



# Provincial Championship Race Notice February 28- March 1, 2009

## General Information

**Host Club:** Flin Flon/Creighton Ski Club      <http://www.geocities.com/ffskiclub/>  
Flin Flon Manitoba

**Events:**      **Ski the Course-** Friday- 2 p.m. to 6:00 p.m. Saturday- off by 10 a.m.  
Saturday- Interval Start, Classic Technique      Chalet  
Sunday- Wave Starts, Skate Technique      Ross Lake

**Sanction:** Cross Country Saskatchewan

**Rules:** Cross Country Saskatchewan (CCS) 2003-04 Competition Rules and Regulations; Cross Country Canada (CCC) Cross Country Skiing Rules and Regulations 2008.

**Cancellation:** In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the CCS office by 12:00 noon Wednesday, February 25<sup>th</sup>. Reasonable attempts will be made to contact coaches with the given information on their registration forms. Postponement date tentatively set for March 14 and 15.

<b>Race Committee:</b>	Chief of Competition	Duane Davis
	Chief of Course	Dave Price
	Chief of Stadium	Nolan Suss
	Chief of Time keeping	Bill Lyle
	Competition Secretary	Glen Kirby
	Technical Delegate	Kathryn Theede

<b>Jury:</b>	Chief of Competition	Duane Davis
	Technical Delegate	Kathryn Theede
	Coach	TBA

## Competition Information

**Race Licenses:** All competitors competing for Sask Cup points must have a current CCS Competitor's Licence. Citizen racers (skiers without a Competitor's License) are welcome. Skiers from Manitoba are welcome. They will compete in the same classes and ski the same distances as Sask Cup racers. They will

compete for the same placing awards (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) as Sask Cup racers, but they can not earn Sask Cup Points.

**Waivers:** **All competitors must sign a waiver. Competitors under 18 years of age must have a waiver signed by a parent or guardian.** Race day check-in will be more efficient if the waivers are mailed with registration forms in advance, but waivers will be available at the venue on race day.

**Registration:** **Entries** must be received by 12 noon Tuesday, February 24<sup>th</sup>. Forward entry forms, waivers and fees to:  
Flin Flon Ski Club  
Attn: **Susan Shairp**  
P.O. Box 981 Flin Flon Mb, R8A 1N7  
E-mail: [essiess@hotmail.com](mailto:essiess@hotmail.com)

***Late entries may be accepted up to 6:00 p.m. Friday Feb. 27, at the discretion of the committee. A \$10 late entry fee will be assessed. Late entries will be seeded last in their age/gender categories in the order that their entries are received.***

***All competitors must sign-in at the registration desk in the Chalet on race day. They must pay their fees and sign waivers if they have not already done so, or they will not be issued a racing bib.***

**Race Fees:** \$15 **per race** Juvenile class and older. \$10 **per race** Midget class and younger. Make cheque payable to Flin Flon Ski Club  
Non CCS members will be charged an additional \$5 event fee.

**Team Coaches Meeting/Draw:** Amisk Room Prospector Inn - Creighton  
7 p.m. Friday  
5 p.m. Saturday

**Draw:** Double random draw

**Start Lists:** Unofficial start lists will be provided Friday evening and then posted Sat. morning.

**Unofficial Results and Protests:** Unofficial results will be posted at the Chalet. The time of posting will be marked on the unofficial results. Any protests must be made to the Competition Secretary within one hour of the unofficial results being posted, after which the results will be declared official. Protests must be submitted on an Official Protest Document supplied by the Competition Secretary.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards will be given for each age and gender category after official results have been posted.

**Contact:** For further information please contact  
Duane Davis Ph. 306 688-4871 e: [duanecdavis@yahoo.ca](mailto:duanecdavis@yahoo.ca)  
Dave Price Ph. 204 687-8653 e: [dpprice@mts.net](mailto:dpprice@mts.net)



**Schedule of Events:**

Race day sign-in: 8:30 a.m. to 10 a.m. Chalet  
 Race start : **11:00 a.m. sharp.** See start list for start times for individual categories and racers.

<b>Classic Technique, Interval Starts February 28th</b>				
	<b>Age at Dec. 31, 2009</b>	<b>Born in Years</b>	<b>Distance Female (km)</b>	<b>Distance Male (km)</b>
<b>Atom (mixed)</b>	<b>8 &amp; under</b>	<b>2001 or later</b>	<b>0.9</b>	<b>0.9</b>
<b>Peewee (mixed)</b>	<b>9 &amp; 10</b>	<b>1999-2000</b>	<b>1.2</b>	<b>1.2</b>
<b>Mini Midget (mixed)</b>	<b>11 &amp; 12</b>	<b>1997-1998</b>	<b>2.4</b>	<b>2.4</b>
<b>Midget</b>	<b>13 &amp; 14</b>	<b>1995-1996</b>	<b>4.7</b>	<b>5.0</b>
<b>Juvenile</b>	<b>15 &amp; 16</b>	<b>1993-1994</b>	<b>5.0</b>	<b>7.5</b>
<b>Junior Girls/Boys</b>	<b>17 &amp; 18</b>	<b>1991-1992</b>	<b>7.5</b>	<b>14.0</b>
<b>Junior Wm/Men</b>	<b>19 &amp; 20</b>	<b>1989-1990</b>	<b>14.0</b>	<b>14.0</b>
<b>Senior</b>	<b>21 to 30</b>	<b>1979-1988</b>	<b>14.0</b>	<b>14.0</b>
<b>Masters 1 &amp; 2</b>	<b>31 to 40</b>	<b>1969-1978</b>	<b>14.0</b>	<b>14.0</b>
<b>Masters 3 &amp; 4</b>	<b>41 to 50</b>	<b>1959-1968</b>	<b>14.0</b>	<b>14.0</b>
<b>Masters 5 &amp; up</b>	<b>51 and older</b>	<b>1958 &amp; earlier</b>	<b>14.0</b>	<b>14.0</b>
<b>Para-Nordic</b>	<b>To Be Announced</b>			

