Canadian Masters 2020 Hosting Package

Host of the Canadian National Masters Cross Country Ski Championship
March 26th-29th, 2020

Menihek Nordic Ski Club

Please be advised that accommodations will book up quickly due to the Spring IOCC Rebuild Project in Labrador City. Book early to guarantee your accommodations.

Competition Jury:

Organizing Committee Chair: Gerry Rideout
Technical Delegate: TBD
Race Secretary: Rhonda Lawrence
Chief of Competition: Phillip Power
Chief of Timing: Doug Yetman
Chief of Course: Alf Parsons
Event Coordinator: Charlotte Walker

Race Office Hours: (at Menihek Nordic Ski Club unless otherwise stated)

Thursday	March 26th	8:30am- 5pm
Friday	March 27th	8:30am- 5pm
Saturday	March 28th	8:30am- 5pm
Sunday	March 29rd	8:30am- 5pm

Eligibility and Licenses:

All competitors must have a valid and active membership with the Canadian Masters Cross Country Ski Association in order to participate in the 2020 Masters National Championships. Memberships may be purchased through your provincial director at www.canadian-masters-xc-ski.ca/en_index.htm or will also be available for purchase on Zone4 through the online registration page on the Menihek Nordic Ski Club (MNSC) website: www.meniheknordicski.ca

Waivers:

All participants will automatically sign a digital waiver when registering online for the event. Participants will not be permitted to race without signing the waiver.

Race Entry Fees and Deadlines:

$30 per event for all age categories (EARLY BIRD RATE before March 1st for)
$45 per event for all age categories from March 2nd -17th
$50 per event for all age categories from March 18th- 25th

All entry fees include lunch on the day of the race
All medal presentations on race days after lunch, including Saturday's race
NFLD Kitchen Party & Screech-In on Friday night $20.00/person
Banquet/Dance on Saturday night: $35/person

Race Entry Deadline:

Wednesday March 25th is the closing date for online registrations.

How to Enter:

Registration will open on-line through www.meniheknordicski.ca (with a link to: www.zone4.ca) on June 1st, 2019. The Zone 4 system provides the opportunity for participants to confirm that their entry has been received. Please note: Zone 4 only supports VISA and MasterCard. Payment must be made at the time of registration. Banquet and dinner tickets will be available online. Limited tickets will be available on site as well depending on availability

Age Categories for Racers (M/F):

Category	Year of Birth	Age
Master 1	**1990-1986**	**30-34**
Master 2	**1985-1981**	**35-39**
Master 3	**1980-1976**	**40-44**
Master 4	**1975-1971**	**45-49**
Master 5	**1970-1966**	**50-54**
Master 6	**1965-1961**	**55-59**
Master 7	**1960-1956**	**60-64**
Master 8	**1955-1951**	**65-69**
Master 9	**1950-1946**	**70-74**
Master 10	**1945-1941**	**75-79**
Master 11	**1940-1936**	**80-84**
Master 12	**1935-**	**85+**

Event Weekend Race Schedule:

Friday March 27th – 10 Km Classic

Category	Distance
Master 1-8	10 KM
Master 9 (M)	10 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Saturday March 28th- 20 Km Classic

Category	Distance
Master 1-8	20 KM
Master 9 (M)	20 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Saturday March 28th- 20 Km Freestyle

Category	Distance
Master 1-8	20 KM
Master 9 (M)	20 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

Sunday March 29th- 10 Km Freestyle

Category	Distance
Master 1-8	10 KM
Master 9 (M)	10 KM
Master 9 (F)	10 KM
Master 10-12	10 KM

All races to be wave start by age category

Parking:

Parking for the event will be available at the parking lot. There are also two other parking areas within walking distance to the stadium (see venue map at www.meniheknordicski.ca). As space can be limited, especially on weekends, we encourage carpooling where possible.

Waxing Facilities:

A waxing trailer with electrical outlets is available near the park office at MNSC. Two other waxing areas will be available at the venue with power on race mornings.

