

NYSEF JNQ RACE WEEKEND

SATURDAY JANUARY 21, 2017

FREESTYLE RACE

Mt. Van Hoevenberg

USSA NRL / SLU Carnival / Mid-Atlantic JNQ / New England out-of-region JNQ / NYSSRA Points Series

BIB PICK-UP: 9 AM-12 NOON

START TIME: 10 AM EISA/U16/U18/U20/U23/SR/Master Women Race 5 km (1 lap)
11:30 AM EISA/U18/U20/U23/SR/Master Men Race 10 km (2 laps)
1 PM U16 Boys Race 5 km (1 lap)

TECHNIQUE: freestyle

FORMAT: individual start

AWARDS: following the race at 2 PM

SUNDAY JANUARY 22, 2017

CLASSIC RACE **FREESTYLE RACE**

Mt. Van Hoevenberg

USSA NRL / Mid-Atlantic JNQ / NYSSRA Points Series

BIB PICK-UP: 8:30-10:30 AM

START TIME: **race distances might be changed with snow conditions**

9:30 AM U16 Boys Race → goal 5-6.5 km
10 AM U16 Girls Race → goal 5-6.5 km
10:30 AM U18/U20/U23/SR/Master Men Race → goal 10 km
11:30 AM U18/U20/U23/SR/Master Women Race → goal 10 km

TECHNIQUE: classic **freestyle**

FORMAT: ~~mass start~~ **individual start**

AWARDS: following the race at 1 PM

Harry Eldridge Memorial Cup will be awarded to the top junior boy and girl from the weekend races

BKL KIDS RACE

Mt. Van Hoevenberg

BIB PICK-UP: 12-12:30 PM (DAY OF RACE REGISTRATION ONLY)

START TIME: 1 PM

TECHNIQUE: classic **freestyle**

FORMAT: mass start

AWARDS: following the race

Questions? email Margaret at margm@nysef.org

