



SASK CUP 1&2

Race Notice

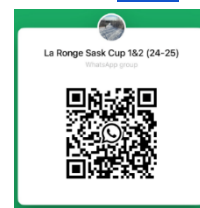
December 21-22, 2024

La Ronge Ski Club

[V2]

SANCTION	Nordiq Canada Tier 2 Event	
RACE SCHEDULE (For more detail refer to the tables at end of the document)	Friday, December 20	Unofficial Training: 2:00pm onward Team Captain’s Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link: Zoom Link
	Saturday, December 21 Races Estimated Start: 12:00pm U12 +; and Para Nordic Obstacle Course U8 & U10: 2:00pm	U12 + Classic Technique Individual Start Qualifiers followed by Kings Court format heats U8/U10 Obstacle Course *NEW for this year; we will be having an obstacle course event for the U8 and U10 categories on Saturday to align more closely with the LTAD model. All participants will receive a medal! Team Captain’s Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link: Zoom Link
	Sunday, December 22 Races Estimated Start: 11:00am all categories	All categories – Free Technique Interval Start Distance
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	gabe.andrews@usask.ca
	Competition Secretary - <i>contact for changes to registrations</i>	Gabe Andrews Julie Andrews	gabe.andrews@usask.ca
	Chief of Timing & Results	Mark Potts	
	Chief of Stadium		
	Chief of Course	Sid Robinson	
	Chief of Start		
RACE JURY	Chief of Competition	Gabe Andrews	
	Technical Delegate	Dan Brisbin	
	Assistant Technical Delegate	Brennan Craig	
	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 (gabe.andrews@usask.ca) before 9am on Wednesday, December 18 if corrections are required.		
WAIVER FORMS	Waivers must be completed on Zone4 during registration.		
REGISTRATION DEADLINE	Registration Opens: Monday, November 25, 2024 Registration Closes: Wednesday, December 18, 2024 – 20:00 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 Friday, December 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 2024-25	<p>Sask Cup Categories 2024/2025 Season</p> <table border="1" data-bbox="305 499 1516 1560"> <thead> <tr> <th data-bbox="305 499 688 562">Category</th> <th data-bbox="688 499 1198 562">Age/Year of Birth</th> <th data-bbox="1198 499 1516 562">Code</th> </tr> </thead> <tbody> <tr> <td data-bbox="305 562 688 632">U8 (B/G)</td> <td data-bbox="688 562 1198 632">Age 7 and younger (2017 or younger)</td> <td data-bbox="1198 562 1516 632">U8</td> </tr> <tr> <td data-bbox="305 632 688 701">U10 (B/G)</td> <td data-bbox="688 632 1198 701">Age 8 or 9 (2016, 2015)</td> <td data-bbox="1198 632 1516 701">U10</td> </tr> <tr> <td data-bbox="305 701 688 770">U12 (B/G)</td> <td data-bbox="688 701 1198 770">Age 10 or 11 (2014, 2013)</td> <td data-bbox="1198 701 1516 770">U12</td> </tr> <tr> <td data-bbox="305 770 688 840">U14 (B/G)</td> <td data-bbox="688 770 1198 840">Age 12 or 13 (2012, 2011)</td> <td data-bbox="1198 770 1516 840">U14</td> </tr> <tr> <td data-bbox="305 840 688 909">U16 (B/G)</td> <td data-bbox="688 840 1198 909">Age 14 or 15 (2010, 2009)</td> <td data-bbox="1198 840 1516 909">U16</td> </tr> <tr> <td data-bbox="305 909 688 978">U18 (B/G)</td> <td data-bbox="688 909 1198 978">Age 16 or 17 (2008, 2007)</td> <td data-bbox="1198 909 1516 978">U18</td> </tr> <tr> <td data-bbox="305 978 688 1047">U20(M/W)</td> <td data-bbox="688 978 1198 1047">Age 18 or 19 (2006, 2005)</td> <td data-bbox="1198 978 1516 1047">U20</td> </tr> <tr> <td data-bbox="305 1047 688 1117">Senior (M/W)*</td> <td data-bbox="688 1047 1198 1117">Age 20+ (2004 and older)</td> <td data-bbox="1198 1047 1516 1117">Senior</td> </tr> <tr> <td data-bbox="305 1117 688 1186">Masters I & II (M/W)</td> <td data-bbox="688 1117 1198 1186">Age 30 to 39 (1985 to 1994)</td> <td data-bbox="1198 1117 1516 1186">M1,2/W1,2</td> </tr> <tr> <td data-bbox="305 1186 688 1255">Masters III & IV (M/W)</td> <td data-bbox="688 1186 1198 1255">Age 40 to MB 49 (1975 to 1984)</td> <td data-bbox="1198 1186 1516 1255">M3,4/W3,4</td> </tr> <tr> <td data-bbox="305 1255 688 1325">Masters V & VI (M/W)</td> <td data-bbox="688 1255 1198 1325">Age 50 to 59 (1965 to 1974)</td> <td data-bbox="1198 1255 1516 1325">M5,6/W5,6</td> </tr> <tr> <td data-bbox="305 1325 688 1394">Masters VII & VII (M/W)</td> <td data-bbox="688 1325 1198 1394">Age 60 to 69 (1955 to 1964)</td> <td data-bbox="1198 1325 1516 1394">M7,8/W7,8</td> </tr> <tr> <td data-bbox="305 1394 688 1463">Masters IX + (M/W)</td> <td data-bbox="688 1394 1198 1463">Age 70+ (1954 and older)</td> <td data-bbox="1198 1394 1516 1463">M9+/W9+</td> </tr> <tr> <td data-bbox="305 1463 688 1533">Para Nordic Sit Ski (M/W)</td> <td data-bbox="688 1463 1198 1533">No age restrictions</td> <td data-bbox="1198 1463 1516 1533"></td> </tr> <tr> <td data-bbox="305 1533 688 1602">Para Nordic Standing (M/W)</td> <td data-bbox="688 1533 1198 1602">No age restrictions</td> <td data-bbox="1198 1533 1516 1602"></td> </tr> </tbody> </table> <p data-bbox="305 1570 1516 1654">*(M/W) Additional notes: Open Categories are created by combining U20 M/W with Senior (M/W) to increase the competitive field. Categories start and race together, but the results are split into original categories.</p>			Category	Age/Year of Birth	Code	U8 (B/G)	Age 7 and younger (2017 or younger)	U8	U10 (B/G)	Age 8 or 9 (2016, 2015)	U10	U12 (B/G)	Age 10 or 11 (2014, 2013)	U12	U14 (B/G)	Age 12 or 13 (2012, 2011)	U14	U16 (B/G)	Age 14 or 15 (2010, 2009)	U16	U18 (B/G)	Age 16 or 17 (2008, 2007)	U18	U20(M/W)	Age 18 or 19 (2006, 2005)	U20	Senior (M/W)*	Age 20+ (2004 and older)	Senior	Masters I & II (M/W)	Age 30 to 39 (1985 to 1994)	M1,2/W1,2	Masters III & IV (M/W)	Age 40 to MB 49 (1975 to 1984)	M3,4/W3,4	Masters V & VI (M/W)	Age 50 to 59 (1965 to 1974)	M5,6/W5,6	Masters VII & VII (M/W)	Age 60 to 69 (1955 to 1964)	M7,8/W7,8	Masters IX + (M/W)	Age 70+ (1954 and older)	M9+/W9+	Para Nordic Sit Ski (M/W)	No age restrictions		Para Nordic Standing (M/W)	No age restrictions	
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RACE OFFICE	<p>The event race office is 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, Dec 20 12:00 pm – 4:30 pm - Saturday, Dec 21 9:30 am – 4:00 pm - Sunday, Dec 22 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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<p>RACE FORMATS November 23/24</p> <p>Check back to this notice often for updates.</p>	<p>EVENT CATEGORIES/DISTANCES</p> <p>Saturday, December 21st – Classic Technique Sprint</p> <table border="1" data-bbox="431 512 1377 693"> <thead> <tr> <th>Distance</th> <th>Loops</th> </tr> </thead> <tbody> <tr> <td>Obstacle Course</td> <td>Stadium and Muskwa Mountain</td> </tr> <tr> <td>0.70km</td> <td>1 lap Boogie-on-Down</td> </tr> <tr> <td>1.18km</td> <td>1 lap Boogie-on-Down + 1 lap <u>Wapoose Way</u></td> </tr> <tr> <td>PN 1.2km</td> <td>2 laps of 0.6km warm up loop</td> </tr> </tbody> </table> <p>Sunday, December 22nd – Free Technique Interval Start Distance</p> <table border="1" data-bbox="506 781 1299 1033"> <thead> <tr> <th>Signed Distance</th> <th>Loops</th> </tr> </thead> <tbody> <tr> <td>1km</td> <td>2 laps of <u>Wapoose Way</u></td> </tr> <tr> <td>2km</td> <td>2km loop</td> </tr> <tr> <td>4km</td> <td>2km loop then 2km loop</td> </tr> <tr> <td>5km</td> <td>3km loop then 2km loop</td> </tr> <tr> <td>8km</td> <td>3km loop; 3km loop; 2km loop</td> </tr> <tr> <td>P.N Sit and V.I (signed 1-8km)</td> <td>X laps of 1km warm up loop</td> </tr> </tbody> </table> <table border="1" data-bbox="331 1075 1481 1671"> <thead> <tr> <th>CATEGORY</th> <th>YEAR OF BIRTH</th> <th>DEC. 21 CLASSIC SPRINT</th> <th>DEC. 22 FREE DISTANCE</th> </tr> </thead> <tbody> <tr><td>U8 (Boys/Girls)</td><td>2017 & later</td><td>Obstacle Course</td><td>1 km</td></tr> <tr><td>U10 (Boys/Girls)</td><td>2015, 2016</td><td>Obstacle Course</td><td>2 km</td></tr> <tr><td>U12 (Boys/Girls)</td><td>2013, 2014</td><td>0.70 km</td><td>4 km</td></tr> <tr><td>U14 (Boys/Girls)</td><td>2011, 2012</td><td>0.70 km</td><td>5 