



RACE NOTICE

Sask Cup 6 & 7

March 11th & 12th

Flin Flon, Manitoba

REGISTRATION MUST BE DONE ONLINE BY 11 p.m. ON WEDNESDAY, MARCH 8TH ON www.zone4.ca

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS MAY BE ACCEPTED AT THE DISCRETION OF THE RACE ORGANIZING COMMITTEE. ANY LATE REGISTRATION ACCEPTED WILL PAY AN ADDITIONAL LATE FEE OF \$10 PER RACE.

COMPETITIONS

Saturday, March 11th- 1:00 p.m. Mass Start Classic Race.

Sunday March 12th, 11:00 a.m. Mass Start Free Technique Race

HOSTED BY: Flin Flon Ski Club

VENUE: [Flin Flon Ski Club](#)

RULES: Cross Country Saskatchewan [Sask Cup Series Rules](#) (2022-23 version); and FIS ICR - CCR (Canadian Competition Rules) November [Precisions 2021](#). [Para](#)

[nordic categories](#) will also be governed by WPNS Rules and Regulations for Cross Country Skiing and Biathlon, October 2021. Sanctioning: Cross Country Saskatchewan.

CANCELLATION: In the event that weather or trail conditions require cancellation of the race(s), the Race Committee will notify Cross Country Saskatchewan by 5 p.m. on Wednesday, March 8th if the race(s) 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 or on race day due to weather or trail conditions.

JURY: Technical Advisor: Brennan Craig
Chiefs of Competition: Dean Grove/Cody Mitchell
Coach: TBA

RACE COMMITTEE

Chiefs of Competition: Dean Grove/Cody Mitchell
Competition Secretary: Hollee Babcock
Chief of Timing: Greg Bellisle
Chief of Controllers: TBA
Chief of Course: Bill Fulford
Chief of Stadium: Dave Koop
Chief of Results: Hollee Babcock

FACILITY INFORMATION

Location: [Flin Flon Ski Club](#) The Ski Club Chalet is located approx. 2 km south of the 3rd Ave. traffic lights. There is a venue sign at the corner of Boam St. and 3rd Ave. After turning south on Boam at the lights, continue past a soccer field, cemetery, and ball diamonds to Ma Crerar Way which leads to the Chalet.

Chalet: The Chalet is a two story 900 square foot heated facility with a fully equipped kitchen, two barrier free washrooms and wheelchair access. There are many viewing vantages; behind the large glass windows, the exterior tiered deck or from the sharply rising toboggan hill.

Race Office: The Race Office is located in the bottom of the ski chalet for registration and bib pickup.

Race Office Hours: Saturday, 10 a.m. to 12 p.m. Sunday 9 a.m. to 10 a.m.

Communication: Information about the races can be found on the [Flin Flon Ski Club Website](#). For further information, please contact: Dean Grove (bigisland5959@gmail.com, 204.923.0315)

Waxing Facilities: There will be a 14' x 16' exploration tent set up in the parking lot for waxing.

Food: Food and drink will be available through out the day in the chalet.

Trail Passes: Trail passes are not required for registered skiers and coaches/parents.

COMPETITION INFORMATION

REGISTRATION MUST BE DONE ONLINE BY 11 pm ON WEDNESDAY MARCH 8TH AT www.zone4.ca. SEARCH FOR "SASK CUP 6 & 7 FLIN FLON"

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS MAY BE ACCEPTED AT THE DISCRETION OF THE RACE ORGANIZING COMMITTEE. ANY LATE REGISTRATIONS ACCEPTED WILL PAY AN ADDITIONAL FEE OF \$10.00 PER RACE.

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

Race Licenses

This event is sanctioned by Cross Country Saskatchewan, but is NOT sanctioned as a Nordiq Canada Tier 2 event as no Technical Director is available to attend. Racers may still accumulate SaskCup points.

Citizen Racers (non CCS Club members) are welcome to participate but must purchase a Nordiq Canada Supporting Member Day License 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 Nordiq Canada license or development license, or 2) they are in the U14 and younger age categories and a member of a Nordiq Canada or CCS member club.

Competitors holding a valid Nordiq Canada licenses 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.

Race Fees:

\$20 for U16 and older

\$10 for U14, U12 & U10

\$5 for U8

\$10 for Para and Special Olympic divisions

Zone4 registration requires a credit card and that the registrant will pay the credit card fee and Zone4 processing fee as part of the online registration.

Schedule of Events

Thursday March 9th

8:00 p.m. CST-Team Captains meeting via Zoom.

<https://us05web.zoom.us/j/81929683701?pwd=b3Jic3Y0NHQ3VnFCU3U0ekczdmNaZz09> Meeting ID: 819 2968 3701 Passcode: DUcUT4

Friday March 10th

Meet and Greet: Friday 7:00 p.m

Flin Flon Ski Club Chalet

Snacks and Non- alcoholic drinks
Ski under the lights!

Saturday March 11th

Race Office Opens: 10:00 a.m.

Course Closes: 12:00 p.m.

Race Start: 1:00 p.m.

