

2023 Saskatchewan Winter Games Team North Trials
Cross-Country Skiing
DON ALLEN TRAILS, LA RONGE
SATURDAY, JANUARY 21, 2023

RACE NOTICE

Chief of Competition: Gabe Andrews
Technical Adviser: TBA
Race Jury: TBA

Selection Criteria

To be considered for selection for Team North XC Ski Team at the 2023 SWG you must:

- 1) Compete in both the sprint and classic distance races on January 21, 2023
- 2) Belong to a Cross Country Saskatchewan member ski club.

The team will consist of 3 - Junior Girls; 3 - Junior Boys; 3 - Senior Girls; and 3 - Senior Boys.

Final team selection/notification* will be made by email and phone on or before Tuesday, January 31, 2023.

*Team North coaches and manager reserve the right for the final selection of the team members.

Formula to Determine Top 3 Qualifier in each Category

To determine the top 3 in each category, we will use a formula combining classic distance and skate sprint races – There are two sets of results as an example with times and points calculated related to the winner's time. **Less points earned, the better.** This is a model developed by the FIS. When comparing a distance race and a sprint race the F-Value which is greater for distance races, meaning that if you finish 2 seconds behind in the distance race you will earn fewer points than if you finished 2 seconds behind in the sprint.

Classic Distance Race				Skate Sprint Race						
Placing		Time	Points	Placing		Time	Points	Overall Ranking		
1	Larry	15:56.0	0.00	1	Antoine	03:21.3	0.00	1	Sarah	1.67
2	Sarah	15:56.9	1.32	2	Sarah	03:22.0	0.35	2	Larry	19.08
3	Avery	16:12.0	23.43	3	Avery	03:22.1	4.77	3	Avery	28.20
4	Mona	16:31.0	51.26	4	Larry	03:24.5	19.08	4	Antoine	61.51
5	Antoine	16:38.0	61.51	5	Mona	03:24.9	21.46	5	Mona	88.33
6	Corey	17:50.0	166.95	6	Corey	03:25.8	26.83	6	Corey	193.77
			15:56.0				03:21.3			
Distance f=										
1400										
$\left(\frac{T_x}{T_o} - 1\right) \cdot F$										
Sprint f=										
1200										
F-Value										
Factor	800	Competition format								
Factor	1200	CC and ROL Sprints and Pursuit competitions 2 nd part								
Factor	1400	CC Competitions with Mass start and Skiathlon and ROL Mass start (on competition courses with TC >28 m/km)								
Factor	2800	Roller Ski Mass start competitions (on competition courses with TC <28 m/km) and CC FIS long distance popular competitions (art. 2.1.8)								

1. Competitions

Free technique sprint race with mass starts. Racers are to be at the race venue on Saturday by 10:00 a.m. for bib pick up and to be ready for the race start at 11:00 a.m. sharp! Race office opens 10:00am at the Don Allen Trails and will remain open until the day's official results are posted.

Classic distance race with mass starts. Racers are to be at the race venue on Saturday by 1:00 p.m. to be ready for the race start at 2:00 p.m. sharp! Race office will be at open 10:00am at Don Allen Trails and will remain open until the day's official results are posted.

Race venue is the 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.

Racecourse for the classic distance event and skate sprint will be groomed and marked no later than Friday, January 20, at 4:00 p.m.

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.

2. Hosting, Sanctioning & Rules

Competitions are hosted by the La Ronge Ski Club.

Protests: Any coach or athlete protesting a race result shall file a Protest Form with the Race Secretary at the Race Office within 15 minutes following the posting of the unofficial result being challenged.

No Medium/High Fluoro (HF) Waxes: A reminder to all coaches, parents and competitors that the CCS High Performance Committee has directed that no Medium Fluoro or High Fluoro (powders, pucks, blocks, and liquid) are to be used in Sask Cup competitions. And no cold weather powder additives and hardeners are permitted. Low-fluoro waxes will be allowed. Structure tools are permitted.

3. Coaches' Meetings

A first coaches' meeting will be held the morning of **Saturday, January 21, 2023, at 10:30 am at the Don Allen Trails.**

4. Race Categories and Distances

Junior M/F - born 2009, 2010, 2011 (ages 11, 12, 13)

Senior M/F - born 2006, 2007, 2008 (ages 14, 15, 16)

