



RACE NOTICE

Sask. Cup #8 & School Ski Championships

DON ALLEN TRAILS, LA RONGE

FRIDAY, MARCH 17, 2023

REGISTRATION MUST BE DONE ONLINE BY 7pm ON WEDNESDAY, MARCH 15, 2023, AT <https://zone4.ca/event/2023/WzqKba/>

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

In the Junior Relay, schools are invited to field a team of 4 skiers who will each ski a 300-metre loop. A Junior Relay Team must consist of 2 girls and 2 boys from the same school in the U12 category or younger.

In the Open Relay, schools are invited to field a team of 4 skiers who will each ski a 460-metre loop. An Open Team must consist of 2 girls and 2 boys from the same school. Skiers can be from any age class. Schools will be allowed to enter more than one team.

Cash Sprints: There will be fun, short distance cash sprints held in the stadium just prior to the awards ceremony for racers under the age of 18. \$10.00 for 1st and \$5.00 for 2nd. A good chance to win some cash!

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 (2022-23 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 2022.

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 Wednesday, March 15 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: Sid Robinson
Chief of Competition: Gabe Andrews
Coach: TBA

RACE COMMITTEE : Chief of Competition: Gabe Andrews
Competition Secretary: TBD
Chief of Timing: TBD
Chief of Controllers: Sid Robinson
Chief of Course: Sid Robinson
Chief of Stadium: Gabe Andrews
Chief of Results: Sid Robinson

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. 17 9:30am – 3:00pm

Email/Phone: gabe.andrews@usask.ca 306-425-8832

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.

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 Wednesday, March 15, 2023, AT
<https://zone4.ca/event/2023/WzqKba/>.

OR SEARCH FOR: La Ronge Sask Cup #8 & School Ski Championships 2023 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. **Registration for the Junior and Open Relay – please email gabe.andrews@usask.ca with names and ages of athletes on each team.**

Please be careful to register in the correct gender and age categories.

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 NSCRD 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/94280869504?pwd=Y0Mxa1RlRVhWNGxMWUVlb2pLNjlkdz09>

Friday

Race Office Opens: 9:30am

Course Closes: 10:45am

Race Start: 11:00am

Relay Race Start: 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 at <https://www.larongeskiclub.ca/saskcup-races> on Thursday, March 16 by 9PM. Start lists will also be available on Zone4 at <https://zone4.ca/event/2023/WzqKba/> and at the Team Captains' meeting.

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

Ribbons: Ribbons for 1st, 2nd and 3rd will be awarded to racers in all categories at the race stadium at the close of the races.

Banners: Gold banners will be awarded to the top schools in both a "large school" and a "small school" category based on participation points and other considerations. 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 2022-23 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events. Details can be found [HERE](#).

Health Concerns

While the Government of Saskatchewan does 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 the population. There are no restrictions at this Sask Cup event but participants should consider limiting their time indoors (e.g. in the day lodge), wearing masks when they must be in close contact with other people. Participants should not attend if they are sick.

EVENT CATEGORIES/DISTANCES

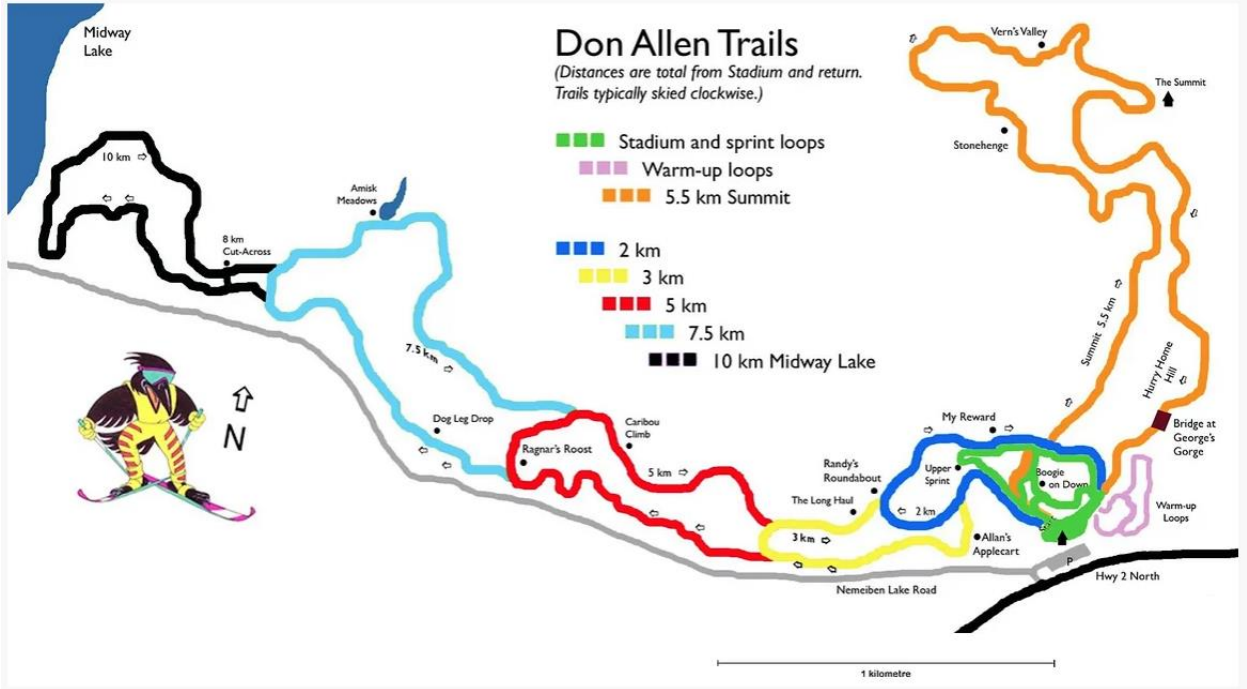
Distance	Loops
1km	2 laps of Wapoos Way (yellow loop stadium map)
2km	2km loop
3km	3km loop
4km	2km loop + 2km loop
5km	5km loop

CATEGORY	YEAR OF BIRTH	Individual
U8 (Boys/Girls)	2015 and later	1km
U10 (Boys/Girls)	2013, 2014	2km
U12 (Boys/Girls)	2011, 2012	3km
U14 (Boys/Girls)	2009, 2010	4km
U16 (Boys) (Girls)	2007, 2008	5km
U18 (Boys) (Girls)	2005, 2006	5km
U20 (Men) (Women)	2003, 2004	5km
Senior Men/Women	1993-2002	5km
Masters Men/Women 1, 2	1983-1992	5km
Master Men/Women 3, 4	1973-1982	5km
Master Men/Women 5, 6	1963-1972	5km
Masters Men/Women 7+	1962 and earlier	5km
ParaNordic Dev. Sit M/W	2000 & later (22 & under on Dec. 31/22)	1.25 km

ParaNordic Open Sit M/W	1999 & earlier (23 & older on Dec. 31/22)	1.25 km
ParaNordic Dev. Stand. M/W	2000 & later (22 & under on Dec. 31/22)	5km
ParaNordic Stand. M/W	1999 & earlier (23 & older on Dec. 31/22)	5km
ParaNordic Dev. V.I M/W	2000 & later (22 & under on Dec. 31/22)	5km
ParaNordic V.I M/W	1999 & earlier (23 & older on Dec. 31/22)	5km

MAPS





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