

2022 Mono Nordic Race

- Part of the SOD Paraffin Race Series -



Saturday, January 22, 2022 at Mono Nordic

10:30 a.m. Interval Start

In order to increase accessibility of the sport, focus on athlete development and reduce costs, ONLY the use of non-fluoro (NF) liquids, gels, buffer waxes and paraffin glide waxes will be permitted. Hardeners and Non-Fluoro (NF) powders are also NOT permitted. These restrictions apply to ALL categories but do not apply to grip waxes. Let's make this a fun race for everyone!

**** As per XCSO guidelines, all coaches, athletes (12+), officials, spectators and volunteers who are eligible to be vaccinated will be required to show Government Provided proof of vaccination to participate. (Racers 5-11 are strongly recommended to be vaccinated).**

CATEGORY*	TECHNIQUE	YEAR OF BIRTH	DISTANCE (km)	FEE
U8 boys / girls	classic	2014 & younger	1.5	\$10
U10 boys / girls	classic	2012, 2013	1.5	\$10
U12 boys / girls	free	2010, 2011	3.5	\$15
U14 boys / girls	free	2008, 2009	3.5	\$15
U16 boys / girls	free	2006, 2007	3.5	\$15
U18 boys / girls	free	2004, 2005	7.5	\$17
U23 Men	free	1999 - 2003	7.5	\$17
U23 Women	free	1999 - 2003	7.5	\$17

* Results will be by gender and YOB. We are not offering Open/Masters categories this year.

Important Notes:

- Par Nordic categories are available upon request to racing@mononordic.com
- Race registration on www.zone4.ca closes at *midnight on Thursday, January 20, 2022*.
- Race may be canceled if poor or unsafe trail conditions at Mono Nordic or if changes to Public Health restrictions (Covid-19).
 - Decision for race cancellation will be posted on zone4.ca by 6pm on Thursday, January 20. (Refunds less Zone 4 administrative costs only if the race is cancelled).
- No race day registrations.
- Complete the Covid Screening on race day before coming to the event:
<https://covid-19.ontario.ca/screening/customer/>
- No indoor facilities (2 porta-potties on site) and no food services available.

- No awards ceremony or bib draw (results will be posted on Zone4). XCSO is encouraging participants to vacate after their race in order to reduce gathering numbers.
- All racers should wear a mask while waiting at the start line. All volunteers and observers should wear a mask when physical distancing cannot be maintained.
- Distances may vary based on trail conditions.
- Bib Pickup: 9:30 – 10:00am in front of Operations Building (lower parking lot)
- Team Captains' Meeting: 10:00 am in front of Operations Building (lower parking lot)
- For Directions & Trail Conditions visit: <http://mononordic.com/>
- If lower parking lot is full, please go to upper parking lot (do not block cars)
- Start time: 10:30 am – interval starts (individual start times will be posted on Zone4)