

EVENT: NORTHERN DUATHLON

TEAM COMPOSITION: 1 ATHLETE

CLASSIFICATION: MANDATORY

Competition Format:

The northern duathlon will consist of cross-country skiing and snowshoe racing components. These activities will take place in succession and will be performed by the same athlete. Points will be awarded based on the fastest total elapsed time each individual athlete requires to complete the course and will include the time necessary for transition from one component to the next.

NOTES:

- i) Athletes must supply their own equipment.
- ii) All athletes must register **showshoes** in the Athletes' Transition Tent at least 15 minutes prior to the start of the event.
- iii) **Only participating athletes and officials are permitted in the change tent.**

COMPONENT # 1: CROSS-COUNTRY SKIING

Component Format:

- A. Extended line or mass start will be used for this component.
- B. Athletes will be given a fifteen minute grace period for this event, but the athletes time starts at the start of the event. After the grace period has expired athletes will be given No Show status, as per grace period rule.
- C. Athletes will begin with cross-country skis on and the tip of both skis behind the start line.
- D. At the sound of the officials indication (starters pistol or loud hailer), athletes will commence around the approximately **6 km course.** In the case of a false start, officials will let racers know that a re-start is required.
- E. Drafting behind other athletes is a tactical maneuver and is considered acceptable.
- F. Athletes will change in the change tent clearly marked at the finish line upon completion of the cross-country ski portion of the event.

COMPONENT # 2: SNOWSHOE RACE

Competition Format:

- A. Upon completion of the cross-country component: 1. athletes will remove skis and immediately enter the change tent, 2. change into snowshoes, 3. depart from the tent with snowshoes properly secured to their feet and commence the approximately **6 km** .
- B. Aids or balance assistance such as ski poles or cane like apparatuses may **NOT** be utilized for this stage.
- C. Snowshoes must be of Labrador wood frame construction; Please see template or snowshoe specifications in the Appendix.

Community Ranking:

All competitors will be ranked according to the elapsed time for the pistol starts of the cross country ski component to the completion of the snowshoe component.

Points will be awarded as per the Labrador Winter Games Point system.

APPENDIX I

The following snowshoe specifications must be met for the sports mentioned above:

MINIMUM SNOWSHOE SIZES:

Male Division:	22" Length 14" Width
Female Division:	18" Length 12" Width

Measurement is to be taken from outside edge to the outside edge.

Snowshoes must be of Labrador Wood Construction with wood toe and heel beams.

NOTE:

Please use accompanying template to verify minimum allowable size of snowshoes.

Snowshoes will be measured at Registration Headquarters upon the athletes arrival in Happy Valley-Goose Bay.

Snowshoes meeting required standard will be stamped **L.W.G. 2016 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.