

EVENT: SNOWSHOE RACE

TEAM COMPOSITION: 2 MALE & 2 FEMALE

CLASSIFICATION: MANDATORY

1. Competition Format:

- A. The male component will consist of three 400 meter laps of the course which is approximately 1200 meters. The female component will consist of two 400 meter laps of the course which is approximately 800 meters.
- B. Competitors will be assigned by draw to one of six heats. Heats will be conducted and the best six times qualify for the final in both the male and female components.
- C. The relay component will consist of 1600 meters and is made up of a 4x400 lap. The relay team must consist of two males and two females who competed in the individual component. Female athletes must be the first runners, followed by a male, then female, and finished with a male.
- D. Communities will be assigned by draw to one of six heats and the final placing will be determined by times in the heats. **There is no final for the relay event.**

2. Rules:

- A. Each competitor is responsible for providing his/her own snowshoes. See Appendix for snowshoe specifications.
- B. Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2016 stamp of approval before competition.
- C. Tying down of the heels WILL NOT be permitted and heels **must be free to move 90 degrees from the level of the shoe.**
- D. For the relay, competitors must pass a baton within the designated passing zone and in the lane which their team was assigned. Exchanging the baton outside the designated zone will result in disqualification. Should the baton be dropped while being exchanged there is no penalty, as long as it is picked up and exchanged within the designated area.
- E. In the case of a false start the gun will sound a second time and all competitors will return to the start line.
- F. If a competitors foot slips out of his/her binding. Then he/she must stop and secure the snowshoe before continuing the race.

3. Tie Breaking:

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place; two tenth places will be awarded followed by twelfth place as there will be no eleventh place. In the case of a tie for overall sixth fastest time in the heats, both athletes will advance to the final.

4. Community Ranking:

The final will determine first to sixth place and subsequent placing will be determined by the time posted in the next heat. The three components will be combined and points 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.