
2009 NORMAN REGIONAL WINTER GAMES
TECHNICAL PACKAGE
SPORT: SNOWSHOEING

AGE CATEGORY

- Youth: 10-13 years of age as of December 31, 2008
- 14 and 15 years of age as of December 31, 2008
- 16 and 17 years of age as of December 31, 2008
- Adult: 18 to 35 years of age as of December 31, 2008
- 36 years of age and up as of December 31, 2008

COMPETITION RULES

1. Individuals competing in this event shall supply their own equipment. The minimum size shall be 9" wide, 36" long. A snowshoe with the size stamped in by the manufacturer will be considered allowable even if they are slightly larger or smaller, as long as the shoe has **not** been altered.
2. Each competitor may either compete in singles or doubles only, not both.
3. Competitors must wear snowshoes during the entire race. If a shoe comes off, it must be replaced immediately.
4. Distance:

	Doubles	Singles
Boys	2.0 km (1 km each)	Boys 1.0 km
Girls	2.0 km (1 km each)	Girls 1.0 km
Men's	4.0 km (2 km each)	Men's 2.0 km
Women's	4.0 km (2 km each)	Women's 2.0 km
5. Trials: Two trials will be done by each team on a 1km cross country track. If a team makes only one trial, it will be disqualified.
6. To declare a winner, the times of the two trails will be added together. The team with the lowest time is the winner.
7. Format: Snowshoeing will be a team event, done on an oval track/cross country. The first team member will run half the distance, then pass a baton to the second team member, who runs the remainder of the distance. E.g. each boy will run 1 km/trial. In singles event, one person will run the oval track/cross country.

Mass starts are preferred. Start all at once, if you have the space, or start 3 – 5, then start 3 – 5 more in 10 seconds.

EQUIPMENT

Snowshoes: minimum size shall be 9” wide, 36” long.

OFFICIALS

All trials will use the honor system, although there will be officials counting your laps.

COMPETITION FORMAT

EVENTS	CATEGORIES	
Boys Singles	Youth	(10-13, 14-15, 16-17)
Boys Doubles	Youth	(10-13, 14-15, 16-17)
Men’s Singles	Adult	(18-35, 36 and over)
Men’s Doubles	Adult	(18-35, 36 and over)
Girls Singles	Youth	(10-13, 14-15, 16-17)
Girls Doubles	Youth	(10-13, 14-15, 16-17)
Women’s Singles	Adult	(18-35, 36 and over)
Women’s Doubles	Adult	(18-35, 36 and over)

MEDALS

Gold, silver and bronze medals will be awarded to the first, second and third place finishers in each category respectively.