



# RACE NOTICE

## Sask Cup # 4 and #5

### Wildwood Golf Course, Saskatoon

### February 1<sup>st</sup> and 2<sup>nd</sup>, 2020

## General Information

**REGISTRATION MUST BE DONE ON-LINE BY 5 P.M. CST. ON JANUARY 31<sup>st</sup> AT [www.zone4.ca](http://www.zone4.ca)  
LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED. Search  
for "2020 Saskatoon Sask Cup Races". Registration will be active on January 20<sup>th</sup>.**

### COMPETITIONS

#### Saturday, February 1<sup>st</sup>, 1 p.m.

Skiathlon\*<sup>+</sup> for all categories except Special Olympics athletes  
Interval start 1000 m classic race<sup>+</sup> for Special Olympics Athletes

#### Sunday, February 2<sup>nd</sup>, 10 a.m.

Free technique sprint qualification races\*<sup>+</sup> for all categories except Special Olympics athletes  
Special Olympics athletes' 500 m race<sup>+</sup>  
Free technique team sprint races for all categories except Special Olympics athletes  
Special Olympics athletes' 100 m race

*\*Denotes race that counts for Sask Cup points.*

*<sup>+</sup>Denotes race for which award ribbons will be presented*

Team sprints are started on a mass start grid. Start order will be determined by random draw. Two person teams will be created based on sprint qualification results. Genders will be combined in four categories: PN; U8 + U10, U12 +U14; and U16 + U18 + U20 + Senior + Master. Teams in each of the four categories will be created using the following format based on qualification round times: team 1 = fastest + slowest skier, team 2 = second fastest + second slowest skier, team 3 = third fastest + third slowest skier, etc. Teams will be made for all athletes who want to participate (coaches may be voluntold!)

**Course Maps:** Maps will be available at <http://saskatoonhiper.weebly.com/>



**Hosted By:** Saskatoon Nordic Ski Club

**Venue:** Wildwood Nordic Centre, Saskatoon (also known as Wildwood Golf Course by non-ski season users)

**Rules:** Cross Country Saskatchewan Sask Cup Series Rules (2018-19 version); and FIS ICR - CCR (Canadian Competition Rules) Precisions 2019. Para-nordic categories will also be governed by WPNS Rules and Regulations for Cross Country Skiing and Biathlon, October 2018. Sanctioning: Nordiq Canada Tier 2 and Cross Country Saskatchewan.

**Cancellation:** In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the Cross Country Saskatchewan Office by 9 a.m. CST on January 30<sup>th</sup> if the race must be cancelled. The cancellation or postponement notice will also be posted on <http://saskatoonhiper.weebly.com/> and reasonable attempts will be made to contact coaches if coaches provide their phone number or email address on registration forms.

Races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20°C. U8 and U10 categories must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -15°C. The Race Committee also reserves the right to modify race format, distances and start times before on or race day due to weather or trail conditions.

**Jury:** Technical Delegate: Al Theede  
Co-Chief of Competition: Dan Brisbin  
Coach: TBA

#### **Race Committee**

Co-Chief of Competition: Jeff Whiting  
Co-Chief of Competition: Dan Brisbin  
Chief of Results: Scott Theede  
Chief of Start: Scott McGibney

Chief of Course: Robin Butler  
Chief of Stadium: Kathy Butler  
Chief of Manual Timing: Cathy Saitjos

## **Facility Information**

**Location:** The Wildwood Golf Course is located in southeast Saskatoon on the south side of 8th Street East between McKercher Drive and Boychuk Drive.

**Race office:** The office will be located in the golf course clubhouse. To reach this location, exit south off 8th Street east of McKercher Drive into the golf club parking lot.

Phone: (306) 280-1709 (Dan Brisbin, Chief of Competition's cell phone)

Email: [danbrisbin@sasktel.net](mailto:danbrisbin@sasktel.net)

Race Office Hours: Open at 10:00 am Saturday and 8:00 a.m. on Sunday. Closes both days ~ 1 hour after awards presented.

