

EVENT: CROSS-COUNTRY SKIING

TEAM COMPOSITION: 1 MALE & 1 FEMALE

CLASSIFICATION: MANDATORY

1. Competition Format:

- A. The event will consist of two separate approximately 10 km components on day one of cross country skiing for both male and female skiers, **at 30 second individual staggered starts**. The first component will be for females, and the second for males.
- B. For the individual and relay race, competitors will be assigned to starting positions using a draw method. This draw will take place on draw night and the date is to be announced.
- C. The relay race will take place on day two of the event and will be a **10km (2x5k) open race (skate or classic skiing)**. The relay team must consist of one male and one female who competed in the individual components. Substitution will only be allowed as per the substitution rule.
- D. The relay race will be run in individual staggered starts at 30 second intervals as per assigned starting positions determined on draw night. Either a male or female skier may start first.
- E. The event will take place on an approximately 5 km course which will be packed and have a single track set. The course profile will be roughly one third uphill, one third flat and one third downhill. Total maximum elevation will be approximately 250 feet.

2. Rules:

- A. Competitors must provide their own equipment and there are no restrictions on the type of equipment as long as it is not a hazard for other competitors.
- B. For the relay, competitors must tag within the designated tagging zone.
- C. Officiating will be done at the start and finish line by two timers and two recorders. Officials will be posted throughout the course to avoid route confusion and to provide any necessary first aid while acting as controllers.
- D. Athletes will be given a fifteen minute grace period as per Grace Period Rule and substitutions can only be made at the beginning of the event as per Substitution Rule.

Note: The event will follow as closely as possible the rules set down by the Canadian Ski Association.

3. Tie Breaking:

In the case of a tie for overall event standings, both communities will be given the same number of points and the position immediately below them in stranding left vacant. For example, Black Tickle has 62 points, Port Hope Simpson and Churchill Falls have 59 points, and Red Bay has 57 points. Black Tickle will be awarded 1st place points, Port Hope Simpson and Churchill Falls will be awarded 2nd place points and Red Bay will be awarded 4th place points and there will be no 3rd place.

4. Community Ranking:

The components will be combined and points will be awarded as per the Labrador Winter Games points system.