



SASK CUP 9 & 10 - Provincials

Race Notice

February 28 & March 1, 2026

La Ronge Ski Club

[V1]

SANCTION	Nordiq Canada Tier 2 Event		
RACE SCHEDULE <small>(For more detail refer to the tables at end of the document)</small>	Friday, February 27		4:00pm - Unofficial Training 8:00pm - Team Captain's Meeting via Zoom. Follow this link: Zoom Link
	Saturday, February 28		U12 & older Classic Technique Team Sprint Relay; U8/U10 Obstacle Course 11:00am - Individual Start Qualifiers 11:45am – Obstacle Course 12:30pm – Team Sprint Relay Heats 5:30pm – Banquet and Awards (purchase tickets here) 8:00pm Team Captain's Meeting via Zoom. Follow this link: Zoom Link *times subject to change
	Sunday, March 1		Skiathlon all ages 11:00am - U16 U18 U20 Senior Masters M/F 11:30am – Sit Ski M/F 12:15pm – U14 M/F 1:15pm – U12 M/F 2:15pm – U10 M/F 3:00pm – U8 M/F 3:30pm – Awards *times subject to change

LOCATION	Don Allen Ski Trails Directions from La Ronge – 20km N of La Ronge on HWY 102		
HOST CLUB	La Ronge Ski Club		
VOLUNTEER	Volunteers are needed to run the races. If you have time, consider volunteering. Link HERE .		
SANCTIONED BY	Cross Country Saskatchewan (CCS) Nordiq Canada (NC)		
RULES	Rules and Regulations: Nordiq Canada ICR-CCR (Canadian Competition Rules) Precisions 2024 Cross Country Saskatchewan Sask Cup Rules Document		
RACE ORGANIZING COMMITTEE	Chief of Competition	Gabe Andrews	gabeandrews39@outlook.com
	Competition Secretary - <i>contact for changes to registrations</i>	Gabe Andrews Julie Andrews	gabeandrews39@outlook.com
	Chief of Timing & Results	Cruise Slater	
	Chief of Stadium		
	Chief of Course	Sid Robinson	
	Chief of Start		
RACE JURY	Chief of Competition	Gabe Andrews	
	Technical Delegate	Brennan Craig	
	Assistant Technical Delegate		
	Third Jury Member	Jody Laliberte	
REGISTRATION	Registration and fee payment is online at Zone4 . Coaches MUST register on Zone4 (no fee). Racers and coaches must check the confirmation list on Zone4 as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the Competition Secretary (gabeandrews39@outlook.com) before 9am on Thursday, February 26 if corrections are required.		
WAIVER FORMS	Waivers must be completed on Zone4 during registration.		
REGISTRATION DEADLINE	Registration Opens: Monday, February 2, 2026 – 9:00 am Registration Closes: Wednesday, February 25, 2026 – 8:00 pm		
	Athletes wanting to register after the Late Registration Deadline (by contacting the Race Secretary via email) will only be accepted at the discretion of the Chief of Competition, and if allowed, will incur an additional \$10 last-minute entry fee per race. It is at the discretion of the Jury and OC if the last-minute athlete will be seeded.		
CANCELLATION/REFUND POLICY	If weather or trail conditions require cancellation of the race(s), the Race Committee will notify Cross Country Saskatchewan by 12PM on Thursday, December 19 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.		