Accommodation:

Labrador City has a variety of accommodations available. **Please be advised that accommodations will book up quickly due to the Spring IOCC Rebuild Project in Labrador City. Book early to guarantee your accommodations.** For any booking concerns, please contact Charlotte Walker at menihek@nf.aibn.com Click on the button to link to website:

THE TWO SEASONS INN

Sir Wilfred Grenfell Hotel
www.WabushHotel.com

Trish's Place
Bed and Breakfast

DEXTER
INN & SUITES

Northern Inn & Suites

Car Rentals:

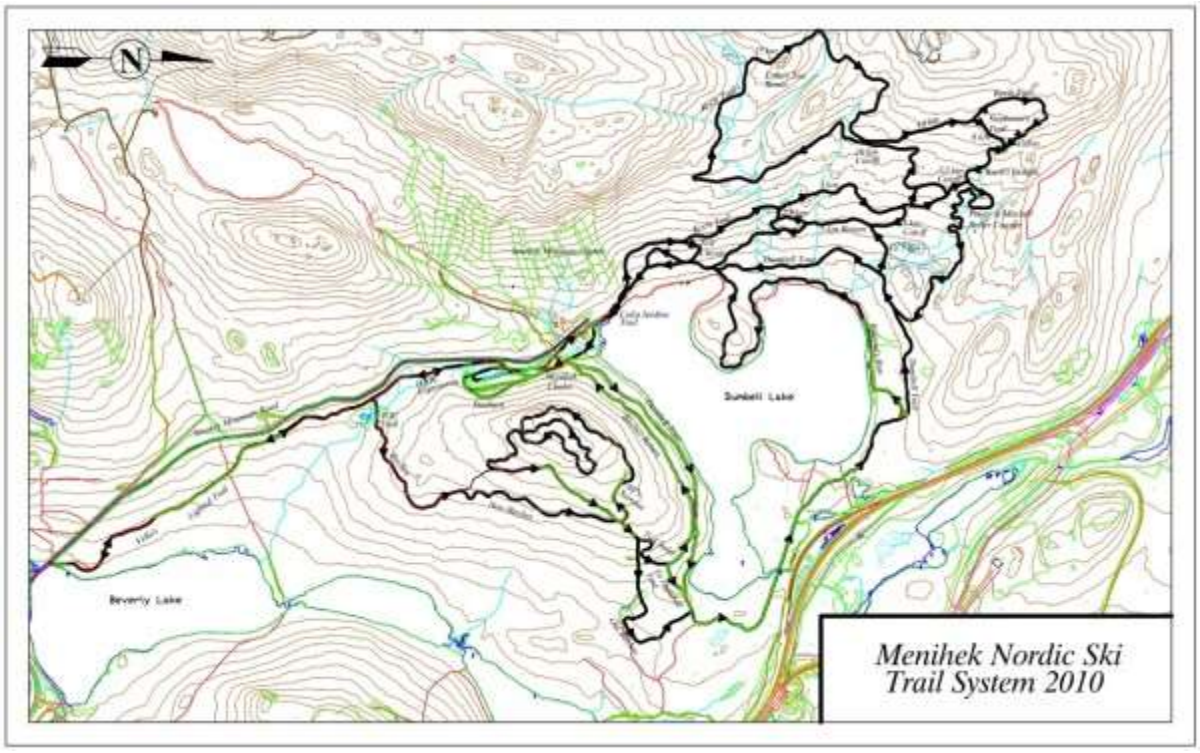
AVIS

National Car Rental

Additional Information:

Race maps, detailed schedules, athlete meetings, weather updates and additional race information will be available at www.meniheknordicski.ca .

Event Schedule:

Thursday March 26th 5:00	Registration and Meet and Greet Social Menihek Nordic Ski Club Smokey Mountain Rd. (6.3 Km from Wabush Airport)
Friday March 27th 10:30 a.m.	10 km Classic (Wave Start)
6 pm	NFLD Night & Screech In Venue TBA Admission $20.00/person
Saturday March 28th 10:30 a.m.	20 km Classic (Wave Start)
2 pm	20 km Skate (Wave Start)
6 pm	Banquet ($35 per person) Venue TBA Dinner & Dance
Sunday March 29th 10:30 a.m.	10 km Skate (Wave Start)

Map of the Trails: