



SKIATHLON 2023

Technical Guide

SUNDAY JANUARY 15

Race 3 of the Southern Ontario District Paraffin Series

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Event Chief

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Category details and registration costs

CATEGORY	TECHNIQUE	YEAR OF BIRTH	DISTANCE (km)	FEE
U10	Classic	2014 and after	3.1 km	\$10
U14	Classic	2010-2013	3.1 km	\$10
U14	Free	2010-2013	3.1 km	\$10
U16	Classic	2008-2009	3.1 km	\$10
U16	Free	2008-2009	3.1 km	\$10
U18	Classic	2006-2007	12.4 km	\$10
U18	Free	2006-2007	12.4 km	\$10
U23	Classic	2001-2005	12.4 km	\$10
U23	Free	2001-2005	12.4 km	\$10
Open	Classic	2000 and before	12.4 km	\$20
Open	Free	2000 and before	12.4 km	\$20
Skiathlon Open/U23/U18	Classic/Free	See above	12.4 km	\$20
Skiathlon U16/U14	Classic/Free	See above	6.2 km	\$10

Online registration link

<https://zone4.ca/reg.asp?id=30311>

Race schedule

START TIME	CATEGORY	TECHNIQUE	DISTANCE	LOOP #
10:00 AM	U16/U14	Free	3.1 km	3.1 km * 1
10:05 AM	Skiathlon Open/U23/U18	Classic/Free	12.4 km	3.1 km * 4
10:05 AM	Open/U23/U18	Classic	12.4 km	3.1 km * 4
11:30 AM	Open/U23/U18	Free	12.4 km	3.1 km * 4
11:30 AM	Skiathlon U16/U14	Classic/Free	6.2 km	3.1 km * 2
11:30 AM	U16/U14/U10	Classic	3.1 km	3.1 km * 1

Rules and regulations

Open trails

All trails will be open to the public. Be aware and ski with care, exercise extra caution at trail intersections as recreational skiers could be coming from any direction and are likely to have less control than racing skiers to avoid collisions.

Cold weather considerations/cancellation

From Nordiq Canada 303.2.2

With air temperatures below -20C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or

cancel the competition. With competition distances greater than 15 km and temperatures less than -18C without wind factor, the Jury must postpone or cancel the competition.

From Nordiq Canada 8.1.6

If you are 10 years of age or younger and the temperature is going to be colder than - 15C at start time, you should seriously consider not entering the race.

Permitted waxes

Fluorinated waxes of any kind are not permitted for this competition. We encourage use of basic waxes (ex. Swix PS series waxes or Vauhti One series non-fluorinated) as high end waxes are dangerous to the environment and human health and are not in the spirit of grass roots racing series such as this.

Racing twice

Our schedule allows for skiers to race in two events if they choose. When registering online for two events using Zone4 it is the race participants responsibility to review the schedule and ensure there is no conflict in racing the two events chosen.

Skiathlon format

The skiathlon race participants will all begin the race skiing the classic technique. At the halfway point (two laps complete for Open/U23/U18; one lap complete for U16/U14) of the race, participants change skis in a designated transition area and finish the race using free technique.

Organization of race starts

10:00am starts

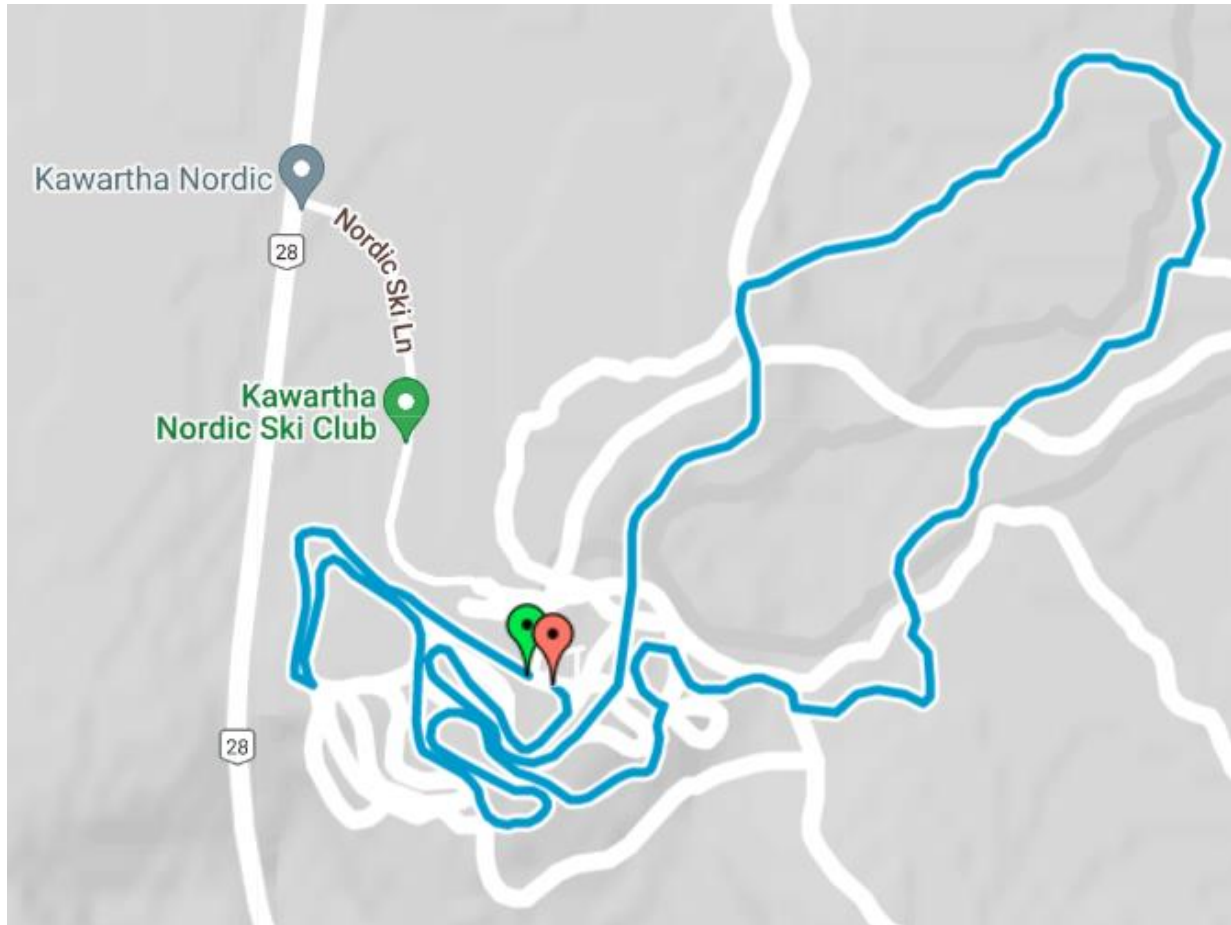
For the 10:00am and 10:05am starts the U16/U14 freestyle participants will cue at the front of the starting area, followed by Open/U23/U18 skiathlon participants then Open/U23/U18 classic technique participants. All early starts should be in the start lanes by 9:55am.

11:30am starts




For the 11:30am and 11:35am starts the Open/U23/U18 freestyle participants will cue at the front of the starting area, followed by U16/U14 skiathlon participants then U16/U14/U10 classic technique participants. All later starts should be in the start lanes by 11:25am.

Course maps



3.1km Course (ALL EVENTS)



3.1km Course (ALL EVENTS) turn by turn


 **LED Loop (W 1100 m) to**  = 

 **Connector (W 75 m) to**  =


 **Rabbit (E 100 m) to**   = 


 **Olympic (E 175 m) to**  = 

 **Jam (N 375 m) to**  = 

 **Peanut (W 575 m) to**  = 

 **Butter (S 250 m) to**  = 

 **LED Loop (S 75 m) to**  = 

 **Connector (W 50 m) to**  =

 **LED Loop (W 325 m)**  = 

3100 m total