

Yuletide Blast 2023
Proudly a Part of the SOD Paraffin Series
Hosted by Highlands Trailblazers

Questions can be sent to friendlymonk2010@gmail.com

Saturday, 2022-December-16

START TIME: 10:30 a.m.

COVID-19 POLICY

While Highlands Trailblazers (HTB) and Highlands Nordic (HN) no longer have a formal Covid-19 policy, both are subject to public health mandates and regulation changes. At the time of preparing the race notice, Covid cases and other respiratory illnesses are on the rise. Please exercise due diligence before attending the race if you are unwell.

WAX POLICY

In order to increase accessibility of the sport, focus on athlete development and reduce costs, **ONLY** the use of non-fluoro (NF) liquids, gels, buffer waxes and paraffin glide waxes will be permitted. Hardeners and Non-Fluoro (NF) powders 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: Registration will be done using Zone4.ca and will be available starting on December 8th. Registration closes at midnight, Thursday, December 14th, 2023
NO REGISTRATIONS WILL BE ACCEPTED AFTER THAT TIME.

A "GO/NO GO" decision – based on current snow conditions and weather forecast – will be made on Wednesday, December 13th. Anyone who has registered by midnight on December 12th will be notified directly if the race is cancelled or postponed. A notice will be placed on the Zone 4 registration page.

If the race is cancelled due to weather or trail conditions, partial refunds will be issued. We cannot refund Zone 4 and credit card processing fees.

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

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

Categories/Distances/Fee –

The fee for all categories is \$17.70 + HST = \$20 plus Zone 4 processing fees.

Distances are approximate and will be dependent upon trail conditions. Results will be by gender and Year of Birth.

Category	YOB	Distance (km)		Technique
U8 Boys/Girls *classic only*	2016 & younger	1.5		Classic
U10 Boys/Girls *classic only*	2014-2015	2.0		Classic
U12 Boys/Girls	2012-2013	3.0		Free
U14 Boys/Girls	2010-2011	5		Free
U16 Boys/Girls	2008-2009	5		Free
U18 Boys/Girls	2006-2007	5		Free
U20 Men/Women	2004-2005	7.5		Free
Open Men/Women	2003 & earlier	7.5		Free
Masters Men/Women	1993 & earlier There will be no age correction calculation in Masters categories.	5		Free

Directions, weather and snow conditions: Check with www.highlandsnordic.ca

Race Secretary:. Questions can be sent to friendlymonk2010@gmail.com. Race office and bib distribution locations will be posted in the main chalet.

Team Captains' Meeting: This meeting will be held at 10:00 outdoors, near the chalet in the upper parking lot.

Draw Prizes: As is the tradition with Yuletide Blast, there are draw prizes, not awards based on results. We will be doing draw prizes in advance, based on a random draw of bib numbers and the prizes will be distributed with the bibs of those whose names were drawn.