



Gander Invitational 2020

NL Cup # 4

Race Notice



The 16th annual **Gander Invitational Ski Meet** is on for **February 22-23**. The GI is 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 be 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 Parandic and Special Olympics will be determined in consultation with the coaches of the athletes involved.

Schedule

February 22, Saturday - Sprints

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

February 23, 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 and 3.4km & 6.8km Recreational

Registration

Registration will be accepted through the Zone 4 website at www.zone4.ca starting on February 8, 2020 at 12:00 AM. 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.

Fees: Junior Boys/Girls and Younger \$5.00/per race
Junior Men/Women and Older \$10.00/per race

RACE REGISTRATION DEADLINE is February 21, 2020 at 10:00 PM.

On-site, late registration will be permitted up to 90 minutes before race time at two times the registration fee.

Waxing Waxing tables will be set up in the Groomer Garage.

Contact Please contact ansc.email@email.com with any inquiries.
For updates go to www.airportnordic.ca.

Hotels Comfort Inn [256-3535](tel:256-3535) www.choicehotels.ca.
The rate is \$119.00 plus taxes per room per night and includes the Comfort Breakfast. Indicate you are booking for Airport Nordic Ski Club to get the special rate.

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

Technical Information:

Age Categories for Races			
Category	Year of Birth	Category	Year of Birth
Novice	2014 or later	Senior Man/Woman	1990 to1999
Atom	2012 & 2013		Age as of Dec 31
Pee-Wee	2010 & 2011	Master 1	Age 30 – 39
Bantam	2008 & 2009	Master 2	Age 40 - 49
Midget	2006 & 2007	Master 3	Age 50 – 59
Juvenile	2004 & 2005	Master 4	Age 60+
Junior Boy/Girl	2002 & 2003	Recreational	2008 and earlier
Junior Man/Woman	2001 & 2000		

Saturday, February 22
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, February 23
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.