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www.meniheknordicski.ca



Menihek Nordic

Hosts

Provincial Cross Country Ski Championships

March 19th & 20th, 2011

The blue skies of Labrador and the great trails of Menihek Nordic Ski Centre await you.

It will be our pleasure to host you in Labrador West for the Provincial Championships we extend an invitation to one and all.

I wish you all a great ski experience here at Menihek Nordic and hope you will have memories to cherish in years to come.

On behalf of our Provincial Race Committee and Chief of Race Philip Power we are committed to making your visit enjoyable.

Happy Trails

Gerry Rideout, President
MNSC

Menihek Nordic Ski Club

2011 Newfoundland & Labrador
Cross Country Provincial Championships

Event	2011 NL Provincial Championships
Dates	March 19 & 20, 2011
Place	Menihek Nordic Ski Club, Labrador City
Sanction	CCNL Ski Association
Chief of Race	Philip Power
Race Secretary	Bridget Baker: 944-5842(work) Menihek Nordic Ski Club P.O. Box 38, Labrador City, NL A2V 2K3
Eligibility	All skiers of registered clubs
Registration & deadlines	Registration is online at www.zone4.ca . All entries must be received online by: 5PM THURSDAY 17TH MARCH, 2011 Registration opens on February 14th
Registration Fees	Midget & up: \$18.00 per race Mini-Midget & under: \$8.00 per race Novice Category: \$3.00 per race Sprint race: \$8.00 per participant Banquet: \$15.00 per person Entry fees are payable online at www.zone4.ca
Draw	March 18th @ 7:00 pm. Menihek Ski Chalet
Coaches Meeting	March 18th @ 7:30pm Menihek Ski Chalet
Awards	Awards for Saturday races will be presented at the banquet on Saturday night & for Sunday races at the Menihek Nordic Ski Club, approximately 1 hour after the final race.
Banquet	Saturday, March 19th at 6:00 pm Legion Branch 47, Labrador City. Everyone welcomed to attend. Cost \$15.
Accommodations	*Wabush Hotel: 709-282-3221 Email: wabushhotel@nf.aibn.com *Two Seasons Inn: 709-944-2661 Toll-free: 1-800-670-7667 Website: twoseasonsinn.com *Carol Inn: 709-944-7736 Toll Free: 1-888-799-7736 Email: carolinn@crrstv.net

	*PJ's Inn By The Lake: 709-944-3438 *Twin Cities B & B: 709-944-2875
Car Rental	*Budget: 709-282-1234 Toll Free: 1-800-268-8900 *National: 709-282-6805 Toll Free: 1-800-227-7368 nationalcar.ca

Event Schedule:

Free Technique Sprint Races (Tentative Time) 5:00pm - Friday, March 18, 2011

Classic Technique – Saturday, March 19th @ 11:00 am

Free Technique – Sunday, March 20th @ 10:00 am

Category	Year of Birth	Sprint	Classic	Free
Novice Girls	2005 & after		0.5km	
Atom Girls	2003-2004		1km	1km
Pee Wee Girls	2001-2002		1km	1km
Mini Midget Girls	1999-2000		3km	3km
Midget Girls	1997, 1998, 1999	800m	6km	6km
Juvenile Girls	1995, 1996, 1997	800m	6 km	6km
Junior Female	1991-1995	800m	9 km	12km
Senior Women	1980 - 1990	800m	9km	12 km
Masters 1 Women	1970 - 1979	800m	9km	12 km
Masters 2 Women	1960 - 1969	800m	9km	9 km
Masters 3 Women	1950 - 1959	800m	9 km	9km
Masters 4 Women	1949 or earlier	800m	6 km	6km
Novice Boys	2005 & after		0.5 km	
Atom Boys	2003 - 2004		1 km	1km
Pee Wee Boys	2001 - 2002		1 km	1km
Mini Midget Boys	1998, 1999, 2000	800m	3 km	3km
Midget Boys	1996, 1997, 1998	800m	6 km	6km
Juvenile Boys	1994, 1995, 1996	800m	6 km	9km
Junior Male	1991 - 1993	800m	9 km	12km
Senior Men	1980 - 1990	800m	9 km	12km
Masters 1 Men	1970 - 1979	800m	9 km	12km
Masters 2 Men	1960 - 1969	800m	9 km	9km
Masters 3 Men	1950 - 1959	800m	9 km	9km
Masters 4 Men	1949 or earlier	800m	9 km	9km