COMMUNICATION	A WhatsApp Coach/Jury group will be used to communicate relevant/live information. Link HERE Phone 306-425-8832																																																									
START LISTS	<p>Notice of any change to Seed lists must be communicated to the Race Secretary by 7:00 pm the day before each race.</p> <p>Seeding Lists: Will be posted on the Zone4 event page on Wednesday, February 20th by 12PM.</p> <p>Start Lists: Will be posted on the Zone4 event page on Friday, December 20th by 9PM. Start lists will also be made available at the Team Captains' meeting.</p>																																																									
SASK CUP CATEGORIES FOR 2025-26	<p>Sask Cup Categories 2025/2026 Season</p> <table border="1"> <thead> <tr> <th>Category</th><th>Age/Year of Birth</th><th>Age as of Dec 31/25</th></tr> </thead> <tbody> <tr> <td>U8 Boys & Girls</td><td>2018 and later</td><td>Under 8</td></tr> <tr> <td>U10 Boys & Girls</td><td>2016, 2017</td><td>8, 9</td></tr> <tr> <td>U12 Boys & Girls</td><td>2014, 2015</td><td>10, 11</td></tr> <tr> <td>U14 Boys & Girls</td><td>2012, 2013</td><td>12, 13</td></tr> <tr> <td>U16 Boys & Girls</td><td>2010, 2011</td><td>14, 15</td></tr> <tr> <td>U18 Boys & Girls</td><td>2008, 2009</td><td>16, 17</td></tr> <tr> <td>U20 Male & Female</td><td>2006, 2007</td><td>18, 19</td></tr> <tr> <td>Senior Men & Women</td><td>2005 and earlier</td><td>20+</td></tr> <tr> <td>Masters 1 & 2</td><td>1986-1995</td><td>30-39</td></tr> <tr> <td>Masters 3 & 4</td><td>1976-1985</td><td>40-49</td></tr> <tr> <td>Masters 5 & 6</td><td>1966-1975</td><td>50-59</td></tr> <tr> <td>Masters 7+</td><td>1965 and earlier</td><td>60+</td></tr> <tr> <td>PN Dev. Sit Male & Female</td><td>On or after 2003</td><td>22 and younger</td></tr> <tr> <td>PN open Sit Male & Female</td><td>before 2003</td><td>23 and older</td></tr> <tr> <td>PN Dev. Stand Male & Female</td><td>On or after 2003</td><td>22 and younger</td></tr> <tr> <td>PN open Stand Male & Female</td><td>before 2003</td><td>23 and older</td></tr> <tr> <td>PN Dev. V.I Male & Female</td><td>On or after 2003</td><td>22 and younger</td></tr> <tr> <td>PN open V.I Male & Female</td><td>before 2003</td><td>23 and older</td></tr> </tbody> </table>	Category	Age/Year of Birth	Age as of Dec 31/25	U8 Boys & Girls	2018 and later	Under 8	U10 Boys & Girls	2016, 2017	8, 9	U12 Boys & Girls	2014, 2015	10, 11	U14 Boys & Girls	2012, 2013	12, 13	U16 Boys & Girls	2010, 2011	14, 15	U18 Boys & Girls	2008, 2009	16, 17	U20 Male & Female	2006, 2007	18, 19	Senior Men & Women	2005 and earlier	20+	Masters 1 & 2	1986-1995	30-39	Masters 3 & 4	1976-1985	40-49	Masters 5 & 6	1966-1975	50-59	Masters 7+	1965 and earlier	60+	PN Dev. Sit Male & Female	On or after 2003	22 and younger	PN open Sit Male & Female	before 2003	23 and older	PN Dev. Stand Male & Female	On or after 2003	22 and younger	PN open Stand Male & Female	before 2003	23 and older	PN Dev. V.I Male & Female	On or after 2003	22 and younger	PN open V.I Male & Female	before 2003	23 and older
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RACE OFFICE	<p>The event race office is in the front part of the ski wax building at the Don Allen Ski Trails. Hours are as follows:</p> <ul style="list-style-type: none"> - Friday, Feb 27 3:00 pm – 5:00 pm - Saturday, Feb 28 9:30 am – 4:00 pm - Sunday, Mar 1 9:30 am – 3:00 pm <p>The race office is for race officials and coaches. Please remind athletes to stay out of the race office and use the wax room door to enter the waxing facilities.</p>																																																									

BIB PICKUP	Bibs will be distributed to one club or team representative on the morning of each race at the race office.																																																																																																											
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COURSES	Course Maps and Profiles: Course and stadium maps will be posted on the Zone4 event page.																																																																																																											
WARM UP/ WAX TESTING	Warm-up, cool-down, and wax testing during the competition are on trails that may be used for the races. Note that those trails are also open to the public. Racecourses will close 15 minutes before the start of the competition. All skiers must be off all parts of the racecourse at that time.																																																																																																											

SEEDING	<p>Start order for U8 to U12 will be determined by random draw. Start order for U14 and older will be determined in two groups:</p> <ol style="list-style-type: none"> 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.
RACE FEES	<p>U8 U10 U12 U14 - \$15.00/race</p> <p>U16 U18 U20 Senior Masters - \$25.00/race</p> <p>NC Event License (formerly SMDL) - \$6.00/day</p> <p>Para Open - \$15.00/race</p> <p>Para Development - \$10.00/race</p> <p>Late entry fee Additional \$40.00 per race</p>
Team Sprint Info Coach Team Registration Here	<p>CLUB TEAM SPRINT DETAILS:</p> <ul style="list-style-type: none"> • Official Club Team Sprint teams will consist of two same-gender skiers in the same age category from the same club. Unofficial teams can be mixed-gender, mixed-age, and mixed clubs. Ideally, all athletes will have a team to race with. <ul style="list-style-type: none"> - Athletes will register individually in their appropriate age category for the sprint qualifier. Coaches need to register their official and unofficial teams by 12:00pm (noon) Thursday, <u>February 26</u> HERE. Please use the Coaches WhatsApp group to consult other coaches and ensure all registered athletes are matched for unofficial teams. Link HERE for unmatched athletes document. - The Club Team Sprint will consist of an individual qualifier, and one or more final waves per category. Race waves will consist of 8-10 teams based on registered numbers. - The individual qualifier will be open to all athletes U12 to Masters, regardless of whether they are on a team and will count for Sask. Cup and CPL points. - Each registered team MUST indicate the athletes, order of skiing (first leg or second leg), team name, category and coach. - Unofficial teams can have mixed clubs, mixed gender and mixed age but must have 2 skiers. If mixed age, the team will register in the older athlete's category. If mixed gender the team will register in the Male category of the oldest team member. - All Teams racing the same distance (regardless of age) will be seeded by combining individual athlete times in the qualifier. Teams will be seeded into a series of A, B, C finals with the A Final having the fastest times. - Heat A will have no more than 10 teams, then the remaining teams will be allocated to Final Heat B, C, etc. with a maximum of 12 teams. - Athletes will alternate laps starting with athlete 1 and finishing with athlete 2. - The exchange will be a touch within the exchange zone. - Masters can register for the team sprint as an Official Team. - No waxing of skis allowed during the race. - All schedules to be approved by the Jury. - Sask. Cup points/ CPL Points will be calculated from the individual Qualifier - Awards will be given to official teams at the conclusion of the team sprint heats - No changes to teams after Thursday registration deadline for any reason including injury and illness.