km</td></tr> <tr><td>U16 (Boys/Girls)</td><td>2009, 2010</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>U18 (Boys/Girls)</td><td>2007, 2008</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>U20 Men/Women</td><td>2005, 2006</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>Senior Men/Women</td><td>2004 & earlier</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>Masters 1, 2</td><td>1985 - 1994</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>Masters 3, 4</td><td>1975 - 1984</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>Masters 5, 6</td><td>1965 - 1974</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>Masters 7+</td><td>1964 & earlier</td><td>1.18 km</td><td>8 km</td></tr> <tr><td>PN Men/Women Dev</td><td>All ages Sit</td><td>*Applicable age group</td><td>*Applicable age group</td></tr> <tr><td>PN Men/Women Dev.</td><td>All ages V. I</td><td>*Applicable age group</td><td>*Applicable age group</td></tr> <tr><td>PN Men/Women</td><td>All ages sit</td><td>*Applicable age group</td><td>*Applicable age group</td></tr> <tr><td>PN Men/Women</td><td>All ages V. I</td><td>*Applicable age group</td><td>*Applicable age group</td></tr> <tr><td>PN Men/Women</td><td>All ages standing</td><td>*Applicable age group</td><td>*Applicable age group</td></tr> </tbody> </table> <p>*Applicable age group – using the warmup loops with less relief to create same distance as age group categories.</p>	Distance	Loops	Obstacle Course	Stadium and Muskwa Mountain	0.70km	1 lap Boogie-on-Down	1.18km	1 lap Boogie-on-Down + 1 lap <u>Wapoose Way</u>	PN 1.2km	2 laps of 0.6km warm up loop	Signed Distance	Loops	1km	2 laps of <u>Wapoose Way</u>	2km	2km loop	4km	2km loop then 2km loop	5km	3km loop then 2km loop	8km	3km loop; 3km loop; 2km loop	P.N Sit and V.I (signed 1-8km)	X laps of 1km warm up loop	CATEGORY	YEAR OF BIRTH	DEC. 21 CLASSIC SPRINT	DEC. 22 FREE DISTANCE	U8 (Boys/Girls)	2017 & later	Obstacle Course	1 km	U10 (Boys/Girls)	2015, 2016	Obstacle Course	2 km	U12 (Boys/Girls)	2013, 2014	0.70 km	4 km	U14 (Boys/Girls)	2011, 2012	0.70 km	5 km	U16 (Boys/Girls)	2009, 2010	1.18 km	8 km	U18 (Boys/Girls)	2007, 2008	1.18 km	8 km	U20 Men/Women	2005, 2006	1.18 km	8 km	Senior Men/Women	2004 & earlier	1.18 km	8 km	Masters 1, 2	1985 - 1994	1.18 km	8 km	Masters 3, 4	1975 - 1984	1.18 km	8 km	Masters 5, 6	1965 - 1974	1.18 km	8 km	Masters 7+	1964 & earlier	1.18 km	8 km	PN Men/Women Dev	All ages Sit	*Applicable age group	*Applicable age group	PN Men/Women Dev.	All ages V. I	*Applicable age group	*Applicable age group	PN Men/Women	All ages sit	*Applicable age group	*Applicable age group	PN Men/Women	All ages V. I	*Applicable age group	*Applicable age group	PN Men/Women	All ages standing	*Applicable age group	*Applicable age group
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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	<p>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.</p> <p>Race courses will close 15 minutes before the start of the competition. All skiers must be off all parts of the race course at that time.</p>	
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</p> <p>U16 +</p> <p>NC Event License (formerly SMDL)</p> <p>Para Open</p> <p>Para Development</p> <p>Late entry fee</p>	<p>\$10.00 per race</p> <p>\$20.00 per race</p> <p>\$6.00/day</p> <p>\$10.00 per race</p> <p>\$5.00 per race</p> <p>Additional \$10.00 per race from above fee</p>
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 classic technique distance races.</p>	

	<p>Fun Sprints: Fun sprints for all skiers using classic technique will be held in the stadium on Saturday, December 21st 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	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.
PARKING	Parking could be limited on competition days. We are asking coaches, athletes, and supporters to limit the number of vehicles by carpooling.
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>