



Yellowknife Ski Club

Yellowknife Invitational Ski Races

Saturday, February 27th, 2010
Sunday, February 28th, 2010



Format: **Saturday, February 27th – Classic Individual Start**
12:30 pm – Bibs available
2 pm – Race starts - all categories

Sunday, February 28th – Mass Start Free Technique
9:00 am – Bibs available
10:30 am – Race starts – all categories

Location & Host Club: **Yellowknife Ski Club**

Event Organization: **CCC Technical Delegate – Peter Maguire**
Chief of Competition – Sean Levenson
Competition Secretary – Mindy Willett

Sanctioned by: **Cross Country Canada and NWT Ski Division**

Rules: **Cross Country Canada**

Registration: **MUST be completed on Zone 4 for this event.**

Deadline: **Friday, February 26th 2010, at 12:00 noon MST. *NO late entries accepted.***

Cost: Please see age category table. Children in the PeeWee category and younger are free.

Eligibility: Everyone is welcome to participate.

Entries will ONLY be accepted as online registrations through the Zone 4 website at www.zone4.ca. The Zone 4 website lets you confirm that your entry has been received. Local (within Yellowknife) assistance will be available for completing registration during some Saturday Jackrabbit sessions in February. If anyone requires help with the Zone 4 registration, please call the contacts on the last page of this race notice.

Note:

- Zone 4 only supports VISA and MasterCard and payment must be paid at time of registration
- **Check Zone4 for results.**

Waivers for the YK Invitational Races

All competitors must agree to the waiver conditions before registration is accepted. Over 18 years old: agree to waiver conditions during online registration. For under the age of 18 participants, a parent/guardian MUST print off and sign the attached waiver and bring to the race in order to receive a bib.

CATEGORIES	SUB CATEGORY	YEAR OF BIRTH	Saturday, Feb 27 th CLASSIC Distance	Sunday, Feb 28 th FREE Distance	Fees
Cradle Boys		2005 and later	100 m	200 m	Free
Cradle Girls		2005 and later	100 m	200 m	Free
Atom Boys	(A4-A3-A2-A1)	2001-2004	0.5 km	0.5 km	Free
Atom Girls	(A4-A3-A2-A1)	2001-2004	0.5 km	0.5 km	Free
Pee Wee Boys	(P4-P3-P2-P1)	1997-2000	1.0 km	2.0 km	Free
Pee Wee Girls	(P4-P3-P2-P1)	1998-2001	1.0 km	2.0 km	Free
Midget Boys	(M3-M2-M1)	1995-1997	2.5 km	3.0 km	\$5 per race/\$10 per weekend
Midget Girls	(M3-M2-M1)	1996-1998	2.5 km	3.0 km	\$5 per race/\$10 per weekend
Juvenile Boys	(JV3-JV2-JV1)	1993-1995	5 km	7.5 km	\$10 per race/\$20 for weekend
Juvenile Girls	(JV3-JV2-JV1)	1994-1996	5 km	7.5 km	\$10 per race/\$20 for weekend
Junior Male	(J3-J2-J1)	1990-1992	10 km	10 km	\$10 per race/\$20 for weekend
Junior Female	(J5-J4-J3-J2-J1)	1990-1994	7.5 km	10 km	\$10 per race/\$20 for weekend
Senior U23 Men		1987-1989	10 km	10 km	\$10 per race/\$20 for weekend
Senior Men		1979-1986	10 km	10 km	\$10 per race/\$20 for weekend
Senior U23 Women		1987-1989	10 km	10 km	\$10 per race/\$20 for weekend
Senior Women		1979-1986	10 km	10 km	\$10 per race/\$20 for weekend
Masters Men/Women		1978 and earlier	5 km	7.5 km	\$10 per race/\$20 for weekend
Masters Challenge Men/Women		1978 and earlier	10 km	10 km	\$10 per race/\$20 for weekend
Recreational Men/Women		Any age	2.5 km	2.5 km	\$10 per race/\$20 per weekend

NEW THIS YEAR

Categories and Age: Please note that Cross Country Canada is adapting the race age categories to include the Long Term Athletic Development (LTAD) model and we are incorporating this in our event. The LTAD model recognizes that children develop at different rates. Children who are more mature for a particular age might ski in a higher category while those that are not as developed at the same age may

ski in a younger category. The new categories provide age overlaps to address developmental gaps and reflect the fact that girls mature earlier than boys. If parents are unsure, please talk to your child's coach about what category is the best for your child.

Please note that **birthdates are required** when registering for the race. This information is necessary for assigning the new CCC sub-categories. The year of birth will appear on the results.

Course

The route will depend on trail conditions at the time of the race but will likely involve the 2.5 Blue and 1.0 kilometre trails.

Awards

Medals will be awarded to the top three in each birth year (or Sub-category) for the Atom to Junior categories and the top three in the other categories. Awards will be presented at the Yellowknife Ski Club immediately following the event.

Waxing Facilities: Available at the main Ski Club wax room. We have three waxing benches.

Warm Up Area/Wax Testing: Available on the Biathlon range/course at any time. The biathlon range/course can be accessed by heading out the front doors of the chalet and turning right.

Team Captain's Meeting

Friday, February 26th, 2010 at 6:30 pm at the Yellowknife Ski Club. This meeting is expected to be brief.

Canteen

Saturday, February 27th, 12:30 pm until 4 pm in the ski lodge.

Sunday, February 28th, 10 am until 1 pm in the ski lodge.

WEATHER & CANCELLATION POLICY

At this time of year, weather may be an issue. The Event Committee will monitor the weather forecast and may cancel the event. The cut off temperature will be -20C for Midget and older categories; -15 C for PeeWee and younger (as per CCC rules). **In case of cancellation, no refunds will be given.** An alternate race date is not scheduled.

Additional Information

Visit the Yellowknife Ski Club web site www.skiyellowknife.com, or contact Mindy Willett at (867) 873-9873 or email mindyw@ssimicro.com or contact Rhonda Buckland at (867) 873-3627 or email johnbuckland@theedge.ca.



Event Participation Waiver and Release



Event: YK Invitational Ski Races

Date: February 27th and 28th, 2010

In consideration of **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club** and named landowners accepting my entry into the above named event, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all resources which I may now or hereinafter have resulting from any decisions of **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club**.

I declare that my physical condition, to the best of my knowledge is adequate to participate safely in the sport of cross country skiing and that no physician or other qualified individual has advised me against participating in the sport. I further recognize there are risks involved with cross country skiing, including risks of injury, death and damage to my equipment. I hereby assume all these risks as a participant in these races.

I consent to publication by **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club** of any materials containing my name or picture, including results of the race.

By completing this Waiver of Liability, with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **Cross Country Canada**, the **NWT Ski Division** and the **Yellowknife Ski Club** and to follow the instructions of the officials during the event.

Adult Participation Release and Waiver

As a participant of the named event, I have read and understand the contents and intent of this waiver:

Name: _____ Date: _____

Signature: _____

Witness: _____

Minor Participant Release and Indemnification:

As the parent or guardian of the entrant listed on this event entry form that is under the age of 18, I have read and understand the above and accept its terms and conditions on the entrant's behalf:

Name of Minor Participant: _____ Date: _____

Signature of Parent/Guardian: _____