

2022 Mono Nordic Invitational - DRAFT -

- Part of the SOD Paraffin Race Series -



Saturday, January 22, 2022 at Mono Nordic

10:30 a.m. Interval Start

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!

**** As per XCSO guidelines, all coaches, athletes (12+), officials and volunteers who are eligible to be vaccinated will be required to show proof of vaccination to participate. (Racers 5-11 are strongly recommended to be vaccinated).**

CATEGORY*	TECHNIQUE	YEAR OF BIRTH	DISTANCE (km)	FEE
U8 boys / girls	classic	2014 & younger	1.5	\$10
U10 boys / girls	classic	2012, 2013	1.5	\$10
U12 boys / girls	skate	2010, 2011	3.5	\$15
U14 boys / girls	skate	2008, 2009	3.5	\$15
U16 boys / girls	skate	2006, 2007	3.5	\$15
U18 boys / girls	skate	2004, 2005	7.5	\$17
U23 Men	skate	1999 - 2003	7.5	\$17
U23 Women	skate	1999 - 2003	7.5	\$17

* Results will be by gender and YOB

Important Notes:

- Par Nordic categories are available upon request to racing@mononordic.com
- Race registration on www.zone4.ca closes at 6 pm on Friday, January 21, 2022.
- Race may be canceled if poor or unsafe trail conditions at Mono Nordic or if changes to Public Health restrictions (Covid-19).
 - Decision for race cancellation will be posted on zone4.ca by 7pm on Thursday, January 20. (Refunds only if race is cancelled).
- No race day registrations.
- No indoor facilities (2 porta-potties on site) and no food services available.
- No awards ceremony and no bib draw (results will be posted on Zone4). XCSO is encouraging participants to vacate after their race in order to reduce gathering numbers.

- All racers should wear a mask while waiting at the start line. All volunteers and observers should wear a mask when physical distancing cannot be maintained.
- Distances may vary based on trail conditions.
- Bib Pickup: 9:30 – 10:00am in front of Operations Building (lower parking lot)
- Team Captains' Meeting: 10:00 am in front of Operations Building (lower parking lot)
- For Directions & Trail Conditions visit: <http://mononordic.com/>
- Start time: 10:30 am – interval starts (individual start times will be posted on Zone4)