



December Salomon CXC Junior/Youth Cup Virtual Race

At CXC we know many of you have been either disappointed or frustrated that you are not able to get together with your peers as is usual during the early season. As an option to have a chance to compete early in the season, the Salomon CXC Cup will host virtual races December 16-23.

Our Virtual Race parameters are as follows:

- Athletes can ski their virtual course(s) as many times as they wish between December 16 and 23, and can submit their best results, up to 2 - one Freestyle and one Classic. For Veteran CXC Cup competitors, one CL submission and one Freestyle submission is encouraged. For less experienced CXC Cup competitors, or those who have struggled to get on snow and train well with our current challenges, one Freestyle submission is encouraged.
- As athletes ski their virtual course, they should record the effort on a platform such as Strava, Garmin, Polar, etc. After the effort, the platform file and your time, distance, and course vertical in Meters should be shared in our Google Sheet for tracking purposes.
- Virtual Courses should meet the following specifications:
 - U18/U20 Males - 10K +/- .75K and a minimum of 180m of climbing over the 10K effort
 - U16/U18/U20 Females and U16 Males - 5K +/- .5K and a minimum of 100m of climbing over the 5K effort
 - U14 Females and Males - 3K +/- .5K and a minimum of 50m of climbing over the 3k effort
 - Prior to your virtual time trail, you should ski your course as a practice to inspect it and record it to see if it meets the specifications.
- Do not submit your result until it is your best effort and the final result you want ranked.
- Results can be submitted via this form: <https://forms.gle/XCUQdqnkSeHsu8U88>
- Results submission will close at 11:59pm CST on December 23, 2020.





- There is no charge for this event and no membership is required, so invite your Nordic friends to be a part of this competition and possibly win some swag door prizes.
- After the competition, athletes will be ranked in one of four categories - Elite, Comp, Sport, Novice, based upon pace per KM.

- **Elite ranking will require equal or better than:**

- U14 Female 3:37 min/km for CL, 3:12 min/km for FS
- U16 Female 3:27 min/km for CL, 3:02 min/km for FS
- U18 Female 3:14 min/km for CL, 2:56 min/km for FS
- U20 Female 3:07 min/km for CL, 2:49 min/km for FS
- U14 Male 3:13 min/km for CL, 2:47 min/km for FS
- U16 Male 3:03 min/km for CL, 2:37 min/km for FS
- U18 Male 2:55 min/km for CL, 2:37 min/km for FS
- U20 Male 2:51 min/km for CL, 2:35 min/km for FS

- **Comp ranking will require equal or better than:**

- U14 Female 3:57 min/km for CL, 3:32 min/km for FS
- U16 Female 3:37 min/km for CL, 3:12 min/km for FS
- U18 Female 3:24 min/km for CL, 3:06 min/km for FS
- U20 Female 3:17 min/km for CL, 2:59 min/km for FS
- U14 Male 3:23 min/km for CL, 3:07 min/km for FS
- U16 Male 3:13 min/km for CL, 2:47 min/km for FS
- U18 Male 3:05 min/km for CL, 2:47 min/km for FS
- U20 Male 3:01 min/km for CL, 2:45 min/km for FS

- **Sport ranking will require equal or better than:**

- U14 Female 4:27 min/km for CL, 4:02 min/km for FS
- U16 Female 3:57 min/km for CL, 3:32 min/km for FS
- U18 Female 3:44 min/km for CL, 3:26 min/km for FS
- U20 Female 3:37 min/km for CL, 3:19 min/km for FS
- U14 Male 4:03 min/km for CL, 3:37 min/km for FS
- U16 Male 3:33 min/km for CL, 3:07 min/km for FS
- U18 Male 3:25 min/km for CL, 3:07 min/km for FS
- U20 Male 3:21 min/km for CL, 3:05 min/km for FS





• **Novice ranking will require equal or better than:**

- U14 Female 5:57 min/km for CL, 5:32 min/km for FS
- U16 Female 4:57 min/km for CL, 4:32 min/km for FS
- U18 Female 4:29 min/km for CL, 4:11 min/km for FS
- U20 Female 4:07 min/km for CL, 3:49 min/km for FS
- U14 Male 5:33 min/km for CL, 5:07 min/km for FS
- U16 Male 4:33 min/km for CL, 4:07 min/km for FS
- U18 Male 4:10 min/km for CL, 3:52 min/km for FS
- U20 Male 3:51 min/km for CL, 3:35 min/km for FS

Good luck to all our athletes!

--

Joe Haggemiller | CXC Sport Development Director

U.S. Ski & Snowboard - Central Cross Country Skiing



WHERE OLYMPIC JOURNEYS BEGIN