



Frozen Thunder 2017 - Race Notice

Wednesday November 1st and Friday November 3rd, 2017
Hosted and sanctioned by Cross Country Ski de Fond Canada

Location: Canmore Nordic Centre Provincial Park, Frozen Thunder course

Age Categories: Open Men, sub-categories junior and senior men race together
Open Women, sub categories junior and senior women race together

Eligibility and Licenses: All athletes must have a valid racing license issued by FIS, CCC or the NSF (cross-country) of another country, or a Supporting Member Day License (SMDL) available through CCC.
Biathletes not holding FIS or cross-country NSF licenses must purchase a day license (SMDL) available at CCC.
All athletes must have CNC day passes.

Dates, Schedule and Format:

Tuesday Oct.31: Official training classic sprint race.

Wednesday Nov. 1st: Sprint, classic technique, Kings Court format*

Friday Nov. 3rd: Distance time trial, free technique, individual start – Men 10km, Women 7.5 km

The sprint qualifier on November 1st will be used for selecting one male skier to the Nov.-Dec. World Cup. Refer to the selection criteria for details (6.1.b): [http://www.cccski.com/getmedia/38b88ac7-35d2-404f-b1b3-eed894804db4/2017-18-Selection-Criteria-for-Competitions-\(10-Sept-17\).pdf.aspx](http://www.cccski.com/getmedia/38b88ac7-35d2-404f-b1b3-eed894804db4/2017-18-Selection-Criteria-for-Competitions-(10-Sept-17).pdf.aspx)

Ski Preparation requirements:

To minimize athlete costs and technical support, the following waxing protocols will be mandatory.

1. World Cup Selections (sprint qualifying race): **Canadian World Cup eligible athletes (or coaches on behalf of athletes) wanting to compete for selection must notify the CCC HPD tholland@cccski.com before 23.59 MST on October 25th.** Race skis must be submitted to a central ski depot the day before the race where all of the skis will be waxed by a NST technical support team.
2. For all other athletes competing in the sprint race and all athletes competing in the distance time trial: Skis are required to be waxed by the athlete or support team with a designated glide wax which will be communicated to registered athletes by 5pm on the day before the race.

Start time all races: 09:00

Bib pick-up all races: 07:45-08:15 on race days in the Spray Room adjacent to the CCC Office

- Race day warm-ups:** The course will only be open from 8:30 – 8:55 on race days due to limited snow and the need to preserve the snow conditions. Athletes should have roller skis available for warming up.
- Courses:** To be decided and posted on the CCC web site once the Frozen Thunder courses are completed with snow cover.
- Registration:** Zone4 website <http://www.zone4.ca/> \$ 10 per race
- Race Entry Deadline:** October 27th 23:59 MST on Zone 4, ***no late entries, no exceptions***
- Wax rooms:** Available for a rental fee through the Canmore Nordic Centre.
- Enquiries:** Please contact Thomas Holland at tholland@cccski.com

*Kings Court format - This is a normal qualifying race, followed by 3 heats where everyone in the race competes based on their qualifying time in heats of 4. With all categories (men, women, juniors, and seniors) racing “together” in the rounds with the best 2 skiers moving up to the next faster heat, and the slowest 2 skiers moving down to the next slower heat. This provides good quality racing in each heat, and lets all skiers have a solid race effort.