



**2023 Saskatchewan Winter Games Team North Trials
Cross-Country and Para Nordic Skiing
DON ALLEN TRAILS, LA RONGE
SATURDAY, JANUARY 21, 2023 (Sask. Cup #1)
SUNDAY, JANUARY 22, 2023**

RACE NOTICE

Chief of Competition: Gabe Andrews
Technical Adviser: Dan Brisbin
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 classic distance Sask. Cup #1 race on Saturday, January 21, 2023, and skate sprint races on Sunday, January 22, 2023.
2. Belong to a Cross Country Saskatchewan member ski club.

The team will consist of:

Able Bodied

3 - Junior Girls (Born 2011, 2010, 2009)
3 - Junior Boys (Born 2011, 2010, 2009)
3 - Senior Girls (Born 2008, 2007, 2006)
3 - Senior Boys (Born 2008, 2007, 2006)

Para Nordic Sit and Standing

2 – male or female (Born 2002 – 2012)

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

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)

Para Nordic Sit and Standing – born 2002-2012 (ages 10-20)

Classic Distance Race – Saturday, January 21, 2023, as part of Sask. Cup #1:

Junior Boys/Girls – 4km (2 laps of 2km loop then Wapoos Way) – Individual Start

Senior Boys/Girls – 8km (1 lap of 5km + 1 lap of 3km loop then Wapoos Way) – Individual Start

Para Nordic Sit – 2.5km (2 laps of warm up loop) – Individual Start

Para Nordic Standing - 4km (2 laps of 2km loop then Wapoos Way) – Individual Start

Free Technique Sprint – Sunday, January 22, 2023, AFTER Sask. Cup #2

Junior Boys/Girls & Senior Boys/Girls

Race 1 – Individual Start Prologue 700m – Boogie on Down Loop (Points earned based on time)

Race 2 – Mass Start 700m Boogie on Down Loop (Start Positioning will be based on finish order in prologue – ties will be broken with CPL points – no points, a coin toss).

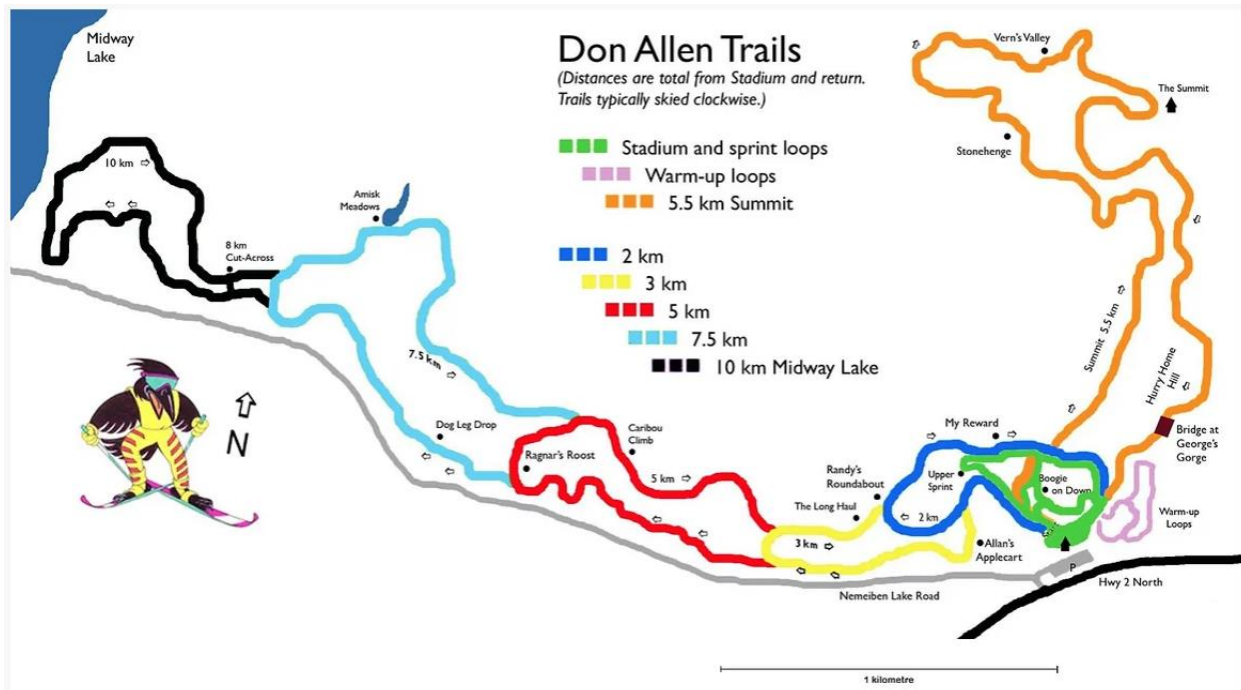
Para Nordic Sit - Race 1– Individual Start Prologue 450m – Wapoos Way (Points earned based on time)

Para Nordic Standing – Race 1- Individual Start Prologue 700m – Boogie on Down Loop (Points earned based on time)

Para Nordic Sit - Race 2– Mass Start 450m – Wapoos Way (Start Positioning will be based on finish order in prologue – ties will be broken with CPL points – no points, a coin toss)

Para Nordic Standing – Race 2- Mass Start 700m – Boogie on Down Loop (Start Positioning will be based on finish order in prologue – ties will be broken with CPL points – no points, a coin toss).

Racecourse Map



Stadium 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>.

Now that Sask Cup #1 is being used for the classic distance race for the Team North SWG Trials, athletes must also register for Sask Cup #1 at <https://zone4.ca/reg.asp?id=30345> The **DEADLINE** for online registration for both events 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).