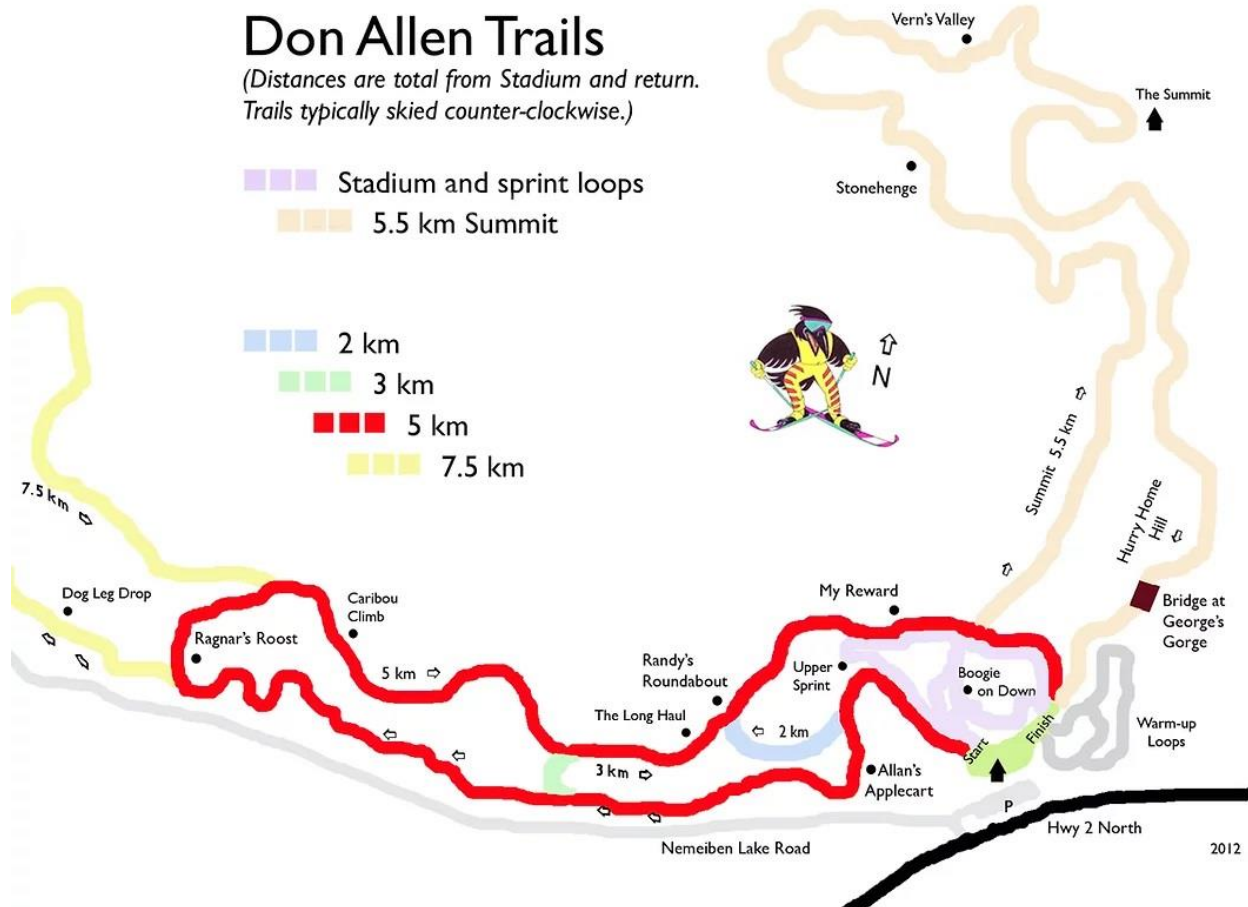
Free Technique Sprint – 700m (all categories)

Classic Distance Race:

Junior Boys/Girls – 5km (1 lap of 5km loop)

Senior Boys/Girls – 8km (1 lap of 5km + 1 lap of 3km loop)

Race Map



5. Registration

Registration Online: Racers wishing to register for the event competitions must do so online at www.zone4.ca. Once on the zone4 website, search for "Sask. Winter Games Team North Trials XC Skiing 2023" and then follow the online registration process OR follow this link <https://zone4.ca/reg.asp?id=30418>. The **DEADLINE** for online registration is **THURSDAY, JANUARY 19, 2023, AT 7:00 P.M.**

Late Registrations: Late registrations may be accepted at the discretion of the Race Organizing Committee.

Waiver: As part of the online registration process, racers (or their legal guardians on their behalf) will agree to the terms of Nordiq Canada's "Informed Consent and Assumption of Risk Agreement."

6. Food & Drinks

Athletes and other attendees are expected to look after their own food and drink needs.

7. Cancellation

If the event competition is to be postponed (**we have an alternative date of Saturday, January 28**) or cancelled due to cold weather or other cause, the Event Organizing Committee will inform NSCRD as soon as practicable. The Event Organizing Committee will also endeavor to advise coaches and athletes as soon as possible. Primary notice of any postponement or cancellation will be made by posting a notice on the Cross Country Saskatchewan website, on the La Ronge Ski Club website at www.larongeskiclub.ca and on the Club's Facebook page at "La Ronge Nordic Ski Club."

8. Hotels

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 lake side 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 kilometres north of La Ronge on Highway 102 and then 1.5 kilometres east on an access road. Resort has 2-bedroom cabins available for winter use. Phone (306) 425-2273 to book.

9. Information

For more information regarding the race, skiers may contact Event Chair Gabe Andrews by e-mail

at gabe.andrews@usask.ca or by telephone at (306) 425-8832 (evenings).