



**LAURENTIAN
NORDIC**

SOFIE MANARIN NICKEL LOPPET - RACE NOTICE

Sunday, February 12, 2023

Hosted by Laurentian Nordic Ski Club
NOD Race Series, Event #4 - Sudbury Fitness Challenge, Event #1

www.laurentiannordic.ca

LOCATION: Laurentian Nordic Ski Club - Laurentian University Stadium, 32 Athletic Building Road

CONTACTS:

Chief of Competition Jessica Lonsdale 705-822-5667 jess.s.hanson@gmail.com

SCHEDULE OF EVENTS:

Friday, February 10 - 11:59pm - Registration Deadline

Sunday, February 12 - - 9:00 - 10:30 am - Bib Pickup (Stadium Chalet)
- - 11:00am - Mass Start, All Categories
- - Ongoing - Awards (Stadium Chalet)

REGISTRATION

www.zone4.ca

Online Registration Only - Closes 11:59pm, Friday, February 10

CATEGORY	YEAR OF BIRTH	ENTRY FEE
U10 Girls/Boys	2013-2014	\$15
U12 Girls/Boys	2011-2012	\$15
U14 Girls/Boys	2009-2010	\$15
U16 Girls/Boys	2007-2008	\$15
U18 Girls/Boys	2005-2006	\$25
U20 Women/Men	2003-2004	\$25
Senior Women/Men	1993-2002	\$25
Masters Women/Men	1992 and older	\$25
Paranordic Stand W/M	any	\$15
Paranordic Sit W/M	any	\$15

RACE COURSES

TECHNIQUE: Classic

DISTANCES: 2.5 km (U14, U12, U10 only), 5 km, 16 km, 24 km

AWARDS

DRAW PRIZES: To be pre-drawn and distributed at bib pickup.

MEDALS: Presented to top three finishers in each category once each race is complete in the stadium chalet.

FACILITIES

Laurentian Nordic's trails will be closed to members and the public from 9:00 am - 2:00 pm.

Washrooms and warming areas will be available to loppet participants in the stadium chalet.

PARKING: Free parking is available in Lot G.

WAXING: Wax benches and outlets will be available outside the stadium.

FOOD: Light snacks will be provided for racers and volunteers on loppet day. Water bottles may be filled onsite.

MEDICAL

ROWAN'S LAW:

Rowan Stringer was a 17-year-old Rugby player from Ottawa who passed away after sustaining a concussion and continued to play where, a few days later, she sustained another brain injury, leading to her death from Second Impact Syndrome (SIS). In response to this tragedy, and to evidence of the impact of concussions on athletes, the Ontario Legislative Assembly passed Rowan's Law which went into effect on July 1, 2019. This law applies to all sport organizations registering athletes and coaches. All Ontario U26 athletes, parents of U18 athletes, coaches and officials must confirm that they have reviewed age appropriate concussion resources on an annual basis – IT'S THE LAW. This is included as a requirement on our Zone4 race registration.

HEALTH, WELLNESS + COVID:

We ask that all members, visitors and athletes collectively share in the responsibility for general health and wellness of all. Please only come onsite if you are healthy. Use hand sanitizer and wear a mask if you might be contagious. Masks welcomed at all times.