



# RACE NOTICE

## Sask Cup #6 & #7 (Provincials)

February 24 & 25, 2024

Gordie Howe Sports Complex/Holiday Park Golf Course,  
Saskatoon

### General Information

**REGISTRATION MUST BE DONE ON-LINE BY 12 P.M. ON FEBRUARY 22<sup>nd</sup> AT:**  
<https://zone4.ca/register.asp?id=34450>

**LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED.**

#### Competitions

Saturday, February 24<sup>th</sup>: Race starts at: 11:00 a.m. Classic sprint; Qualifying with king's court finals

Sunday, February 25<sup>th</sup>: Race starts at: 10:00 a.m. Frees technique pursuit start distance race.

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

**Hosted By:** Saskatoon Nordic Ski Club

**Venue:** Gordie Howe Sports Complex/Holiday Park Golf Course, Saskatoon

**Rules:** Cross Country Saskatchewan Sask Cup Series Rules (2023-24 version); and FIS ICR - CCR (Canadian Competition Rules) Precisions 2024. Para-nordic categories will also be governed by FIS ICR Joint Regulations for Para Cross Country Skiing and Para Biathlon, October 2023; the FIS Para Nordic Homologation Guide, November, 2023, and the FIS Para Snow Sports Equipment Specifications 2023/2024.

**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 22<sup>nd</sup> if the race must be cancelled.

As per CCR-ICR 315.9, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20°C. U14 and younger 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

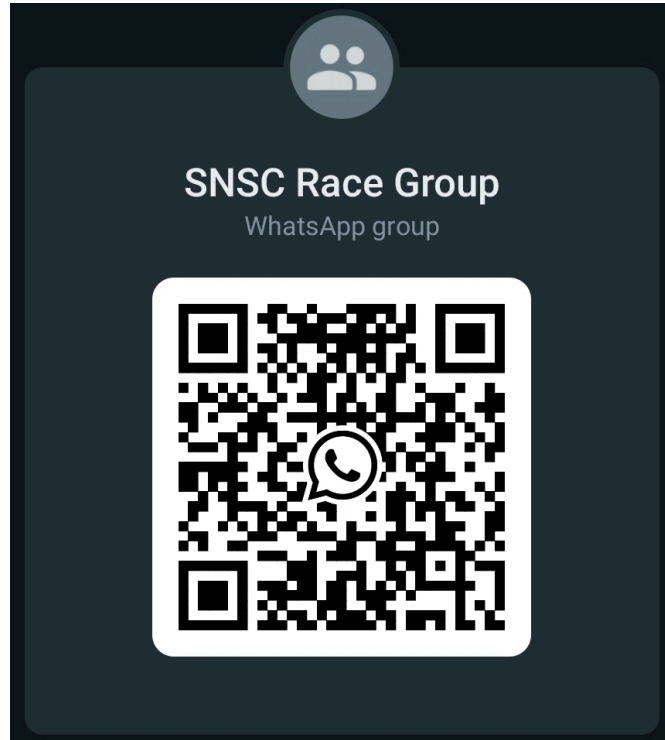
## **Facility Information**

**Location:** Gordie Howe Sports Complex (Saturday, February 24<sup>th</sup>); the entrance to the parking lot is located at the intersection of Avenue R and Dudley St.  
Holiday Park Golf Course (Sunday, February 25<sup>th</sup>); the parking lot is located at 1630 Avenue U S.

**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.



# Competition Information

**REGISTRATION MUST BE DONE ON-LINE BY 12 P.M. ON FEBRUARY 22<sup>nd</sup> AT:**

**<https://zone4.ca/register.asp?id=34450>**

**LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED.**

**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 Tier 2 Event License. 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 TIER 2's EVENTS 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 Tier 2 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

**REGISTRATION MUST BE DONE ON-LINE BY 12 P.M. ON FEBRUARY 22<sup>nd</sup> AT:**  
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**LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL NOT BE ACCEPTED.**

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 timing building after the races on Saturday and in the golf course on 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.**

<b>CATEGORY</b>	<b>YEAR OF BIRTH</b>	<b>FEB. 24 CLASSIC SPRINT</b>	<b>FEB. 25 FREE TECHNIQUE PURSUIT</b>
<b>U8 (Boys/Girls)</b>	<b>2016 and later</b>	<b>0.5 km</b>	<b>1 km</b>
<b>U10 (Boys/Girls)</b>	<b>2014, 2015</b>	<b>0.5 km</b>	<b>2 km</b>
<b>U12 (Boys/Girls)</b>	<b>2012, 2013</b>	<b>0.5 km</b>	<b>4 km</b>
<b>U14 (Boys/Girls)</b>	<b>2010, 2011</b>	<b>1.0 km</b>	<b>6 km</b>
<b>U16 (Boys/Girls)</b>	<b>2008, 2009</b>	<b>1.0 km</b>	<b>12 km</b>
<b>U18 (Boys/Girls)</b>	<b>2006, 2007</b>	<b>1.0 km</b>	<b>12 km</b>
<b>U20 Men/Women</b>	<b>2004, 2005</b>	<b>1.0 km</b>	<b>12 km</b>
<b>Senior Men/Women</b>	<b>1994 - 2003</b>	<b>1.0 km</b>	<b>12 km</b>
<b>Masters 1, 2</b>	<b>1984 - 1993</b>	<b>1.0 km</b>	<b>12 km</b>
<b>Masters 3, 4</b>	<b>1974 - 1983</b>	<b>1.0 km</b>	<b>12 km</b>
<b>Masters 5, 6</b>	<b>1964 - 1973</b>	<b>1.0 km</b>	<b>12 km</b>
<b>Masters 7+</b>	<b>1963 and earlier</b>	<b>1.0 km</b>	<b>12 km</b>
<b>PN Men/Women Development (2001 and later)</b>	<b>Sit and Visually Impaired</b>	<b>0.5 km</b>	<b>2 km</b>
<b>PN Men/Women</b>	<b>Sit and Visually Impaired</b>	<b>1.0 km</b>	<b>4 km</b>
<b>PN Men/Women</b>	<b>Standing</b>	<b>Applicable age group</b>	<b>Applicable age group</b>
<b>Special O</b>	<b>All Ages</b>	<b>TBD</b>	<b>TBD</b>