LICENCES	<p>All competitors skiing in U14 and older categories must have at least one of the following licenses:</p> <ul style="list-style-type: none"> - Nordiq Canada Race License (U16+) - Nordiq Canada Associate License (foreign racers who do not belong to a NC club) - Nordiq Canada Development License (U14 and under if CPL points desired - see NC website) - Nordiq Canada Event License. This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied. <p>U12 category and younger do not require a license of any type but do require a valid Nordiq Canada club membership. Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq club, must have a Nordiq Canada Race or Event license to compete.</p> <p>For U12 and lower age groups at TIER 2's ONLY:</p> <ul style="list-style-type: none"> - If you are a Nordiq Canada Club member – NO Additional license required. - If you are U12 - And you are a Nordiq Canada Club member, racing up to U14, and want CPL points you will need a Nordiq Canada Development License - If you are NOT a Nordiq Canada Member – you will need to purchase a Nordiq Canada Event License. <p>Associate License for non-Canadian Skiers: For non-Canadian skiers, an Associate License may be obtained through Nordiq Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with Associate Licenses will be included in the Canada Point List calculation and used for seeding purposes. For more information, visit the Nordiq Canada website.</p> <p>Please make sure you have renewed/purchased your licence(s) for this year HERE prior to registering.</p>
AWARDS	<p>Medals: 1st, 2nd and 3rd will be awarded to racers in all categories at the race stadium at the close of the races.</p> <p>Cash Prizes: Racers in U16 Boys/Girls, U18 Boys/Girls and U20 Men/Women categories will receive cash prizes of \$60 for 1st place, \$45 for 2nd place and \$30 for 3rd place in the Sunday distance races.</p> <p>Cash Sprints: Fun sprints for all skiers using FREE TECHNIQUE will be held in the stadium on Saturday, February 28 after the Sask Cup sprint races. Skiers will not earn Sask Cup points for the fun sprints, but the fastest skiers in each category will receive \$10 for 1st place and \$5 for 2nd place.</p> <p>Racers must be present at the awards ceremony to receive a medal 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.</p>
FIRST AID	First aid attendants will be available on site.
SAFE SPORT	<p>Creating safe environments is our top priority and is a responsibility we share with all sport participants. Athletes, coaches, officials, staff, and volunteers have the right to participate in a safe and inclusive training and competition environment that is free of abuse, harassment or discrimination – collectively referred to as maltreatment.</p> <p>For More Information See: Safesport - Nordiq Canada</p>
FOOD & DRINKS	Drinks and snacks will be available to racers at the finish line.

CCS WAXING PROTOCOL	<p>Cross Country Saskatchewan respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Saskatchewan. This also applies to coaches, athletes, wax technicians, and parents traveling to Saskatchewan from out-of-province or out-of-country.</p> <p>Waxing protocol:</p> <ul style="list-style-type: none"> - Structure tools ARE permitted. - Non-fluoro (NF) waxes ARE permitted. - Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted at Sask Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid or kick wax).
WAX ROOMS	<p>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 access the wax room at the side door.</p>
PARKING	<p>Parking could be limited on competition days. We are asking coaches, athletes, and supporters to limit the number of vehicles by carpooling.</p>
ACCOMODATIONS	<p><u>La Ronge Hotel & Suites</u>: Located on La Ronge Avenue (a busy hotel). Phone (306) 425-2190 to confirm rates and book.</p> <p><u>Harbour Inn</u>: 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.</p> <p><u>Waterbase Inn</u>: Located on La Ronge Avenue across from Robertson Trading. Phone (306) 425-5550 to book.</p> <p><u>Riverside Motel</u>: 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.</p> <p><u>Drifters Motel</u>: Motel located off Highway 2 just as you turn into La Ronge on Brown Street. Phone (306) 425-2224 to book.</p> <p><u>Eagle Point Resort</u>: 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.</p>