

## La Ronge Ski Club & Ski Fit North present:

# 14<sup>th</sup> ANNUAL 2010 SCHOOL SKI CHAMPIONSHIPS!!!

**WHAT:** Cross Country ski races!! Either classic or freestyle technique allowed. A main event race for all students followed by Junior and Open relays, fun relays and cash sprints!

**WHEN:** Friday, February 5, 2009. Main race starts at 11:00 a.m. sharp!!

**WHERE:** Don Allen Ski Trails, 20 km north of La Ronge on Highway 102, at the Nemeiben Lake Road junction.

**CLASSES:**

Atom Girls & Boys (born 2001 or later).....	865 metres
Peewee Girls & Boys (born 1999 or 2000).....	2 km
Mini Midget Girls & Boys (born 1997 or 1998).....	3 km
Midget Girls (born 1995 or 1996).....	3 km
Midget Boys (born 1995 or 1996).....	5 km
Juvenile Girls & Boys (born 1993 or 1994).....	5 km
Junior Girls & Boys (born 1991 or 1992).....	5 km
Junior Women & Men (born 1989 or 1990).....	5 km

*Note age categories are based on Sask Cup point series criteria since the School Championships is a Sask Cup point series race.*

**RELAYS:** In addition to the main race event, there will be competitive team relays. In the Junior Relay, schools are invited to field a team of 4 skiers who will each ski a 460-metre loop. A Junior Relay Team must consist of 2 girls and 2 boys from the same school in the Atom, Peewee, Mini Midget or Midget categories. At least 2 skiers on a Junior Relay Team must be Atoms or Peeweeps. In the Open Relay, schools are invited to field a team of 4 skiers who will each ski a 675-metre loop. An Open Team must consist of 2 girls and 2 boys from the same school. Skiers can be from any age class.

**AWARDS:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place ribbons and participation ribbons will be awarded in all age categories of the main event. Other good prizes too!! Gold banners will be awarded to the top schools in both a “large school” and a “small school” categories based on participation points. Banners will also be awarded to schools winning the Junior Relay and Open Relay.

**FOOD:** Free hot dogs, cookies & drinks will be served at the end of race.

**ENTRY:** Entry fee is \$4 per skier

Schools must fax a list of skiers showing name, sex and date of birth to Sid Robinson, La Ronge at fax # (306) 425-4269 or e-mailing this information to Sid Robinson at [sid.hil@sasktel.net](mailto:sid.hil@sasktel.net) **no later than** Wednesday, February 4, 2009, at 4:00 p.m. Signed registration/waivers (form attached) and registration fees must be received at Don Allen Trails by 10:00 a.m. on race day. Bibs are to be picked up by school coaches/chaperones at 10:00 a.m.

Schools entering a team in the Junior Relay or Open Relay must do so by faxing or e-mailing team information to Sid Robinson **no later than** Wednesday, February 4, at 4:00 p.m. Team information shall include a list of team members showing name, sex and date of birth for each. There is no extra charge for entering a team in the Junior Relay or Open Relay, but relay teams **must be registered in advance** to compete.

**INFO:** Contact Sid Robinson at (306) 425-4507 (work) or (306) 425-2502 (home).