



RACE NOTICE

Sask Cup #4 & #5

February 3 & 4, 2024

Gordie Howe Sports Complex, Saskatoon

General Information

REGISTRATION MUST BE DONE ON-LINE BY 12 P.M. ON FEBRUARY 1st AT:
<https://zone4.ca/register.asp?id=34450>

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED.

Competitions

Saturday, February 3rd: Race starts at: 11:00 a.m. Classic Sprint; Qualifying with King's Court Format Final

Sunday, February 4th: Race starts at: 10:00 a.m. Freestyle technique Pursuit 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 (2023-24 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 2023.

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 Thursday February 1st if the race must be cancelled.



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.

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

Jury: Technical Delegate: Dan Brisbin
Chief of Competition: Geoffrey Meinert
Official: Cory Farthing

Race Committee

Chief of Competition: Geoffrey Meinert
Competition Secretary: Brayden Amos
Chief of Timing: Cam Zimmer
Chief of Controllers: Brennan Craig

Chief of Course: Ken English
Chief of Stadium: Scott McGibney
Chief of Results: Kathryn Theede

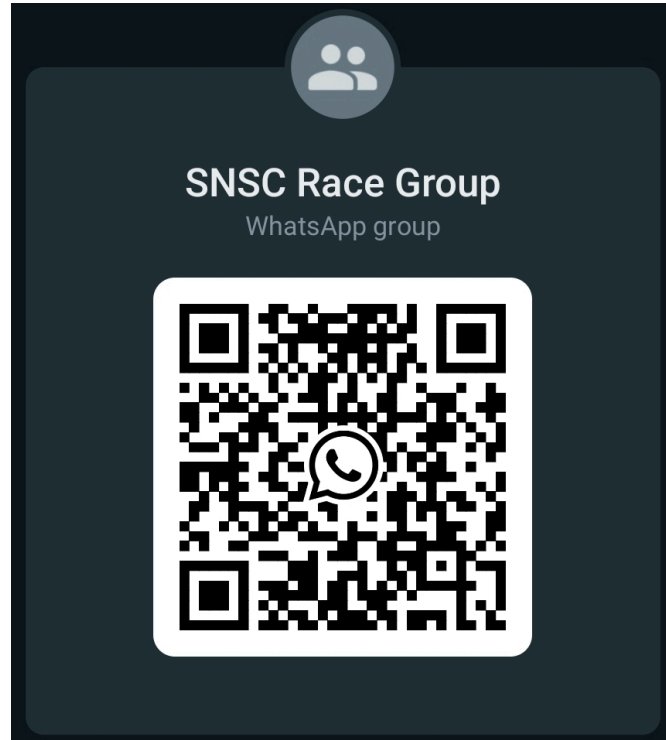
Facility Information

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 Timing Hut located in the ball diamond loop.

Communication: Use the WhatsApp Group for discussions and updates.

Sign up to the WhatsApp group using the [LINK](#) or scan the code below:



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: Limited drinks and snacks will be provided to athletes. Please also bring your own.

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

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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

All competitors skiing in U14 and older categories must have at least one of the following licenses:

- Nordiq Canada Race License (U16+)
- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)
- Nordiq Canada Development License (U14 and under if CPL points desired-see NC website)
- Nordiq Canada Event License (U14 and under) This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

U12 category and younger do not require a license of any type, but do require a valid Nordiq Canada club membership. Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq club, must have a Nordiq Canada Race or Event license to compete.

For U12 and lower age groups at TIER2's ONLY:

- If you are a Nordiq Canada Club member – NO Additional license required.
- If you are U12 – Are you a Nordiq Canada Club member, racing up to U14, and want CPL points – you will need a Nordiq Canada Development License
- If you are NOT a Nordiq Canada Member–you will need to purchase a Nordiq Canada Event License.

Please make sure you have renewed/purchased your licence(s) for this year [HERE](#) prior to registering.

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.



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](#))

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

Ribbons 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 2023-24 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events.

- Structure tools ARE permitted.
- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated glide or grip waxes or tuning products containing fluorine liquid are NOT permitted at Sask Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g. LF, HF, block, powder, liquid or kick wax).

EVENT CATEGORIES

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

CATEGORY	YEAR OF BIRTH	FEB. 3 CLASSIC SPRINT	FEB. 4 FREESTYLE PURSUIT
U8 (Boys/Girls)	2016 and later	0.5 km	1 km
U10 (Boys/Girls)	2014, 2015	0.5 km	2 km
U12 (Boys/Girls)	2012, 2013	0.5 km	4 km
U14 (Boys/Girls)	2010, 2011	1.0 km	8 km
U16 (Boys/Girls)	2008, 2009	1.0 km	12 km
U18 (Boys/Girls)	2006, 2007	1.0 km	12 km
U20 Men/Women	2004, 2005	1.0 km	12 km
Senior Men/Women	1994 - 2003	1.0 km	12 km
Masters 1, 2	1984 - 1993	1.0 km	12 km
Masters 3, 4	1974 - 1983	1.0 km	12 km
Masters 5, 6	1964 - 1973	1.0 km	12 km
Masters 7+	1963 and earlier	1.0 km	12 km
PN Men/Women Development	Sit and Visually Impaired	0.5 km	2 km
PN Men/Women	Sit and Visually Impaired	1.0 km	4 km
PN Men/Women	Standing	Applicable age group	Applicable age group
Special O	All Ages	TBD	TBD