



RACE NOTICE

Sask. Cup #1 & #2

DON ALLEN TRAILS, LA RONGE

SAT., JANUARY 21 & SUN., JANUARY 22, 2023

REGISTRATION MUST BE DONE ONLINE BY 7pm ON THURSDAY, JANUARY 19, 2023, AT <https://zone4.ca/reg.asp?id=30345> IF YOU REGISTERED FOR THE ORIGINAL DATES IN DECEMBER, YOU DO NOT NEED TO RE-REGISTER – CHECK THE CONFORMATION LIST ON Zone4.

Late Registrations: Late registrations may be accepted at the discretion of the Race Organizing Committee. Any late registrations accepted will pay an additional late fee of \$10 per race.

COMPETITIONS

Sask Cup #1 on Saturday, January 21, 2023, is a classic distance race with interval starts. Racers are to be at the race venue on Saturday by 12:30 p.m. for bib pick up and to be ready for the race start at 1:30 p.m. Race office opens 12:00 noon at the Don Allen Trails and will remain open until the day's official results are posted. *This race will also be used for the Team North Saskatchewan Winter Games Trials for Junior 2011, 2010, 2009 (U14 & U12), Senior 2008, 2007, 2006 (U18 & U16) and Para Nordic Sit and Standing (2001-2011).

Sask Cup #2 on Sunday, January 22, 2023, is a free technique distance race with mass starts. Racers are to be at the race venue on Sunday by 10:00 a.m. to be ready for the race start at 11:00 a.m. Race office opens at 9:30 a.m. at the Don Allen Trails and will remain open until the day's official results are posted. *Following the race, a sprint prologue and sprint mass start will be held for the Team North Saskatchewan Winter Games Trials for Junior 2011, 2010, 2009 (U14 & U12), Senior 2008, 2007, 2006 (U18 & U16) and Para Nordic Sit and Standing (2001-2011). See trials race notice for more information.

HOSTED BY: La Ronge Ski Club

VENUE: 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.

RULES: Cross Country Saskatchewan Sask Cup Series Rules (2022-23 version); and FIS ICR - CCR (Canadian Competition Rules) November Precisions 2021. Para Nordic categories will also be governed by Para Nordic International Competition Rules (ICR), October 2022. Sanctioning: Nordiq Canada Tier 2 and Cross Country Saskatchewan.

CANCELLATION: In the event that weather or trail conditions require cancellation of the race(s), the Race Committee will notify Cross Country Saskatchewan by 12PM on Thursday, January 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 race format, distances and start times before or on race day due to weather or trail conditions.

JURY: Technical Delegate: Dan Brisbin
Chief of Competition: Gabe Andrews
Coach: TBA

RACE COMMITTEE: Chief of Competition: Gabe Andrews
Competition Secretary: Julie Andrews
Chief of Timing: Heather Bernardin
Chief of Controllers: Sid Robinson
Chief of Course: Sid Robinson
Chief of Stadium: Gabe Andrews
Chief of Results: Caron Dubnick

FACILITY INFORMATION

Location: 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.

Race Office: Don Allen Ski Trails

Race Office Hours: Saturday, Jan. 21 12:00 – 4:00; Sunday, Jan. 22 9:30 – 3:00

Communication: Open this link or scan QR code to join my WhatsApp Group

<https://chat.whatsapp.com/FPQwYzdFnHvGgoDIm9jhRp>



Email/Phone: gabe.andrews@usask.ca 306-425-8832

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.

Food: Food and drinks may be limited at the race venue. Athletes and other attendees are expected to look after their own food and drink needs.

COMPETITION INFORMATION

REGISTRATION MUST BE DONE ONLINE BY 5pm ON Thursday, January 19, 2023, AT <https://zone4.ca/reg.asp?id=30345>. OR SEARCH FOR: La Ronge Sask Cup #1 & #2 (2022-2023)

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS. Late registrations may be accepted at the discretion of the Race Organizing Committee. Any late registrations accepted will pay an additional late fee of \$10 per race.

Please be careful to register in the correct gender and age categories and to enter NC race license numbers correctly so you are not charged additional fees. Do not enter text comments in the license fields. Nordiq Canada race licenses must be valid for the 2022-23 competition year.

