

Category	Year of Birth	Fee Per Race	Dec 6, 2019 ALTA GAS SPRINTS	Dec 7 2019 INTERVAL START CLASSIC	DEC 8 2019 INTERVAL START SKATE
Open Men	<2000	45	1.3 km Sprint Course	10 km 3 x 3.3	15 km 4 X 3.75
Open Women	<2000	45	1.3 km Sprint Course	5 km 2 x 2.5	10 km 3 x 3.3
U20 Men	2000 2001	45	1.3 km Sprint Course	10 km 3 x 3.3	15 km 4 x 3.75
U20 Women	2000 2001	45	1.3 km Sprint Course	5 km 2 x 2.5	10 km 3 x 3.3
U18 M	2002 2003	40	NA	10 km 3 x 3.3	10 km 3 x 3.3
U18 W	2002 2003	40	NA	5 km 2 x 2.5	7.5 km 3 x 2.5
U16 M	2004 2005	35		5 km 2 x 2.5	4 km 2 x 2.0
U16 F	2004 2005	35		5 km 2 x 2.5	4 km 2 x 2.0
U14 M	2006 2007	35		2 km 1 x 2.0	4 km 2 x 2.0
U14 F	2006 2007	35		2 km 1 x 2.0	4 km 2 x 2.0
U12 M	2008 2009	20		2 km 2 x 1.0	2 km 2 x 1.0
U12 F	2008 2009	20		2 km 2 x 1.0	2 km 2 x 1.0
U10 M	2010 2011	20		1 1 x 1.0	1 1 x 1.0
U10 F	2010 2011	20		1 1 x 1.0	1 1 x 1.0
U8 M	2012 and >	20		800 m	800 m
U8 F	2012 And >	20		800 m	800 m
Para Nordic Sit		40		2 X 2 km PN	3 x 2km PN
Para Nordic Stand		40		In open	In open
Master 1, 2 (M/F)	1980-1989	40		10 3 x 3.3	7.5 2 X 3.75
Master 3, 4 (M/F)	1970-1979	40		10 3 x 3.3	7.5 2 x 3.75
Master 5, 6 (M/F)	1960-1969	40		10 3 x 3.3	7.5 2 x 3.75
Master 7 + (M/F)	1959 and older	40		10 3 x 3.3	7.5 2 x 3.75

