



SASK CUP #8 & 27th School Ski Championships

Race Notice

March 7, 2025

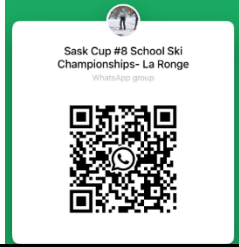
La Ronge Ski Club

[V1]

SANCTION	Nordiq Canada Tier 2 Event	
SKILL REQUIRED	<p>The Don Allen Trails have challenging terrain, therefore skiers should have the ability to climb the up hills and snowplow and slow down on the downhills if required.</p> <p>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 and CPL points if they are registered with an affiliated CCS ski club.</p>	
EVENTS (For more detail refer to the tables at end of the document)	Thursday, March 6	Unofficial Training, 2:00pm onward Team Captain's Meeting: 8:00pm - Meeting will take place via Zoom. Follow this link: Zoom Link
	Friday, March 7 11:30AM Race Start	<ul style="list-style-type: none"> Competitive: U8 and older - Free Technique Distance Mass Start Non-Competitive: U8 and older – Free Technique Distance Mass Start (all entrants receive a participation award at the finish line – no timing) Obstacle Course: U8 to U12 School Team Relay Dash for Cash
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)
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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		
	Chief of Stadium		
	Chief of Course	Sid Robinson	
	Chief of Start	Jim Andrews	
RACE JURY	Chief of Competition	Gabe Andrews	
	Technical Delegate	Brennan Craig	
	Third Jury Member	Jody Laliberte	
REGISTRATION	Registration and fee payment is online at Zone4 . Coaches/Chaperones MUST register on Zone4 (no fee). Racers and coaches/chaperones 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 Tuesday, March 4 if corrections are required.		
WAIVER FORMS	Waivers must be completed on Zone4 during registration.		
REGISTRATION DEADLINE	Registration Opens: Monday, February 10, 2025 – 9:00am Registration Closes: Wednesday, March 5, 2025 – 8:00pm 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 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 Wednesday, March 5 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	<p>A WhatsApp Coach/Jury group will be used to communicate relevant/live information. Link HERE Phone 306-425-8832</p>  <p>The image shows a QR code for a WhatsApp group. Above the QR code is a small circular logo with a person icon. Below the logo, the text reads: "Sask Cup #8 School Ski Championships- La Ronge" and "WhatsApp group". The QR code is centered and takes up most of the space in the image.</p>
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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 Thursday, March 6 at 12pm.</p> <p>Start Lists: Will be posted on the Zone4 event page on Thursday, March 6 by 9pm. Start lists will also be made available at the Team Captains' meeting.</p>
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RACE OFFICE	<p>The race office is in the front part of the ski wax building at Don Allen Ski Trails. Hours are as follows:</p> <ul style="list-style-type: none"> - Thursday, Mar 6 12:00 pm – 4:30 pm - Friday, Mar 7 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>
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BIB PICKUP	<p>Bibs will be distributed to one club or team representative at the race office. A replacement fee of \$25 will be incurred for any lost bibs.</p>
TIMING CHIPS	<p>Timing Chips will be distributed to the competitive racers at the staging area 10min prior to your scheduled race start. A replacement fee of \$100 will be incurred for any lost chips.</p>
TEAM CAPTAINS MEETINGS	<p>Team Captains Meetings will be held virtually on Thursday. The meeting link will be sent to registered coaches:</p> <ul style="list-style-type: none"> - Thursday, March 6, 8:00pm Zoom Link

RACE FORMATS

Check back to this notice often for updates.

EVENT CATEGORIES/DISTANCES**Friday, March 7 – Free Technique Distance**

Signed Distance	Loops
500 m	1 lap of Wapoose Way
1km	2 laps of Wapoose Way
2km	2km loop
3km	3km loop
5km	3km loop then 2km loop
P.N Sit and V.I (signed 1-8km)	x laps of 1km warm up loop

CATEGORY	YEAR OF BIRTH	Competitive	Non-Competitive
		FREE TECHNIQUE DISTANCE	FREE TECHNIQUE DISTANCE
U8 (Boys/Girls)	2017 & later	500m	500m
U10 (Boys/Girls)	2015, 2016	1 km	1 km
U12 (Boys/Girls)	2013, 2014	3 km	2 km
U14 (Boys/Girls)	2011, 2012	5 km	2 km
U16 (Boys/Girls)	2009, 2010	5 km	3 km
U18 (Boys/Girls)	2007, 2008	5 km	3 km
U20 Men/Women	2005, 2006	5 km	3 km
Senior Men/Women	2004 & earlier	5 km	3 km
Masters 1, 2	1985 - 1994	5 km	3 km
Masters 3, 4	1975 - 1984	5 km	3 km
Masters 5, 6	1965 - 1974	5 km	3 km
Masters 7+	1964 & earlier	5 km	3 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

*Applicable age group – using the warmup loops with less relief to create same distance as age group categories.

RELAY EVENT CATEGORIES/DISTANCES

Category	Distance	Loop
Junior (U12 and under)	4 x 200m	Around timing hut
Open (U14 – U18)	4 x 460m	Wapoose Way

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 10 minutes before the start of the competition. All skiers must be off all parts of the racecourse at that time.

SEEDING

For the **competitive category** start order for U8 to U12 will be determined by random draw. Start order for U14 and older will be determined in two groups:

- 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 by the Zone4 registration software.

For the non-competitive category the start order will be determined by random draw by the Zone4 registration software for all skiers in each category (no timing will be recorded for the non-competitive categories).

RACE FEES	<p>Entry fee is \$5.00 per skier.</p> <p>SMDL fee - \$6 per day licence fees that racers must pay if they do not possess a valid FIS or Nordiq Canada racing licence and are racing in a category that requires a licence.</p> <p>Cost for team relays is \$10.00 per team.</p> <p>Zone4 registration requires a credit card payment at the time of registration OR you can bring a cheque made payable to La Ronge Ski Club upon bib pick up.</p>
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LICENCES	<p>***For skiers in the Competitive Race Only***</p> <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 license(s) for this year HERE prior to registering.</p>
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AWARDS	<p>Medals: for 1st, 2nd and 3rd will be awarded to racers in U20 and under competitive categories at the race stadium at the close of the races. All participants in the non-competitive categories will receive a medal for completing their event when they return their bib.</p> <p>Banners: Gold banners will be awarded to the top schools in both a “large school” and a “small school” category based on participation points (1 point per finisher). Banners will also be awarded to schools winning the Junior Relay and Open Relay.</p> <p>Fun Sprints: Fun sprints for all skiers using free technique will be held in the stadium. 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>
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	Racers must be present at the awards ceremony to receive a medal. However, racers absent from the awards ceremony will maintain their standing in their races and will be awarded any applicable CCS and CPL points.
FIRST AID	First aid attendants will be available on site.
SAFE SPORT	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. For More Information See: Safesport - Nordiq Canada
FOOD & DRINKS	Hot Dogs, drinks and snacks will be available for all participants and volunteers sponsored by NSCRD (Northern, Sport Culture and Recreation District.
CCS WAXING PROTOCOL	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. Waxing protocol: <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	<u>La Ronge Hotel & Suites</u> : Located on La Ronge Avenue (a busy hotel). Phone (306) 425-2190 to confirm rates and book. <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. <u>Waterbase Inn</u> : Located on La Ronge Avenue across from Robertson Trading. Phone (306) 425-5550 to book. <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. <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. <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.