Race Licenses

This event is sanctioned as a Nordiq Canada Tier 2 event so all U16 and older competitors must have a current Nordiq Canada race license valid for the 2022-23 competition season or must purchase a Nordiq Canada Supporting Member Day License at a cost of \$5 per race in addition to race registration fees. Athletes in the U14 and younger categories must have a current Nordiq Canada development license valid for the 2022-23 competition season if they wish to be eligible to earn CPL points. If they do not have this license and are not members of a Nordiq Canada or CCS member club, they are welcome to participate but they must purchase a Nordiq Canada Supporting Member Day License at a cost of \$5 per race in addition to race registration fees.

Citizen Racers (non-CCS Club members) are welcome but must purchase a Nordiq Canada Supporting Member Day License at a cost of \$5 per race in addition to race registration fees, unless: 1) they live in another province or territory and already hold a valid 2022-23 Nordiq Canada license or development license, or 2) they are in the U14 and younger age categories and a member of a Nordiq Canada or CCS member club.

Competitors holding a valid Nordiq Canada licenses will receive preferential seeding.

Waivers: All competitors must sign a waiver as part of the online Zone4 registration. Competitors under 19 years of age must have this waiver signed by a parent or guardian.

Race Fees (per race):

- \$20 for U16 and older
- \$10 for U14, U12 & U10
- \$5 for U8
- \$10 for Para Open and Special Olympic
- \$5 for Para Development

Zone4 registration requires a credit card, and that the registrant will pay the credit card fee and Zone4 processing fee as part of the online registration.

Schedule of Events

Friday

Team Captain's Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link:
<https://uregina-ca.zoom.us/j/94280869504?pwd=Y0Mxa1RlRVhWNGxMWUVlb2pLNjlkdz09>

Saturday

Race Office Opens: 12:00pm

Course Closes: 1:15pm

Race Start: 1:30pm

Team Captain's Meeting: 8:00pm - Meeting will occur via Zoom. Follow this link:
<https://uregina-ca.zoom.us/j/94280869504?pwd=Y0Mxa1RlRVhWNGxMWUVlb2pLNjlkdz09>

Sunday

Race Office Opens: 9:30am

Course Closes: 10:45am

Race Start: 11:00am

Draw: 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; and 2) non-NC licensed racers and citizen racers will be grouped together in a random draw.

Course Maps and Profiles: Course and stadium maps will be posted at www.larongeskiclub.ca and are attached at the bottom of this document.

Start Lists: Will be posted at <https://www.larongeskiclub.ca/saskcup-races> on January 20th by 9PM. Start lists will be available on Zone4 at <https://zone4.ca> and at the Team Captains' meeting.

Unofficial Results and Protests: Unofficial results will be posted at the race office. The time of posting will be marked on the unofficial results. Any protests must be made to the Competition Secretary within 15 minutes of the unofficial results being posted, after which the results will be declared official.

Awards

Ribbons: Ribbons for 1st, 2nd and 3rd will be awarded to racers in all categories at the race stadium at the close of the races.

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.

Fun Sprints: Fun sprints for all skiers using classic technique will be held in the stadium on Saturday, January 21 after the Sask Cup distance 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.

Racers must be present at the awards ceremony to receive a ribbon 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.

Wax Policy

Cross Country Saskatchewan follows Nordiq Canada fluoro policy. For the 2022-23 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events. Details can be found [HERE](#).

