

**2009 Norman Regional Winter Games
Technical Package
CROSS COUNTRY SKI**

AGE CATEGORIES:

Open to both male and female athletes in selective age categories.
Participant ages, as of December 31, 2008:

<u>Male</u>	<u>Female</u>	<u>Distance</u>
10-11	10-11	4.5KM
12-14	12-14	7.5KM
15-17	15-17	7.5KM
18-20	18-20	7.5KM
21-30	21-30	7.5KM
31-40	31-40	7.5KM
41-50	41-50	7.5KM
51 and over	51 and over	7.5KM

ELIGIBILITY:

Residents of the Norman Region as of December 31, 2008.
Participants with an intellectual disability are encouraged to enter.

Excluded from the 2009 Norman Winter Games are those individuals who:

1. Are members of the Manitoba Cross Country Ski Team in the years 2007 and 2008.
2. Are members of the Manitoba Biathlon Team in the years 2007 and 2008.
(Entrants with an intellectual disability are exempt from exclusion #2).

COMPETITION RULES:

Rules and regulations for cross country ski racing, as put forth by Cross Country Canada, will apply, with the exception of the age classification. Age classifications will be as set out by the host society.

OFFICIALS/TIMEKEEPERS

One Race Director
One Course Director
Three Timers at the start/finish
Five Marshals along the course

Two person Jury for appeals, composed of the Race Director and a Timekeeper.

COMPETITION SITE:

Norway House MB

COMPETITION FORMAT:

Loppet – Mass start format, Free Technique

Trail will be groomed with classic tracks on the one side, and with a skate skiing surface on the other side.

TIE BREAKING PROCEDURE:

If there is a tie, medals will be awarded as such:

Tie for 1st place = two gold, no silver, one bronze

Tied for 2nd place = one gold two silver, no bronze

Tied for 3rd place = one gold, one silver, two bronze, no 4th place finisher

MEDALS:

Gold, silver, and bronze medals will be given for each male and female participant in the age and distance categories.

EVENT CANCELLATION POLICY:

- At temperatures –25C or colder (without the wind-chill), the event will be run at the discretion of the Cross Country Ski Event Committee. The Committee will consider temperature, wind-chill and track conditions. The course may be modified.
- At temperatures –30C or colder (without the wind-chill), the event must be postponed or cancelled.
- The Committee may alter the course, due to difficult weather conditions, such as strong winds, heavy snow and/or rain.