

Regional Nordic & Snowshoe

Saturday February 10th

Bristol Mountain

5589 South Hill Road

Canandaigua NY 14244

**Special
Olympics**
New York



GENERAL SCHEDULE:

10:00am-Nordic Registration

10:30am-Nordic Competition
Begins

10:30am-Snowshoe Registration

11:00am-Snowshoe Competition
Begins

1:00pm-Awards

REGISTRATION INFORMATION:

REGISTRATIONS DUE NO LATER THAN:

FRIDAY JANUARY 19

PLEASE EMAIL REGISTRATIONS TO:

BMIHM@NYSO.ORG

Questions? Please Contact the Regional Office:

585-586-7400

Nordic and Snowshoe REMINDERS:

- Every athlete is required to have a S.O. Medical & Consent Form on file. If you have not submitted them, please do so with your registration.
- All coaches and support staff must be pre-registered and certified by S.O.
- Athletes should wear appropriate winter attire!
 - Qualifying Scores must be present on registration forms in order to assure competitive divisions.
 - Lunch is not provided for this event.

NORDIC LEVEL 1

EVENT	CODES
500M FREE	NOR500
1K FREE	NOR1K
2.5K FREE	NOR2.5K
5K FREE	NOR5KF
7.5K FREE	NOR7.5K

NORDIC LEVEL 2

EVENT	CODES
10M CLASSIC	NOR10
25M CLASSIC	NOR25
50M CLASSIC	NOR50
100M CLASSIC	NOR100

Snowshoe Events	CODES
25 Meter Race	SS25M
50 Meter Race	SS50M
100 Meter Race	SSCM
200 Meter Race	SS2C
400 Meter Race	SS4C
800 Meter Race	SS8C
4 X 100 Meter Relay	SS1XC
4 X 400 Meter Relay	SS1X4