<b>Skate Technique, Mass starts, March 1<sup>st</sup>,</b>				
<b>Category</b>	<b>Age at Dec. 31, 2009</b>	<b>Born in Years</b>	<b>Distance Female (km)</b>	<b>Distance Male (km)</b>
<b>Atom</b>	<b>8 &amp; under</b>	<b>2001 or later</b>	<b>2.1</b>	<b>2.1</b>
<b>Peewee</b>	<b>9 &amp; 10</b>	<b>1999-2000</b>	<b>2.1</b>	<b>2.1</b>
<b>Mini Midget</b>	<b>11 &amp; 12</b>	<b>1997-1998</b>	<b>2.1</b>	<b>2.1</b>
<b>Midget</b>	<b>13 &amp; 14</b>	<b>1995-1996</b>	<b>5.8</b>	<b>5.8</b>
<b>Juvenile</b>	<b>15 &amp; 16</b>	<b>1993-1994</b>	<b>5.8</b>	<b>8.8</b>
<b>Junior Girls/Boys</b>	<b>17 &amp; 18</b>	<b>1991-1992</b>	<b>8.8</b>	<b>8.8</b>
<b>Junior Wm/Men</b>	<b>19 &amp; 20</b>	<b>1988-1990</b>	<b>15.6</b>	<b>15.6</b>
<b>Senior</b>	<b>21 to 30</b>	<b>1979-1988</b>	<b>15.6</b>	<b>15.6</b>
<b>Masters 1 &amp; 2</b>	<b>31 to 40</b>	<b>1969-1978</b>	<b>15.6</b>	<b>15.6</b>
<b>Masters 3 &amp; 4</b>	<b>41 to 50</b>	<b>1959-1968</b>	<b>15.6</b>	<b>15.6</b>
<b>Masters 5 &amp; up</b>	<b>51 and older</b>	<b>1958 &amp; earlier</b>	<b>15.6</b>	<b>15.6</b>
<b>Para-Nordic</b>	<b>To Be Announced</b>			

## 2009 Saskatchewan Provincial Championships Registration Information

Name: \_\_\_\_\_

Age (as of Dec31st, 2009) \_\_\_\_\_ *Birth date* \_\_\_\_\_

Gender \_\_\_\_\_ *Category* \_\_\_\_\_

CCS Racing License \_\_\_\_\_

CCC License \_\_\_\_\_ or Citizen (check) \_\_\_\_\_

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Coach's email \_\_\_\_\_

### Fees:

\$10 <b>per race</b> Midget class and younger.....	Saturday	\$ _____
	Sunday	\$ _____

\$15 <b>per race</b> Juvenile class and older.....	Saturday	\$ _____
	Sunday	\$ _____

\$5 Non-CCS member	Event Fee .....	\$ _____
Banquet Ticket(s)	\$25 x _____	\$ _____

**Total Enclosed**                   =====

Late Fee     \$10.....                   \$ \_\_\_\_\_

**\*make cheques payable to Flin Flon Ski Club**

**Entries** must be received by 12 noon Tuesday, February 24<sup>th</sup>.

Forward entry forms, waivers and fees to:

Flin Flon Ski Club

Attn: **Susan Shairp**

P.O. Box 981 Flin Flon Mb, R8A 1N7

E-mail: [essiess@hotmail.com](mailto:essiess@hotmail.com)

***Late entries may be accepted up to 6:00 p.m. Feb. 27, at the discretion of the committee.***

## **PARTICIPANT WAIVER FORM**

Note: This waiver will cover participation in all of the competition encompassed in the named event. The event name and dates should clearly indicate whether multiple competitions are involved in the event.

**Name of Event: 2009 Saskatchewan Provincial Championships**

**Event Date(s): February 28, March 01, 2009**

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called CCC), **Cross Country Saskatchewan** (hereinafter called the **Host Division**) and **Flin Flon Ski Club** (hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage, which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation. I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material. By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

### **Adult Participant Release and Waiver**

As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

### **Minor Participant Release and Indemnification**

As a parent or guardian of \_\_\_\_\_ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of

\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

