



RACE NOTICE

Sask. Cup #8 & School Ski Championships

DON ALLEN TRAILS, LA RONGE

FRIDAY, MARCH 8, 2023

REGISTRATION MUST BE DONE ONLINE BY 7pm ON TUESDAY, MARCH 5, 2024 AT
<https://zone4.ca/register.asp?id=34912>

Skill Required: The Don Allen Trails have challenging terrain, therefore skiers should have the ability to climb the up hills and snowplow and slow down on the down hills if required.

Note: The School Ski Championships event focuses on school ski groups. However, the championship is a Sask Cup event, and it is open to entries from ALL skiers regardless of age. The event will accept entries from individuals who are not part of a school ski group, and those individuals will be able to earn Sask Cup points if they are registered with an affiliated CCS ski club.

Late Registrations: Late registrations may be accepted at the discretion of the Race Organizing Committee. Any late registrations accepted will pay an additional late fee of \$10 per race.

COMPETITIONS

The main event is a free technique distance race with mass starts. Racers are to be at the race venue on Friday by 10:00 a.m. to be ready for the race start at 11:00 a.m. Race office opens at 9:30 a.m. at the Don Allen Trails and will remain open until the day's official results are posted.

Relay Event

Junior Relay

Schools are invited to field a team of 4 skiers who will each ski a 300-metre loop (Wapoose Way short version). A Junior Relay Team must consist of 2 girls and 2 boys from the same school in the U12 category or younger. Schools will be allowed to enter more than one team.

Open Relay

Schools are invited to field a team of 4 skiers who will each ski a 460-metre loop (Wapoose Way). An Open Team must consist of 2 girls and 2 boys from the same school. Skiers can be from U18 and under. Schools will be allowed to enter more than one team.

****NEW** - Obstacle Course**

The obstacle course will be set up in the stadium area for skiers in the U12 and under categories. Skiers will be able to attempt the obstacle course as many times as they want during the 30 min time frame, while the relay events are happening.

Cash Sprints

There will be fun, short distance cash sprints held in the stadium just prior to the awards ceremony for racers in each of the age groups from U18 and under.

\$10.00 for 1st and \$5.00 for 2nd

HOSTED BY: La Ronge Ski Club

VENUE: Don Allen Ski Trail system, located 20 km north of La Ronge on Highway 102 at the junction of Highway 102 & the Nemeiben Lake Road.

RULES: Cross Country Saskatchewan Sask Cup Series Rules (2023-24 version); and FIS ICR - CCR (Canadian Competition Rules) November Precisions 2021. Para Nordic categories will also be governed by Para Nordic International Competition Rules (ICR), 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(s), the Race Committee will notify Cross Country Saskatchewan by 12PM on Tuesday, March 5 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 the race format, distances and start times before or on race day due to weather or trail conditions.

JURY: Technical Advisor: Sid Robinson
Chief of Competition: Gabe Andrews
Third Jury Member: Jody Laliberte

RACE COMMITTEE: Chief of Competition: Gabe Andrews
Competition Secretary: Julie Andrews
Chief of Timing: Jim Andrews
Chief of Controllers: Sid Robinson
Chief of Course: Sid Robinson
Chief of Stadium: Gabe Andrews
Chief of Results: Mark Potts

FACILITY INFORMATION

Location: Don Allen Ski Trail system located 20 km north of La Ronge on Highway 102 at the junction of Highway 102 & the Nemeiben Lake Road.

Race Office: Don Allen Ski Trails

Race Office Hours: Friday, Mar. 8 9:30am – 3:00pm

WhatsApp Messaging: Click this [LINK](#) to join or scan this QR Code:

Email: gabe.andrews@usask.ca



Waxing Facilities: An indoor wax room with electrical plug-ins suitable for irons will be available to coaches and athletes. However, race organizers reserve the right to control the

number of persons in the wax room at any one time. **Please use the side door to enter the waxing facility.**

Food: Free hot dogs, cookies and drinks will be served at the end of the race.

