

RACE NOTICE



THE HOLLY BURN SPRINT RACE

- DATE:** Sunday, March 21, 2004
- START TIMES:** 11:00 a.m. Qualifying Time Trials
2:00 p.m. Final Heats
- RACE LOCATION:** Cypress Mountain Cross Country Ski Centre, West Vancouver
(Exit #8 off Highway 1)
- HOSTING CLUBS:** Hollyburn Jackrabbit Ski Club and Nordic Racers Ski Club
- SANCTIONED BY:** Non-sanctioned race
- RULES:** CCC Rules and Regulations
- INFORMATION:**
- | | | |
|-----------------------|-----------------|--------------|
| Chief of Competition | Dirk Rohde | 604-942-6410 |
| Competition Secretary | Pippa Rowcliffe | 604-222-0991 |
| Chief of Timing | Michelle French | 604-220-9683 |
| Chief of Start/Finish | Joe Morrison | 604-228-9960 |
| Chiefs of Course | Jamie Stirling | 604-733-9743 |
| | Brian Hardie | 604-836-8359 |
| Chief of Volunteers | Sherryl Yeager | 604-730-1806 |
- E-mail: hollyburn_jackrabbits@hotmail.com
- ELIGIBILITY:** All ages from Atoms (4-8 yrs old) to Masters Men and Women (61 years and up).
- LICENSES:** There are no license requirements.
- RACE ENTRIES:** BY MAIL The Holly Burn
3782 West 20th Avenue
Vancouver, BC
V6S 1E8
- ** please mail by Friday, March 12th to ensure entry arrives before deadline date **
- ON-LINE www.zone4.ca
VISA or Mastercard only
- RACE ENTRY DEADLINE:** Wednesday March 17th. On-line registration closes at midnight.
- DRAW:** Computer draw will be held on Wednesday March 17th. For information call 604-222-0991.
- START LISTS:** Start lists will be available on Thursday March 18th at www.zone4.ca.
Lists will be posted and available by Friday March 19th at Cypress Mountain Cross Country Centre Waxing Hut and at Sigge's Sport Villa (2077 W 4th Avenue, Vancouver).

- BIB PICK UP:** Bibs will be available from 9:30 a.m. to 10:30 a.m. on Sunday, March 21st at Cypress Mountain Cross Country, immediately prior to the race. Please arrive early enough to sign waivers. **Bibs must be picked up by 10:30 a.m. on Sunday.**
- RACE FORMAT:** The sprint start positions will be based on the morning qualifying time trials. All skiers will advance to the heats. The heats will comprise a maximum of four skiers. Two skiers from each heat advance to the next round. Skiers who have the fastest time will have their choice of lane in the first heat.
- AWARDS:** Medal presentations will immediately follow the completion of the race at the race site. Medals will not be awarded in the Atom category. Instead, all skiers in the Atom category will receive a certificate and/or prize. All race entries will be entered for draw prizes that will take place at the conclusion of the race.
- CONCESSION:** Complimentary food and refreshment will be available to all competitors and volunteers at the end of the competition. Food and refreshments can also be purchased from Hollyburn Lodge or the Nordic Café in the base area (near the start/finish).
- FACILITIES:** Washrooms are located in the parking lot area and at Hollyburn Lodge. There are also outhouses behind the First Aid/Ski Patrol trailer.
- WAXING ROOM:** Waxing room will be available with electrical outlets. **NO FLUOROCARBONS PERMITTED IN THE WAXING ROOM.**
- ACCOMMODATIONS:** Hotels in West Vancouver and North Vancouver (closest to race site) include:
 Grouse Inn 604-988-7101 or 800-779-7888 (rates from \$79)
 Holiday Inn Express 604-987-4461 or 800-663-4055 (rates from \$79)
 Lonsdale Quay Hotel 604-986-6111 (rates from \$89)
 Park Royal Hotel 604-926-5511 (rates from \$99)
- CATEGORIES:** Exact distances are still to be decided as the course is currently under design. Trail ticket and post-race food are included in the race fee; there are no discounts for seasons pass holders.

CATEGORY	Age as of Dec.31, 2004	Year Born	Distance (M & F)	Fee
ATOMS	8 & under	1996 & later	100 m	\$ 10.00
PEE WEE B & G	9 & 10	1995 - 1994	100 m	\$ 10.00
MINI MIDGET B & G	11 & 12	1993 - 1992	200 - 300 m	\$ 10.00
MIDGET B & G	13 & 14	1991 - 1990	200 - 300 m	\$ 22.00
JUVENILE B & G	15 & 16	1989 - 1988	400 - 600 m	\$ 22.00
JUNIOR B & G	17 & 18	1987 - 1986	400 - 600 m	\$ 22.00
JUNIOR M & W	19 & 20	1985 - 1984	600 - 800 m	\$ 27.00
SENIOR M & W	21 - 30	1983 - 1974	600 - 800 m	\$ 27.00
MASTER M & W	31 - 40	1973 - 1964	600 - 800 m	\$ 27.00
MASTER M & W	41 - 50	1963 - 1954	600 - 800 m	\$ 27.00
MASTER M & W	51 - 60	1953 - 1944	600 - 800 m	\$ 27.00
MASTER M & W	61 & up	1943 & earlier	600 - 800 m	\$ 27.00

