>
<b>Qualifier (Interval Start)</b>		
1:30pm	Midget to Masters	1.25km
2:00pm	Novice	50m
2:00pm	Atom	150 m
2:00pm	Peewee & Mini Midget	300m
<b>Heats (6 Athletes/Start – Kings Court Format)</b>		
2:30pm	Novice	50m
2:30pm	Atom	150m
2:30pm	Peewee & Mini Midget	300m
3:00pm	Midget - Masters	1.25km

**Sunday, March 3**

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

<b>Earliest Start</b>	<b>Category</b>	<b>Distance</b>	<b>Laps</b>
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	3.1/6.3 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](mailto:ansc.email@email.com) with any inquiries.

**Hotels**

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