

# **Yuletide Blast 2019**

**Proudly a Part of the SOD Paraffin Series**

**Hosted by Highlands Trailblazers**

**NEW Date:** Saturday, December 28<sup>th</sup>, 2019 at Highlands Nordic

**NEW START TIME:** 9:00 a.m. Interval Start

**NEW REGISTRATION DEADLINE**

**IF YOU REGISTERED FOR THE DECEMBER 14<sup>TH</sup> RACE DATE, DO NOT RE-REGISTER!  
GO/NO GO DECISION WILL BE COMMUNICATED BY 5 P.M. DECEMBER 26<sup>TH</sup>.**

In order to increase accessibility of the sport, focus on athlete development and reduce costs, High or Medium Fluoro (HF & MF) glide waxes, including HF and MF powders, pucks, blocks and liquids are NOT permitted. Hardeners are also not permitted. These restrictions apply to ALL categories but do not apply to grip waxes. Let's make this a fun race for everyone!

**Registration:** Must be received by **MIDNIGHT, WEDNESDAY, December 25th 2019**. Registration must be done using Zone4.ca. Online registration will be open by December 23rd, 2019. **There will be NO race day registrations.**

**Late Registration:** Because of the Christmas holiday, there will **be no late registrations** accepted.

Distances are approximate as they will be dependent upon snow conditions.

**Race Fee includes Zone 4 and credit card fees.**

Results will be by gender and YOB.

CATEGORY	TECHNIQUE	YOB	DISTANCE (km)	FEE
U8 Boys/Girls	Classic	2012 & younger	2	\$15
U10 Boys/Girls	Classic	2010, 2011	2	\$15
U12 Boys/Girls	Free	2008, 2009	3	\$15
U14 Boys/Girls	Free	2006, 2007	5	\$15
U16 Girls	Free	2004, 2005	5	\$17
U16 Boys	Free	2004, 2005	5	\$17
U18 Girls	Free	2002, 2003	5	\$17
U18 Boys	Free	2002, 2003	7.5	\$17
U20 Men	Free	2000, 2001	7.5	\$20
U20 Women	Free	2000, 2001	5	\$20
Open Men	Free	1988 - 1999	7.5	\$20
Open Women	Free	1988 - 1999	5	\$20
Masters Men*	Free	1989 & earlier	7.5	\$20
Masters Women*	Free	1989 & earlier	5	\$20
*	No age correction	calculation		

**Please note: The race fee covers the use of the trail for the warm-up, race and cool down only.  
If you wish to ski after the race you must have a valid trail pass.**

**Para-Nordic** – Register in your correct age group and then e-mail ( [friendlymonk2010@gmail.com](mailto:friendlymonk2010@gmail.com)) that you would like to be changed to PN Standing or Sit Ski.

**Directions, weather and snow conditions:** Check with [www.highlandsnordic.ca](http://www.highlandsnordic.ca)

**Race Secretary:** Race office is open for bib pickup at 8:00am Saturday December 28th, 2019. For other information please call 705 444 5017 or email to [friendlymonk2010@gmail.com](mailto:friendlymonk2010@gmail.com).

**Team Captains' Meeting:** This meeting will be held at 8:30 in the Box Lunch Room