

Maritime Cup: 2019














Hosted by Wostawea

Day 1: Saturday January 19

Classic: Individual Start

Day 2: Sunday January 20

Freestyle: Mass Start

Category	Age (at Dec 31/18)	Distance	Trails Used	Markers	Distance2	Trails	Markers2
Mini Atom	5 & under	0.90	Light Green (half Moon)		0.90	Light Green (half Moon)	
Atom	6, 7	0.90	Light Green (half Moon)		0.90	Light Green (half Moon)	
PeeWee Girl	8, 9	1.60	Red (Circle)		1.60	Red (Circle)	
PeeWee Boy	8, 9	1.60	Red (Circle)		1.60	Red (Circle)	
Mini Midget Girl	10, 11	2.50	Blue Square		4.00	Blue Square + Red Circle	
Mini Midget Boy	10, 11	2.50	Blue Square		4.00	Blue Square + Red Circle	
Midget Girl	12, 13	4.00	Blue Square + Red Circle		5.00	Yellow Diamond	
Midget Boy	12, 13	7.50	Yellow Diamond + Blue Square		5.00	Yellow Diamond	
Juvenile Girl	14, 15	7.50	Yellow Diamond + Blue Square		5.00	Yellow Diamond	
Juvenile Boy	14, 15	10.00	Green Triangle + Yellow Diamond		10.00	Green Triangle + Yellow Diamond	
Junior (B) Girl	16, 17	7.50	Yellow Diamond + Blue Square		5.00	Yellow Diamond	
Junior (B) Boy	16, 17	10.00	Green Triangle + Yellow Diamond		10.00	Green Triangle + Yellow Diamond	
Junior (A) Women	18, 19	7.50	Yellow Diamond + Blue Square		5.00	Yellow Diamond	
Junior (A) Men	18, 19	10.00	Green Triangle + Yellow Diamond		10.00	Green Triangle + Yellow Diamond	
Senior Women	20,21,22	10.00	Green Triangle + Yellow Diamond		10.00	Green Triangle + Yellow Diamond	
Senior Men	20,21,22	15.00	Green Triangle + Green Triangle + Yellow Diamond		15.00	Green Triangle + Yellow Diamond + Yellow Diamond	
Open Women	23+	10.00	Green Triangle + Yellow Diamond		10.00	Green Triangle + Yellow Diamond	
Open Men	23+	15.00	Green Triangle + Green Triangle + Yellow Diamond		15.00	Green Triangle + Yellow Diamond + Yellow Diamond	
Master Women	30-45, 46-59, 60+	10.00	Yellow Diamond + Green Triangle		10.00	Green Triangle + Yellow Diamond	
Master Men	30-45, 46-59, 60+	15.00	Green Triangle + Green Triangle + Yellow Diamond		15.00	Green Triangle + Yellow Diamond + Yellow Diamond	
Para-Nordic Sit-Ski	Open	1.60	Red (Circle)		1.60	Red (Circle)	
Para-Nordic Stand	Open	*to ski the same course as able bodied skiers of the same age category					
Participation	Open	5.00	Yellow Diamond		5.00	Yellow Diamond	