



**CROSS COUNTRY
SASKATCHEWAN**



Saskatchewan Provincial Championship Race Notice February 16 - 17, 2019

General Information

Host Club: Flin Flon Ski Club

Schedule of Events: **Ski the Course-** Friday- 3 p.m. to 6:00 p.m.
Saturday- off course by 12:00 noon
Sunday- off course by 10:00 a.m.

Race day sign-in: Chalet Office

Saturday- 10:00 a.m. to Noon
Sunday- 9:00 a.m. to 10:00 a.m.

Race start: Saturday - Mass Start- Classic (1st leg of weekend Pursuit event)
Chalet- **1:00 p.m. sharp.**

Sunday- Free Technique Pursuit Interval Start
Start at the Chalet- **11:00 a.m. sharp**

See start list for start times for individual categories and racers.

Course Maps: Available at the Chalet and online on the FFSC website
www.flinflonskiclub.com prior to the event.

Sanction: Cross Country Saskatchewan; Cross Country Canada (Tier 2);

Rules: Cross Country Saskatchewan (CCS) Competition Rules and Regulations; Cross Country Canada (CCC) Cross Country Skiing Rules and Regulations; FIS ICR- CCC Canadian Competition Rules (CCR) Precisions for 2018. Current CCC and CCR rules will take precedence.

No High Fluoro (HF) Waxes: A reminder to all coaches, parents and competitors that the Sask Cup Series Rules ban the use of medium and high fluoro waxes by all Sask Cup competitors.

“Rule 3.11. CCS Glide Wax Protocol: For all Sask Cup, Provincial Championship, Sask Winter Games, and CWG Trials races. Non-fluoro and low-fluoro glide waxes are permitted. Medium-fluoro or high-fluoro (powders, pucks, blocks, and liquid) are not permitted. Cold weather powder additives and hardeners are not permitted. Structure tools are permitted. This waxing protocol is applicable to competing athletes.”

Cancellation: In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the CCS/CSSAM offices by 1:00 p. m. on Wednesday, February 13th. Reasonable attempts will be made to contact coaches with the given information on their registration forms. As per the rules, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20C. Atom and Peewee categories must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -15C. The Race Committee reserves the right to modify race format, distances and start times on or before race day due to weather or trail conditions. Alternate date is TBD.

Race Committee:	Chief of Competition	Duane Davis
	Chief of Course	Dave Price
	Chief of Timing	Geoff Wilson
	Chief of Stadium	Bill Fulford
	Competition Secretary	Dean Grove
	Technical Delegate	Dan Brisbin

Jury:	Chief of Competition	Duane Davis
	Technical Delegate	Dan Brisbin
	Coach	TBA

Competition Information

Race Licenses: All skiers competing for Sask Cup points must have a current Cross Country Saskatchewan (CCS) Competitor's Licence. This event is sanctioned as a CCC Tier II event so all Juvenile and older competitors must have a CCC race licence valid for the 2018-2019 competition season or must purchase a CCC Supporting Member Day Licence (CCC SMDL). CCC licensed racers who do not also hold a CCS licence will gain standing in the races in which they compete but will not earn Sask Cup points.

Citizen racers (skiers without a Competitor's License or a non club member) are welcome but they must purchase a CCC SMDL. (Note- atoms to midget age do not have to buy SMDL) They will compete in the same classes and ski the same distances as Sask Cup racers. They will compete for the same placing awards (1st, 2nd, and 3rd) as Sask Cup racers, but they cannot earn Sask Cup Points or Saskatchewan Provincial awards.

Competitors holding a valid CCC and CCS competitor licences will receive preferential seeding compared to Citizen Racers in the mass start race on Saturday. In other words, there may be three (3) seed groups: 1) CCC license holders, 2) CCS license holders without CCC licenses, and 3) Citizen Racers. The fastest racers will be at the front of the mass start grid. Group 2 is behind group 1 on the grid and group 3 is behind group 2.

Start order and times in the Sunday pursuit start race will be determined from the Saturday mass start race results

Waivers: **All competitors must agree to the waiver found online on Zone4. Competitors under 19 years of age must have a waiver signed by a parent or guardian.** Please note that the signature of a parent or guardian is required on the CCC Supporting Member Day Licence if the competitor is under 19 and does not hold a current CCC licence, so if the parent/guardian is not travelling with the competitor this must be signed in advance.
Waivers will also be available at the venue on race day.

Registration: **Register online via Zone 4 only. Access www.zone4.ca early February**
A credit card will be required.
Racers will be responsible for any processing fee charged by the zone4 website during the registration process.

**Entries must be received by 7:00 p.m.
Wednesday, February 13th.**
No late entries will be accepted

All competitors must sign-in at the registration desk in the Chalet basement on race day. They must sign waivers/purchase a CCC Supporting Member Day Licence, if they have not already done so, or they will not be issued a racing bib.

Race Fees: \$20 **per race** Juvenile class and older; \$10 **per race** Midget class and younger.

Race |Categories:

Classic Technique, Mass Starts 1:00 p.m. February 16th.

