



RACE NOTICE

Saskatchewan Provincial Cross Country Ski Championships

February 11 & 12, 2023

Gordie Howe Sports Complex, Saskatoon

General Information

REGISTRATION MUST BE DONE ON-LINE BY 5 P.M. ON FEBRUARY 9th AT www.zone4.ca LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED.

Competitions

Saturday, February 11th: Race starts at: 11:00 a.m. Classic Sprint; Qualifying with King's Court Format Final

Sunday, February 12th: Race starts at: 10:00 a.m. Freestyle technique mass start distance race.

Course Maps: Will be available at <http://grapefruitcup.weebly.com/>

Hosted By: Saskatoon Nordic Ski Club

Venue: Gordie Howe Sports Complex, Saskatoon

Rules: Cross Country Saskatchewan Sask Cup Series Rules (2022-23 version); and FIS ICR - CCR (Canadian Competition Rules) Precisions 2022. Para-nordic categories will also be governed by WPNS Rules and Regulations for Cross Country Skiing and Biathlon, October 2022. **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 12 p.m. on February 9th if the race must be cancelled.

The cancellation or postponement notice will also be posted on <http://grapefruitcup.weebly.com/> and will be posted to the SNSC Race WhatsApp Group.



Sign up to the group using the following:



Races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20°C. U12 – U8 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: Dan Brisbin
Chief of Competition: Al Theede
Coach: TBA

Race Committee

Chief of Competition: Al Theede
Competition Secretary: Jan Sedgwick
Chief of Timing: Cathy Satjos
Chief of Controllers: Brennan Craig

Chief of Course: Ken English
Chief of Stadium: TBD
Chief of Results: Kathryn Theede

Facility Information

Location: The Gordie Howe Sports Complex; the entrance to the parking lot is located at the intersection of Avenue R and Dudley St.

Race office: The office will be located in the K+S Building, Change Room #2. To reach this location, enter the parking lot at the intersection of Avenue R and Dudley St, enter the building, room is on the main floor on the left.

Communication: Use the Whatapp Group for discussions with Race Director

Email: gmeinert@sasktel.net

Race Office Hours: Open 8:00 a.m. on Saturday and 8:00 am on Sunday. Closes one hour after awards finish on both days.

Daylodge: K+S Building is a heated building with toilets, water and seating. No skis or poles allowed inside.

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

Food: Drinks and snacks will NOT be provided for athletes. Please bring your own.

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. ON FEBRUARY 9th AT www.zone4.ca. LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED. Search for "2023 CCS Provincials".

Please be careful to register in the correct gender and age categories and to enter NC race license numbers correctly. Do not enter text comments in the license fields.

Race Licenses

This event is sanctioned as a Nordic Canada (NC) Tier 2 event so all U16 and older competitors must have a **current** NC license valid for the **2022-23** competition season or must purchase NC Supporting Member Day Licenses (NC SMDL) at a cost of \$5 per race in addition to race registration fees. Athletes in the U14 and younger categories must have a current NC development license valid for the 2022-23 competition season if they wish to be eligible to earn CPL points. If they do not have this licence and are not members of a NC or CCS member club, they are welcome to participate but they must purchase a NC Supporting Member Day License (NC SMDL) at a cost of \$5 per race in addition to race registration fees.

Citizen Racers are welcome but they must purchase a NC SMDL at a cost of \$5 per race in addition to race registration fees, unless 1) they live in another province or territory and already hold a valid 2022-23 NC license or development licence, or 2) they are in the U14 and younger age categories and a member of a NC or CCS member club. They will compete in the same classes and ski the same distances as Sask Cup competitors, and will compete for 1st, 2nd and 3rd place provincial championship awards.

Competitors holding a valid Nordiq Canada licences will receive preferential seeding (see "Draw").

Waivers

All competitors must sign a waiver 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

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Race fees (per race): \$25 for U16 and older age class, \$15 for U14, U12 & U10 and \$5 for U8 classes; \$10 for Para and Special Olympic divisions. 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 U16 and older categories who do not hold NC licences, and competitors in the U14 and younger categories who are not members of a NC or CCS member club, must also purchase a NC Supporting Member Day License (SMDL) at a cost of \$5 per race in addition to race registration fees as part of the Zone4 registration process.



Schedule of Events

Friday

Team Captains' meeting: 7:00 p.m. (Via MS Teams)

Saturday

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

Course open for training until 10:45 a.m.

Race: Start at 11:00 a.m.

Team Captains' meeting: 7:00pm (Via MS Teams)

Sunday

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

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

Race: Start at 10:00 a.m.

Draw: For the Saturday and Sunday races, start order for U12 - U8 will be determined by random draw. Start order for U14 and older categories will be determined in two groups: 1) NC licensed and development licence racers will be given preferential seeding with start order determined by CPL points. 2) Racers without NC licenses will be grouped together in a random draw.

Course Maps and profiles: Will be posted on <http://grapefruitcup.weebly.com/>

Start Lists: Start lists will be available on Zone4 at <https://zone4.ca> and at the Team Captains' meeting.

Team Captains' Meeting (MS Teams): 7:00pm on Friday ([Click here to join the meeting](#))
7:00pm on Saturday ([Click here to join the meeting](#))

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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

Medals will be presented to first, second and third place finishers in each gender and age category for U20 and younger categories. Awards will be presented outside the K+S Building after the races on Saturday and Sunday.



Wax Policy

CCS follows Nordiq Canada fluoro policy. For the 2022-23 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events.

Details can be found [HERE](#)

EVENT CATEGORIES

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

CATEGORY	YEAR OF BIRTH	FEB. 11 CLASSIC SPRINT	FEB. 12 FREESTYLE DISTANCE
U8 (Boys/Girls)	2015 and later	0.5 km	1.0 km
U10 (Boys/Girls)	2013, 2014	0.5 km	2.0 km
U12 (Boys/Girls)	2011, 2012	0.5 km	3.0 km
U14 (Boys/Girls)	2009, 2010	1.0 km	6.0 km
U16 (Boys/Girls)	2007, 2008	1.0 km	9.0 km
U18 (Boys/Girls)	2005, 2006	1.0 km	12 km
U20 Men/Women	2003, 2004	1.0 km	12 km
Senior Men/Women	1993 - 2002	1.0 km	12 km
Masters 1, 2	1983 - 1992	1.0 km	12 km
Masters 3, 4	1973 - 1982	1.0 km	12 km
Masters 5, 6	1963 - 1972	1.0 km	12 km
Masters 7+	1962 and earlier	1.0 km	12 km
PN Men/Women Development	Sit and Visually Impaired	0.5 km	2.0km
PN Men/Women	Sit and Visually Impaired	1.0 km	6.0km
PN Men/Women	Standing	Applicable age group	Applicable age group
Special O	All Ages	TBD	TBD