COMPETITION INFORMATION

REGISTRATION MUST BE DONE ONLINE BY 7pm ON Tuesday, March 5, 2024, AT

<https://zone4.ca/register.asp?id=34912>

OR SEARCH FOR: La Ronge Sask Cup #8 & School Ski Championships 2024 at www.zone4.ca
LATE REGISTRATIONS AND RACE DAY REGISTRATIONS. Late registrations may be accepted at the discretion of the Race Organizing Committee. Any late registrations accepted will pay an additional late fee of \$10 per race. Please be careful to register in the correct gender and age categories.

Registration for the Junior and Open Relay: must occur using the Zone4 registration link when the coach/chaperone registers

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 (per race): Entry fee is \$5.00 per skier. Cost for team relays is \$10.00 per team.

Zone4 registration requires a credit card payment at the time of registration OR you can bring a cheque made payable to La Ronge Ski Club upon bib pick up.

Schedule of Events

Thursday

Team Captain's Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link:

<https://uregina-ca.zoom.us/j/3811022912>

Friday

Race Office Opens: 9:30am

Course Closes: 10:45am

Race Start: 11:00am

Relay Race Start and Obstacle Course: 12:30pm

Sprint For Cash: 1:00pm

Awards: 1:30pm

Draw: Seeding for start order for all skiers will be determined by random draw.

Course Maps and Profiles: Course and stadium maps will be posted at www.larongeskiclub.ca and are attached at the bottom of this document.

Start Lists: Will be posted on the Zone4 Event Page on Thursday, March 7 by 9PM and will be shared via email to all of the coaches/chaperones.

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: for 1st, 2nd and 3rd will be awarded to racers in U20 and under competitive categories at the race stadium at the close of the races. All participants in the non-competitive categories will receive a medal for completing their event when they return their bib.

Banners: Gold banners will be awarded to the top schools in both a “large school” and a “small school” category based on participation points (1 point per finisher). Banners will also be awarded to schools winning the Junior Relay and Open Relay.

Wax Policy

Cross Country Saskatchewan follows Nordiq Canada fluoro policy. For the 2023-24 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events. Details can be found [HERE](#).

INDIVIDUAL EVENT CATEGORIES/DISTANCES

Distance	Loops
1 km	2 laps of Wapoose Way
2 km	2 km loop
3 km	3 km loop
4 km	2 km loop then 2 km loop
5 km	3 km loop then 2 km loop
8 km	3 km loop; 3 km loop; 2 km loop
P.N Sit and V.I	2 loops of big warm up loop

CATEGORY	YEAR OF BIRTH	Competitive FREE TECHNIQUE DISTANCE	Non-Competitive FREE TECHNIQUE DISTANCE
U8 (Boys/Girls)	2016 and later	1 km	1 km
U10 (Boys/Girls)	2014, 2015	2 km	1 km
U12 (Boys/Girls)	2012, 2013	4 km	2 km
U14 (Boys/Girls)	2010, 2011	5 km	2 km
U16 (Boys/Girls)	2008, 2009	8 km	3 km
U18 (Boys/Girls)	2006, 2007	8 km	3 km
U20 Men/Women	2004, 2005	8 km	3 km
Senior Men/Women	1994 - 2003	8 km	3 km
Masters 1, 2	1984 - 1993	8 km	3 km
Masters 3, 4	1974 - 1983	8 km	3 km
Masters 5, 6	1964 - 1973	8 km	3 km
Masters 7+	1963 and earlier	8 km	3 km
PN Men/Women Dev.	Sit and V.I	2 km	N/A
PN Men/Women	Sit and V.I	2 km	N/A
PN Men/Women	Standing	Applicable age group	Applicable age group
Special O	All Ages	TBD	TBD

RELAY EVENT CATEGORIES/DISTANCES

Category	Distance	Loop
Junior (U12 and under)	4 x 460m	Wapoose Way
Open (U14 – U18)	4 x 700m	Boogie on Down

Don Allen Trails

(Distances are total from Stadium and return.
Trails typically skied clockwise.)

- Stadium and sprint loops
- Warm-up loops
- 5.5 km Summit
- 2 km
- 3 km
- 5 km
- 7.5 km
- 10 km Midway Lake