**Daylodge:** Wildwood golf course clubhouse, which is heated, lit and has indoor washrooms and water.



**Waxing facilities:** No facilities available, skis must be waxed outdoors.

**Food:** Drinks and snacks will be provided for athletes at the finish line, otherwise food won't be available.

**Trail Passes:** None required. Public trails maintained by volunteers from the Saskatoon Nordic Ski Club.

## Competition Information

**REGISTRATION MUST BE DONE ON-LINE BY 5 P.M. CST ON JANUARY 31<sup>st</sup> AT [www.zone4.ca](http://www.zone4.ca). LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED. Search for "2020 Saskatoon Sask Cup Races". Registration will be active January 20<sup>th</sup>.**

Please be careful to register in the correct gender and age categories and to enter CCS and Nordiq Canada race license numbers correctly (they are not the same nor are they interchangeable). Do not enter text comments in the license fields. **Do not enter license numbers which have not been renewed for the 2019-20 competition season.**

### Race Licenses

All competitors competing for Sask Cup points must have a **current** Cross Country Saskatchewan (CCS) Competitor's License valid for the **2019-20** competition season. This event is sanctioned as a Nordiq Canada Tier 2 event so all **U14** (new this year, previously U16) and older competitors must have a **current** Nordiq Canada race license valid for the **2019-20** competition season or must purchase Nordiq Canada Supporting Member Day Licenses (SMDL) at a cost of \$5 per race in addition to race registration fees.

Citizen Racers (skiers without a CCS Competitor's License) are welcome but they must purchase a Nordiq Canada SMDL at a cost of \$5 per race in addition to race registration fees, unless they live in another province or territory and already hold a valid 2019-20 Nordiq Canada race license. They will compete in the same classes and ski the same distances as Sask Cup competitors, and will compete for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place race awards but they will not earn Sask Cup points. Nordiq Canada licensed racers who do not also hold CCS licenses will also gain standing in the races in which they compete but will not earn Sask Cup points.

Competitors holding a valid Nordiq Canada licenses will receive preferential seeding (see "Seeding").

### Waivers

All competitors must sign a waiver, either as part of the online Zone4 registration. Competitors under 19 years of age must have this waiver signed by a parent or guardian.

### Entry Process and Deadlines

**REGISTRATION MUST BE DONE ON-LINE BY 5 P.M. CST ON JANUARY 31<sup>st</sup> AT [www.zone4.ca](http://www.zone4.ca). LATE AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED. Search for "2020 Saskatoon Sask Cup Races". Registration will be active January 20<sup>th</sup>.**



Race fees (per day): \$20 U16 and older age classes and PN; \$10 for U14, U12, U10, U8, PN development and Special Olympics categories. Zone4 registration requires a credit card and the registrant will pay the credit card fee and Zone4 processing fee as part of the online registration.

*Competitors in the U14 and older categories who do not hold Nordiq Canada race licenses must also purchase a Nordiq Canada Supporting Member Day License (SMDL) at a cost of \$5 per day in addition to race registration fees as part of the Zone4 registration process.*

## SCHEDULE OF EVENTS

### SATURDAY, FEBRUARY 1st

Race office day open: 10:00 a.m.

Team Captains' meeting: 11:00 a.m., Wildwood golf course clubhouse

Course open for training until 12:45 p.m.

**Sask Cup #4 Skiathlon races\*\* start at 1:00 p.m.**

**Special Olympics 1000 m race<sup>+</sup> starts at ~ 3:00 p.m.**

Awards at ~ 3:30 p.m.

### SUNDAY, FEBRUARY 2nd

Race office day open: 8:00 a.m.

Team Captains' meeting: 8:30 a.m. at the Wildwood golf course clubhouse

Course open for training until 9:45 a.m.

**Sask Cup #5 free technique sprint qualification races\*\* start at 10:00 a.m.**

**Special Olympics 500 m race<sup>+</sup> starts at ~ 10:45 a.m.**

**Sask Cup #5 free technique team sprints start at ~ 11:00 a.m.**

**Special Olympics 100 m race starts at ~ noon.**

Awards at ~ 12:30 p.m.

*\*Denotes race that counts for Sask Cup points.*

*<sup>+</sup>Denotes race for which award ribbons will be presented*

**Draw:** Start order for U8, U10, U12, para Nordic and Special Olympics categories will be determined by random draw. Start order for U14 and older categories will be determined in two groups: 1) Nordiq Canada licensed racers will be given preferential seeding with start order determined by CPL points. 2) CCS licensed racers and citizen racers without Nordiq Canada licenses will be grouped together in a random draw.

**Course Maps:** Maps will be posted on <http://saskatoonhiper.weebly.com/>

**Start Lists:** Will be posted on <http://saskatoonhiper.weebly.com/> on January 31<sup>st</sup> by 9 p.m. Start lists will be available for the Team Captains' meeting on race day.

