



# Gander Invitational 2023

## NL Cup #5

### Race Notice



The 17th annual **Gander Invitational Ski Meet** is on for **March 25-26**. 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 Paranordic and Special Olympics will be determined in consultation with the coaches of the athletes involved.

### Schedule

March 25, Saturday - Sprints

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

March 26, 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

Registration will be accepted through the Zone 4 website at [www.zone4.ca](http://www.zone4.ca) starting on March 17 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 March 24, 2023 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](mailto:ansc.email@email.com) with any inquiries.

**Hotels** Quality Inn (709) 256-3931, \$140 for one adult, \$150 for 2. Children free. Hot breakfast included.

**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	2017 or later	Senior Man/Woman	1993 to 2002
Atom	2015 & 2016		Age as of Dec 31
Pee-Wee	2013 & 2014	Master 1	Age 30 – 39
Bantam	2011 & 2012	Master 2	Age 40 - 49
Midget	2009 & 2010	Master 3	Age 50 – 59
Juvenile	2007 & 2008	Master 4	Age 60+
Junior Boy/Girl	2005 & 2006	Recreational	2012 and earlier
Junior Man/Woman	2003 & 2004		

**Saturday, March 25**  
**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	750m
2:00pm	Novice	50m
2:00pm	Atom	150m
2:00pm	Peewee & Bantam	300m
<b>Heats (6 Athletes/Start – Kings Court Format)</b>		
2:30pm	Novice	50m
2:30pm	Atom	150m
2:30pm	Peewee & Bantam	300m
3:00pm	Midget - Masters	750m

**Sunday, March 26**  
**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	
11:00am	Bantam	3.15 km	1
11:00am	Midget Girls & Boys	3.15 km	1
11:00am	Juvenile Girls & Boys	6.3 km	2
11:00am	Junior Girls & Boys	9.5 km	3
11:00am	Junior Women & Men	9.5 km	3
11:00am	Senior Women & Men	9.5 km	3
11:00am	Masters Women & 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.