



RACE NOTICE

2023 Sask Winter Games

February 23 - 25

Douglas Park, Regina, SK

Athletes and coaches selected to district teams have already registered on GemsPro. No Further registrations are permitted.

Reminder: Athletes must be a member of a Cross Country Sask Member Club.

COMPETITIONS

Thursday, February 23 rd	Interval Start – Free Technique Distance Race
Friday, February 24 th	Classic Sprint Qualification Race and Sprint Heats
Saturday February 25 th	Classic Relay Race

HOSTED BY: Regina Ski Club

VENUE: Douglas Park, Canada Summer Games Complex, Regina, Sk

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 Jury will follow Saskatchewan Winter Games protocols.

Races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below – 20°C. Junior 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 Delegate: Dan Brisbin
Chief of Competition: Fiona Vincent
Competition Secretary: Brennan Craig

RACE COMMITTEE

Chief of Competition: Fiona Vincent
Competition Secretary: Brennan Craig
Chief of Timing: Brennan Craig
Chief of Controllers: Craig Francis
Chief of Course: Mike Vincent
Chief of Results: Brennan Craig

FACILITY INFORMATION

Location: Douglas Park (Canada Games Athletic Complex) 3025 McDonald St. Regina, Sk S4N 1J5
Race Office: CGAC Washroom building
Race Office Hours: Open each date from when the buses arrive until last bus departs back to the university of Regina.



Communication: Brennan Craig 306-570-3775
Email: queencitycraigs@gmail.com

RMF Building: Wheelchair accessible, heated with toilets, water and seating..

Waxing facilities: A room is being provided at the University of Regina so ski waxing can be done indoors at the (athletes' village). The shop has power and lighting and the floors will be covered with poly. Teams should bring their own wax benches and forms as quantity could be limited. Skis must be waxed outdoors at the Douglas park venue.

Food: Drinks and lunches are provided to athletes and coaches each day.

COMPETITION INFORMATION

Race Licenses

All competitors must have a current Cross Country Saskatchewan club membership



Schedule of Events

Wednesday February 22nd

8:00pm Team Captains' (Coaches) Meeting - Rm 310 Education building

Day 1 Thursday February 23: Interval Start Free Technique Races

9:00am Buses arrive at Douglas park

10:15am Coaches meeting bib pick up

11:00am Races Start – Free Technique, Interval Start

2:00pm Medal presentation

3:00pm Pick-up and Return to U of R

7:00 pm Team Captains meeting Rm310 Education Building

Day 2 Friday February 24 Classic Sprint Qualifications and Sprint Heats

8:00am Buses arrive at Douglas park

9:15am Coaches meeting bib pick up

10:00am Sprint Qualification – Classic Sprints Interval Start

12:30pm Sprint Heats - Classic

Kings Court format will divide skiers evenly into 3 first round heats. So 4 or 5 per heat. Each skier will ski 3 races. In each heat top 2 move up, bottom 2 move down, others stay where they are.

3:00pm Medal presentation



4:15pm Pick-up and Return to U of R

7:00 pm Team Captains' Meeting Rm 310 Education Building

Day 3 Saturday February 25: Relay Races

9:00am Buses arrive at Douglas park

10:15am Coaches meeting bib pick up

11:00am Relay - Mass Start Classic

1:00pm Medal presentation

2:00pm Pick-up and Return to U of R.

Draw: Start order for each age/gender will be determined by random draw for the distance races on February 23rd and for the sprint qualification on February 24th. Sprint heat placements on February 24th will be determined from sprint qualifications results. Position for first leg skiers on February 25 relay team mass start will be based on sprint qualification results from February 24th.

Course Maps and Profiles: Course maps will be available at the Team Captains meeting on February 22nd

Start Lists: Start lists will be distributed at the Team Captains Meeting.

Team Captains' (Coaches) Meeting: The first meeting Wednesday February 22 is at 8:00pm in the Education Building Room 310. Thursday and Friday meetings are at 7:00pm in the Education Building Room 310



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 will be presented to first, second and third place finishers in each category. See above schedule for estimated time of award presentations

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 sanctioned events. Details can be found [HERE](#).



EVENT CATEGORIES

CATEGORY	YEAR OF BIRTH	Feb 23 Interval Start Free Technique	Feb 24 Sprint Classic Technique	Feb 24 Relay Classic Technique
Junior Males	2012,2011,2010,2009	3 km	470 m	3 * 1.5 Km
Junior Females	2012,2011,2010,2009	3 km	470 m	3 * 1.5 Km
Senior Males	2008,2007,2006	6 km	940 m	3 * 3.0 Km
Senior Females	2008,2007,2006	6 km	940 m	3 * 3.0 Km
PN Sit	2001 to 2011	1.25km	260m	2 * 460 m
PN Standing	2001 to 2022	2.5 km	470m	2 * 1.5 km

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