**Team Captains' Meeting:** 11 a.m. on Saturday; 8:30 a.m. on Sunday



**Unofficial Results and Protests:** Unofficial results will be posted at the race office. The time of posting will be marked on the unofficial results. Any protests must be made to the Competition Secretary within 15 minutes of the unofficial results being posted, after which the results will be declared official.

## Awards

Award ribbons will be presented to first, second and third place finishers in each gender and age category for Special Olympics, para nordic, U20 Man/Woman and younger categories for races designated in “Schedule of Events” above. Those in Senior and Masters categories will be awarded bragging rights. Awards will be presented at the clubhouse after the races on Saturday and Sunday.

## Important Reminder: CCS Glide Wax Policy

All coaches, athletes, wax technicians, and parents must abide by a self-governed protocol while waxing skis for all athletes in Saskatchewan. This request applies to all provincial events taking place in Saskatchewan (e.g. Sask Cups, Provincial Championships, Team Sask CWG Trials and Sask Winter Games). This request also applies to athletes traveling to Saskatchewan from out-of-province or out-of-country.

The CCS Glide Waxing Policy is as follows:

- Structure tools **ARE** permitted
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes **ARE** permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are **NOT** permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are **NOT** permitted
- Cold weather powder additives and hardeners are **NOT** permitted
- Fluoro-containing Grip Wax Products such as kick wax, klisters, anti-icing liquids applied to the kick zone of a classic ski **ARE** permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, athletes, parents and wax technicians.

## Important Reminder: Pole Length Rule

FIS ICR - CCR (Canadian Competition Rules) 343.8.2:

*In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.*

The Jury may require poles to be measured before athletes compete.

## EVENT CATEGORIES

Note: Organizing Committee and Jury may need to modify courses and distances depending on snow conditions.

<b>CATEGORY</b>	<b>YEAR OF BIRTH</b>	<b>FEB. 1 SKIATHLON</b>	<b>FEB. 2 SPRINT &amp; TEAM SPRINT</b>
<b>U8 (Boys/Girls)</b>	<b>2012 and later</b>	<b>0.5 km + 0.5 km</b>	<b>0.6 km / 1 x 0.6km</b>
<b>U10 Boys</b>	<b>2010, 2011</b>	<b>0.5 km + 0.5 km</b>	<b>0.6 km / 1 x 0.6 km</b>
<b>U10 Girls</b>	<b>2010, 2011</b>	<b>0.5 km + 0.5 km</b>	<b>0.6 km / 1 x 0.6 km</b>
<b>U12 Boys</b>	<b>2008, 2009</b>	<b>1.5 km + 1.5 km</b>	<b>0.6 km / 2 x 0.6 km</b>
<b>U12 Girls</b>	<b>2008, 2009</b>	<b>1.5 km + 1.5 km</b>	<b>0.6 km / 2 x 0.6 km</b>
<b>U14 Boys</b>	<b>2006, 2007</b>	<b>3.25 km + 3.25 km</b>	<b>0.6 km / 2 x 0.6 km</b>
<b>U14 Girls</b>	<b>2006, 2007</b>	<b>3.25 km + 3.25 km</b>	<b>0.6 km / 2 x 0.6 km</b>
<b>U16 Boys</b>	<b>2004, 2005</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>U16 Girl</b>	<b>2004, 2005</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>U18 Boys</b>	<b>2002, 2003</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>U18 Girls</b>	<b>2002, 2003</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>U20 Men/Women</b>	<b>2000, 2001</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>Senior Men/Women</b>	<b>1990 - 1999</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>Masters 1, 2</b>	<b>1980 - 1989</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>Masters 3, 4</b>	<b>1970 - 1979</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>Masters 5, 6</b>	<b>1960 - 1969</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>Masters 7+</b>	<b>1959 and earlier</b>	<b>6.5 km + 6.5 km</b>	<b>0.6 km / 3 x 0.6 km</b>
<b>PN Men/Women</b>	<b>Development</b>	<b>0.5 km + 0.5 Km</b>	<b>0.6 km / 2 x 0.6 km</b>
<b>PN Men/Women</b>	<b>All other categories</b>	<b>3.25 km + 3.25 km</b>	<b>0.6 km / 2 x 0.6 km</b>