



RACE NOTICE

Sask. Cup #9

DON ALLEN TRAILS, LA RONGE

TIER 3 Event

SATURDAY, MARCH 9

REGISTRATION MUST BE DONE ONLINE BY 7pm ON THURSDAY, MARCH 7, 2024, AT

<https://zone4.ca/register.asp?id=34966>

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

Sask Cup #9 is a CLASSIC technique distance race with interval starts. Racers are to be at the race venue on Saturday by 9:00 a.m. for bib pick up and to be ready for the race start at 10:00 a.m. Race office opens at 8:30 am at the Don Allen Trails and will remain open until the day's official results are posted.

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 Thursday, March 7 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: Saturday, Mar. 9 8:30am – 3:00pm

WhatsApp Messaging: Open this [LINK](#) or scan QR code to join.

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

Food: Food and drinks may be limited at the race venue. Athletes and other attendees are expected to look after their own food and drink needs.

COMPETITION INFORMATION

REGISTRATION MUST BE DONE ONLINE BY 7pm ON Thursday, March 7, 2024, AT <https://zone4.ca/register.asp?id=34966> OR SEARCH FOR: La Ronge Sask Cup #9 (2023-2024) 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 and to enter NC race license numbers correctly so you are not charged additional fees. Do not enter text comments in the license fields. Nordiq Canada race licenses must be valid for the 2023-24 competition year.

Race Licenses: As a Tier 3 event, all competitors must pay (\$3) for a Tier 3 Event License upon registration.

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):

- \$20 for U16 and older
- \$10 for U14, U12 & U10
- \$5 for U8
- \$10 for Para Open and Special Olympic
- \$5 for Para Development

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

Friday

Race Venue Open: 3:00pm

Team Captain's Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link:
<https://uregina-ca.zoom.us/j/3811022912>

Saturday

Race Office Opens: 8:30am

Course Closes: 9:45am

Race Start: 10:30am

Awards: to follow races

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
- 2) non-NC licensed racers and citizen racers will be grouped together in a random draw.

Course Maps and Profiles: Course and stadium maps will be posted on the Zone 4 event page and also can be found below.

Start Lists: Will be posted on the Zone 4 event page. Start lists will also be available at the Team Captains' meeting.

Unofficial Results and Protests: Unofficial results will be posted at the race site. 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: Medals for 1st, 2nd and 3rd will be awarded to racers in all categories at the race stadium at the close of the races.

Racers must be present at the awards ceremony to receive a ribbon or cash prize. However, racers absent from the awards ceremony will maintain their standing in their races and will be awarded any applicable CCS and CPL points.

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](#).

EVENT CATEGORIES/DISTANCES

Saturday, March 9th – Classic Technique – Interval Start

Signed Distance	Loops
1km	2 laps of Wapoose Way
2km	2km loop
4km	2km loop then 2km loop
5km	3km loop then 2km loop
8km	3km loop; 3km loop; 2km loop
P.N Sit and V.I (2.0km)	2 loops of big warm up loop

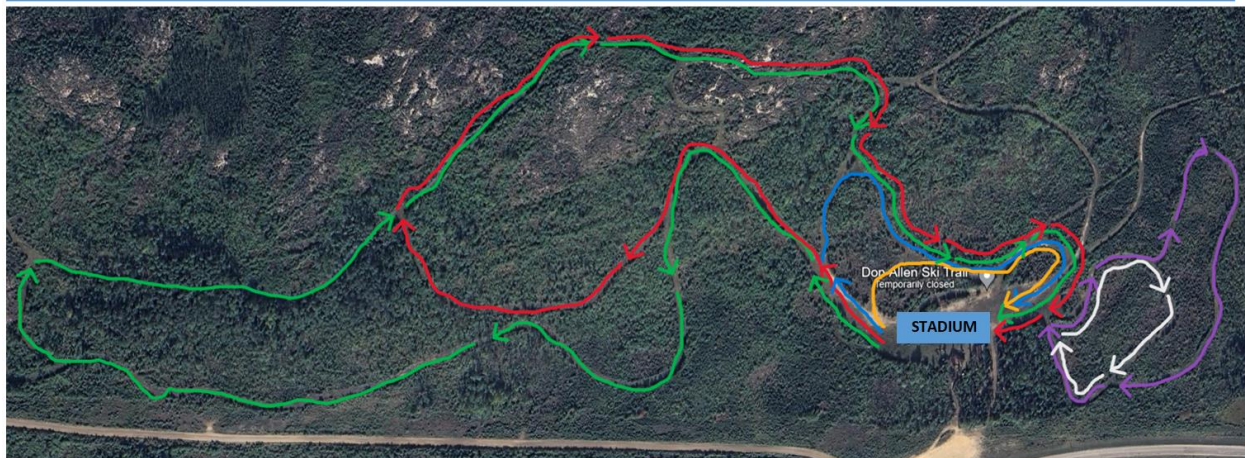
CATEGORY	YEAR OF BIRTH	DEC. 17 FREE TECHNIQUE DISTANCE
U8 (Boys/Girls)	2016 and later	1 km
U10 (Boys/Girls)	2014, 2015	2 km
U12 (Boys/Girls)	2012, 2013	4 km
U14 (Boys/Girls)	2010, 2011	5 km
U16 (Boys/Girls)	2008, 2009	8 km
U18 (Boys/Girls)	2006, 2007	8 km
U20 Men/Women	2004, 2005	8 km
Senior Men/Women	1994 - 2003	8 km
Masters 1, 2	1984 - 1993	8 km
Masters 3, 4	1974 - 1983	8 km
Masters 5, 6	1964 - 1973	8 km
Masters 7+	1963 and earlier	8 km
PN Men/Women Dev.	Sit and V.I	2 km
PN Men/Women	Sit and V.I	2 km
PN Men/Women	Standing	Applicable age group
Special O	All Ages	TBD

MAPS



Green - 3km Loop
Red - 2km loop

Don Allen Ski Trails Map—Sask Cup #9 - Sat. March 9/24



LA RONGE
NORDIC SKI CLUB

Accommodations

La Ronge has five hotels/motels where skiers may book a room:

La Ronge Hotel & Suites: Located on La Ronge Avenue (a busy hotel). Phone (306) 425-2190 to confirm rates and book.

Harbour Inn: Also located on La Ronge Avenue on the lakeside 3 blocks east from the La Ronge Hotel & Suites (and next to the Legion Hall). Quiet location. Phone (306) 425-3262 to book.

Waterbase Inn: Located on La Ronge Avenue across from Robertson Trading. Phone (306) 425-5550 to book.

Riverside Motel: Motel located on the west side of Highway 2 just as you cross the bridge on the way into town. Phone (306) 425-2150 for room rates and availability.

Drifters Motel: Motel located off Highway 2 just as you turn into La Ronge on Brown Street. Phone (306) 425-2224 to book.

Eagle Point Resort: Resort is 2 kilometers north of La Ronge on Highway 102 and then 1.5 kilometers east on an access road. The resort has 2-bedroom cabins available for winter use. Phone (306) 425-2273 to book.