2019 Comp Year	Year of Birth	Distance Female	Distance Male
Atom (mixed)	2011-2012	1.0km	1.0km
Peewee Girls	2009-2010	2.0km	
Peewee Boys	2009-2010		2.0km
Bantam Girls	2007-2008	3.0km	
Bantam Boys	2007-2008		3.0km
Midget Girls	2005-2006	6.6km	
Midget Boys	2005-2006		6.6km
Juvenile Girls	2003-2004	9.4km	
Juvenile Boys	2003-2004		9.4km
Junior Girls	2001-2002	9.4km	
Junior Boys	2001-2002		9.4km
Junior Women	1999-2000	9.4km	
Junior Men	1999-2000		9.4km
Senior Women	1998-1989	9.4km	
Senior Men	1998-1989	9.4km	9.4km
Masters 1 & 2	1979-1988	9.4km	9.4km
Masters 3 & 4	1969-1978	9.4km	9.4km
Masters 5 & 6	1959-1968	9.4km	9.4km
Masters 7 +	1958 & older	9.4km	9.4km
Para Nordic	All ages	TBD	TBD

Free Technique Individual Starts 11:00 a.m. February 17th.

2019 Comp Year	Year of Birth	*Distance Female	*Distance Male
Atom (mixed)	2011-2012	1.0km	1.0km
Peewee Girls	2009-2010	2.0km	
Peewee Boys	2009-2010		2.0km
Bantam Girls	2007-2008	3.0km	
Bantam Boys	2007-2008		3.0km
Midget Girls	2005-2006	6.7km	
Midget Boys	2005-2006		6.7km
Juvenile Girls	2003-2004	9.3km	
Juvenile Boys	2003-2004		9.3km

Junior Girls	2001-2002	9.3km	
Junior Boys	2001-2002		9.3km
Junior Women	1999-2000	9.3km	
Junior Men	1999-2000		9.3km
Senior Women	1998 & earlier	9.3km	
Senior Men	1998 & earlier		9.3km
Masters 1 & 2	1979-1988	9.3km	9.3km
Masters 3 & 4	1969-1978	9.3km	9.3km
Masters 5 & 6	1959-1968	9.3km	9.3km
Masters 7 +	1958 & older	9.3km	9.3km
Para Nordic	All ages	TBD	TBD

Team Captains Meeting/Draw: Chalet Annex
11 a.m. Saturday Feb. 16th
4 p.m. Saturday Feb 16th

Draw: Double random draw within each of the three seed groups described above

Start Lists: Start lists will be provided after the Team Captains Meeting and posted Sat. morning.

Unofficial Results and Protests: Unofficial results will be posted at the Chalet. 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. Protests must be submitted on an Official Protest Document supplied by the Competition Secretary.

Awards: 1st, 2nd, and 3rd place awards will be given for each age/gender category after official results have been posted. Junior Men/Women and younger categories will be awarded with Medals and Senior and older categories will be awarded Ribbons.

Contact: For further information please contact:
Duane Davis Ph. 306 688-4871 e: duanecdavis@yahoo.ca
Dave Price Ph. 204 687-8653 e: dpprice@mymts.net
Dean Grove Ph. 204 923-0315 e: bigisland5959@gmail.com

Accommodation Information

The Victoria Inn- Flin Flon (204) 687-7555
Restaurant; lounge- full service.

Prospector Inn- 225 Creighton Ave., Creighton, Saskatchewan 1-306-688-1000
Restaurant; lounge- full service.

A block of 20 rooms will be held to Feb1st. Please indicate you are with the SaskMan Cup.

Bakers Narrows Lodge 1-866-603-6390 or email info@bakersnarrowslodge.com.
Cabin rentals, meals available

Ginger Bread House Bed and Breakfast (306) 688 0852

The Royal Hotel- Flin Flon Main Street (204) 687-3437
Restaurant opens at 11 a.m.

We will, of course, billet if skiers wish to choose that option.

Billet contact information- Dean Grove

Facility Information

Location: The Ski Club Chalet is located approx. 2 km south of the 3rd Ave. traffic lights. There is a venue sign at the corner of Boam St. and 3rd Ave. After turning south on Boam at the lights, continue past a soccer field, cemetery, and ball diamonds to Ma Crerar Way that leads to the Chalet. . Map available @ www.flinflonskiclub.com

Chalet: The Chalet is a 900 square foot modern facility with a fully equipped kitchen, two barrier free washrooms and wheel chair access. There are many viewing vantages; behind the large glass windows, the exterior tiered deck or from the sharply rising toboggan hill.

Food and drink will be available through out the day. If not purchasing a banquet ticket we ask that you donate into the silver collection.

Race Office: Chalet
Race day **sign-in: Chalet Office in Lower Level**
Saturday- 9:30 a.m. to 10:00 a.m.
Sunday- 8:30 a.m. to 10:00 a.m.

Phone: (204) 687-8467 **Emergency - 911**

Waxing Facility: There is an indoor waxing facility on site with power but it does have limited room. We have asked our major Accommodations to provide a waxing room as well, TBA.

Banquet Information

Location: **Prospector Inn**, 225 Creighton, Ave. Creighton
Time: Saturday Doors open- 6:00 p.m. Supper- 6:30 p.m.
Ticket Price: Includes Banquet, Meet and greet, and food at the Chalet
Children 5 and under- No Charge
Midget age and younger- **\$20**
Juvenile age and older- **\$30**