7:00 p.m. Team Captain's Meeting via Zoom

<https://us05web.zoom.us/j/88293211128?pwd=NFBXR0Y0ZzAzMjNuUkxQWUNQc2NCdz09> Meeting ID: 882 9321 1128 Passcode: ZiW8kz

Sunday March 12th

Race Office Opens: 9:00 a.m.

Course Closes: 10:00 a.m.

Race Start: 11:00 a.m.

Draw: Start order for U8 to U12 will be determined by random draw. Start order for U14 and older will be determined in two groups: 1) NC license and development license racers will be given preferential seeding with start order determined by CPL points; and 2) non-NC licensed racers and citizen racers will be grouped together in a random draw.

Course Maps and Profiles: Course/stadium/trail maps/profiles will be available at the chalet and posted on [the Flin Flon Ski Club website](#)

Start Lists: Will be posted on the Flin Flon Ski Club website Thursday, March 9th by 9 p.m. Start lists will also be available on Zone4 at <https://zone4.ca> and at the Team Captains' meeting.

Unofficial Results and Protests: Unofficial results will be posted outside 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

Awards will be presented to first, second and third place finishers in each gender and age category. Awards will be presented at the podium by the south deck following the completion of all races each day.

Wax Policy

Cross Country Saskatchewan follows Nordiq Canada fluoro policy. For the 2022-23 season there will be a full fluoro ban applied for all Nordiq Canada/CCS sanctioned events. Details can be found [HERE](#).

Health Concerns

While the Govt's of Saskatchewan and Manitoba do not currently require wearing of masks or proof of vaccination, participants should be aware that respiratory viruses like the common cold, flu, Covid 19 and RSV are currently circulating in both provinces. There are no restrictions at this Sask Cup event but participants should consider limiting their time indoors(i.e. in the chalet), and/or wearing masks when they must be in close contact with other people. Participants should not attend if they are sick.

Categories/Distances

Age Category	Year of Birth	Sat Classic Race Distance Male	Sat Classic Race Distance Female	Sunday Free Tech Race Distance Male	Sunday Free Tech Race Distance Male
U 8 Boys and Girls	2015 and later	1.0 km	1.0 km	1.0 km	1.0 km
U 10 Boys and Girls	2013, 2014	3.0 km	3.0 km	3.0 km	3.0 km
U12 Boys and Girls	2011, 2012	3.2 km	3.2 km	3.2 km	3.2 km
U14 Boys and Girls	2009, 2010	9.4 km	6.6 km	6.7 km	6.7 km
U16 Boys and Girls	2007, 2008	9.4 km	9.4 km	6.7 km	6.7 km
U 18 Boys and Girls	2005, 2006	9.4 km	9.4 km	6.7 km	6.7 km
U20 Men and Women	2003,2004	9.4 km	9.4 km	6.7 km	6.7 km
Senior Men and Women	2002 and earlier	9.4 km	9.4 km	6.7 km	6.7 km
Masters 1 & 2 Men and Women	1983-1992	9.4 km	9.4 km	6.7 km	6.7 km

Masters 3 & 4 Men and Women	1973-1982	9.4 km	9.4 km	6.7 km	6.7 km
Masters 5 & 6 Men and Women	1963-1972	9.4 km	9.4 km	6.7 km	6.7 km
Masters 7 and Beyond Men and Women	1962 and earlier	9.4 km	9.4 km	6.7 km	6.7 km
Para Nordic Dev Sit Men and Women	On or after 2000	2.0 km	2.0 km	2.0 km	2.0 km
Para Nordic Open Sit Men and Women	Before 2000	3.0 km	3.0 km	3.0 km	3.0 km
Para Nordic Stand Dev Men and Women	On or after 2000	9.4 km	9.4 km	6.7 km	6.7 km
Para Nordic Stand Open Men and Women	Before 2000	9.4 km	9.4 km	6.7 km	6.7 km
Para Nordic Dev V.I. Men and Women	On or after 2000	9.4 km	9.4 km	6.7 km	6.7 km
Para Nordic Open V.I. Men and Women	Before 2000	9.4 km	9.4 km	6.7 km	6.7 km

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

Accommodation

- **The Victoria Inn-** Flin Flon (204) 687-7555 (Our largest full-service Hotel) Restaurant; lounge- full service.
- **Prospector Inn-**225 Creighton Ave., Creighton, Saskatchewan 1-306-688-1000
 - Restaurant; lounge-full service.
- **Bakers Narrows Lodge** 1-204.681.3250 or email info@bakersnarrowslodge.com.
 - Cabin rentals, meals available
- **Dawn Straf** “My Gingerbread House” bed and breakfast-1-306-688-0852. Mygingerbreadhouse2015@gmail.com
- **Oreland Motel**-1.204.687.3467. orelandmotel@mymts.net

Restaurants/Food

Restaurants-This link provides an overview of all eating places in the area.

Recently opened restaurants

[Aurora and Pine Bistro](#) formerly Mugsy's.

[Inferno Shwarma and Donair](#)

