

La Ronge Ski Club and Ski Fit North Present:

24th Annual School Ski Championships Friday, March 13, 2020

WHAT: Cross Country ski races sanctioned by Cross Country Saskatchewan as a Sask Cup event. Either classic or freestyle technique allowed. A main event race plus Junior and Open relays and cash sprints!

WHEN: Friday, March 13, 2020. Bib Pickup 10:00 a.m. Main race starts 11:00 a.m. sharp!!

WHERE: Don Allen Ski Trails, 20 km north of La Ronge on Highway 102 at the Nemeiben Lake Road junction.

Categories & Distances:

Category	Year of Birth	Distance
U8 Boys/Girls	Born 2012 or later (aged & under on Dec 31/19)	700 m
U10 Boys/Girls	Born 2010 & 2011 (aged 8 & 9 on Dec 31/19)	2 km
U12 Boys/Girls	Born 2008 & 2009 (aged 10 & 11 on Dec 31/19)	3 km
U14 Boys/Girls	Born 2006 & 2007 (aged 12 & 13 on Dec 31/19)	3 km
U16 Boys/Girls	Born 2004 & 2005 (aged 14 & 15 on Dec 31/19)	5 km
U18 Boys/Girls	Born 2002 & 2003 (aged 16 & 17 on Dec 31/19)	5 km
U20 Men/Women	Born 2000 & 2001	5 km
Senior Men/Women	Born 1990 to 1999 (aged 20 to 29 on Dec 31/19)	5 km
Master Men/Women	Born 1989 & earlier (aged 30 or older on Dec 31/19)	5 km
Para-Nordic Sit Ski	All ages	2.5 km

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Skill Required: The Don Allen Trails have hills, so racers should know how to herring bone for uphill and how to snow plough for downhill.

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 licensed racers.

Relays: In addition to the main race event, there will be competitive team relays.

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!

Awards: 1st, 2nd, & 3rd place ribbons and participation ribbons will be awarded in all age categories of the main event. Gold banners will be awarded to the top schools in both a “large school” and a “small school” categories based on participation points and other considerations. Banners will also be awarded to schools winning the Junior Relay and Open Relay.

Food: Free hot dogs, cookies and drinks will be served at the end of the race.

Entry: Entry fee is \$5.00 per skier. Cost for team relays is \$10.00 per team.

Online Registration: All school skiers and individual skiers **MUST REGISTER ONLINE** by going to www.zone4.ca. To find the School Ski Championships search Zone4 using the search function. Search for “Saskatchewan School Ski Championships 2020” to bring up the School Ski Championship’s registration form. Click on the form and then click on “Add First Person” to begin registering skiers.

Payment of Fees: Fees do not have to be paid online. All fees (being the \$5.00 for each individual skier and \$10.00 for each relay team) are to be paid by cheque made payable to “Northern Sport, Culture & Recreation” with the cheques to be paid to the Race Office at the Don Allen Trails by 10:00 a.m. on race day.

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Entry Deadline: The **deadline for entries is Wednesday, March 11, 2020 at 4:00 p.m.** All skier registration entries must be made online on the Zone4 registration page.

Waiver: The online registration process requires that skiers agree to the term of a “Cross Country Canada Informed Consent and Assumption of Risk Agreement” waiver. That form is attached to this Race Notice. Teachers registering students can use the attached form to obtain parental/guardian consent allowing a student to participate.

Relay Team Registration: To register school relay teams, schools must send a list of team participants (showing name, date of birth and gender) to Race Chair Sid Robinson at sid.robinson@sasktel.net no later than Wednesday, March 11, 2020, at 4:00 p.m. Relay teams must be registered in advance in order to compete.

Bib Pick-Up: Bibs are to be picked up by school coaches/chaperones at the Don Allen Trails by 10:00 a.m. on race day. Coaches/chaperones will be responsible for distributing bibs to the skiers in their groups as set out in a list to be provided by the race organizers.

Info: Contact Race Chair Sid Robinson at sid.robinson@sasktel.net or by phone at (306) 425-2502 for more information.