

Ski Race Notice

Minahik Waskahigan Ski Club & Ski Fit North present:

6th Snake Lake Sprints & Sprint Relays/N. Zone Sask. Cup

Minahik Waskahigan Elementary School, Pinehouse Lake

Friday, February 12th, 2010

1. What, When and Where:

- Racers will ski 1 lap of their course to determine seeding then they will be placed in heats, with the top 2 or 3 times advancing through a series of heats to the finals and consolation finals.
- Friday, February 12th, 2010, racers are to be at the school by 10:00 am to register and be ready for seeding to begin at 11:00 am.
- Racing will be held on the field, behind the elementary school.

2. Race Categories and Distances (Approximate):

Atom Girls & Boys (born 2002 or later)	200 metres
Peewee Girls & Boy (born 2000 or 2001)	200 metres
Mini Midget Girls & Boys (born 1998 or 1999)	400 metres
Midget Girls & Boys (born 1996 or 1997)	600 metres
Juvenile Girls & Boys (born 1994 or 1995)	600 metres
Junior Girls & Boys (born 1992 or 1993)	600 metres
Junior Women & Men (born 1990 or 1991)	1 kilometre
Senior Women & Men (born 1980 to 1989)	1 kilometre
Master Women & Men (born 1979 or earlier)	1 kilometre

Note: Ages based on Sask. Cup point series criteria. All Senior and Master skiers will race as a group. They will, however, be awarded Sask. Cup Points according to their age class. Citizen racers (skiers without a Competitor's Licence) are welcome. They will compete in the same classes and ski the same distances as Sask. Cup racers. They will compete for the same 1st, 2nd and 3rd place ribbons as the Sask. Cup racers, but they will not earn Sask. Cup points.

3. Relay Team Categories: Consisting of 2 females and 2 males on each team

Junior (Atoms, Pee Wees & Mini Midgets)	4 x 100 metres
Youth (Midgets & Juveniles)	4 x 400 metres
Open (Juniors & Seniors)	4 x 600 metres
Masters (All other categories)	4 x 600 metres

4. Registration and Entry Fees:

-Registrations, or notice of registration, are to be received no later than Wednesday, February 10th, 2010, at 5:00 pm. Registration, or notice of registration, can be mailed to Chris Fettig, Box 160, Pinehouse Lake, SK., S0J 2B0, faxed to (306) 884-4954 or e-mailed to chfettig@yahoo.com.

-Notice of registration should include a skier's **full name, gender, date of birth and age.** When a notice of registration is sent, signed registrations and fees should be file with race organizers at the **Elementary School gym** at 10:00 am on race day.

- **Entry fee is \$5.00/Atoms to Midget, \$10/Juvenile to Jr. Boy & Girl, \$15/Jr. Men & Women and older.** If writing cheques, make cheques payable to the 'Minahik Waskahigan Ski Club'.

5. Ribbons:

Ribbons for 1st, 2nd and 3rd will be awarded to racers in all categories after the completion of all races and relays.

6. Team Aggregate Award: Point Structure

A Team Aggregate Award will be presented to the team with the highest amount of points received by members during the day's events. Points will be awarded as follows:

Number of team members	1 point per team member
Top 5 placing in Sprint races	5, 4, 3, 2, 1 points from 1 st to 5 th .
Top 3 placing in Relay races	5, 4, 3 points for 1 to 3 rd .
Number of Relay teams entered	4 points per team.

(For fun and to re-enforce the team concept of the sport!)

7. Food:

A meal, snacks and drinks will be provided to all participants, coaches and chaperones, free of charge, during the day.

8. Information: If you require any additional information, contact Chris Fettig at 884-4842 (home) or 884-4951 (work), or at chfettig@yahoo.com, or at **Box 160, Pinehouse Lake, SK. S0J 2B0.**