Health Concerns

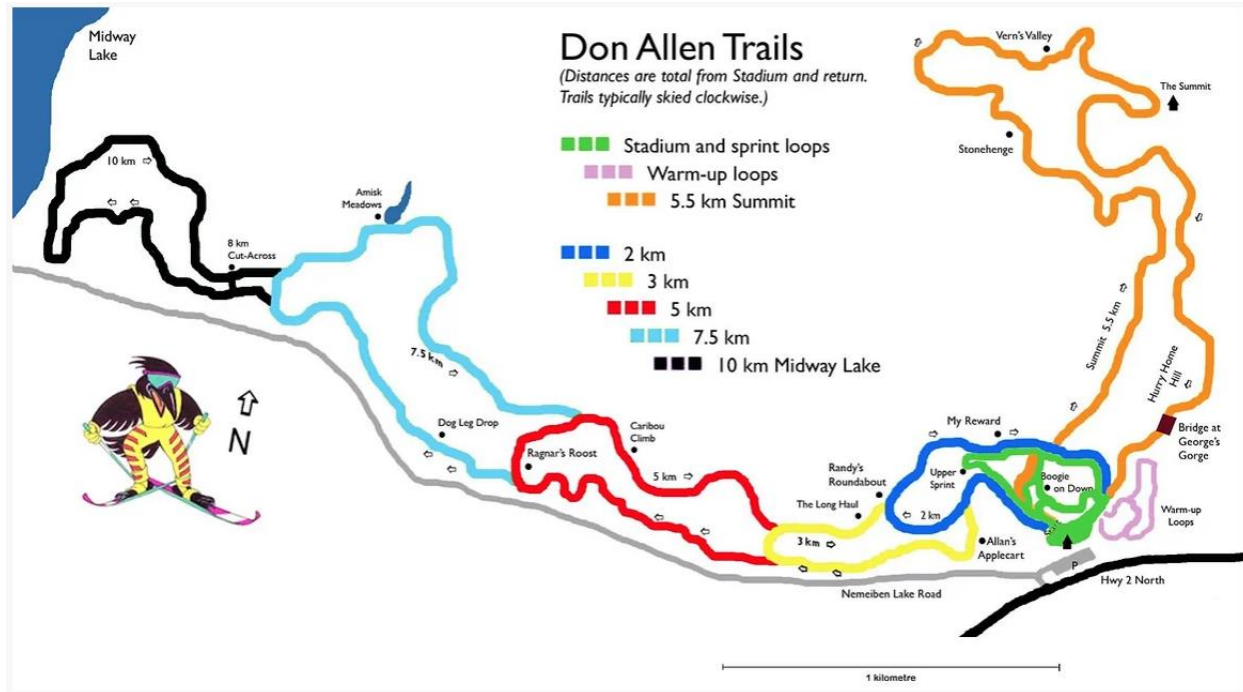
While the Government of Saskatchewan does not currently require wearing of masks or proof of vaccination, participants should be aware that respiratory viruses like the common cold, flu, Covid-19 and RSV are currently circulating in the population. There are no restrictions at this Sask Cup event but participants should consider limiting their time indoors (e.g. in the day lodge), wearing masks when they must be in close contact with other people. Participants should not attend if they are sick.

EVENT CATEGORIES/DISTANCES

Distance	Loops
1km	2 laps of Wapoos Way (yellow loop stadium map)
2km	2km loop then Wapoos Way
4km	2km loop then 2km loop then Wapoos Way
5km	5km loop then Wapoos Way
8km	5km loop then 3km loop then Wapoos Way

CATEGORY	YEAR OF BIRTH	Classic Sat.	Free Sun.
U8 (Boys/Girls)	2015 and later	1km	1km
U10 (Boys/Girls)	2013, 2014	2km	2km
U12 (Boys/Girls)	2011, 2012	4km	4km
U14 (Boys/Girls)	2009, 2010	4km	4km
U16 (Boys)	2007, 2008	8km	5km
U16 (Girls)	2007, 2008	8km	5km
U18 (Boys)	2005, 2006	8km	5km
U18 (Girls)	2005, 2006	8km	5km
U20 (Men)	2003, 2004	8km	5km
U20 (Women)	2003, 2004	8km	5km
Senior Men	1993-2002	8km	5km
Senior Women	1993-2002	8km	5km
Masters Men 1, 2	1983-1992	8km	5km
Masters Women 1, 2	1983-1992	8km	5km
Master Men 3, 4	1973-1982	8km	5km
Master Women 3, 4	1973-1982	8km	5km
Master Men 5, 6	1963, 1972	8km	5km
Master Women 5, 6	1963, 1972	8km	5km
Masters Men 7+	1962 and earlier	8km	5km
Masters Women 7+	1962 and earlier	8km	5km
ParaNordic Dev. Sit M/W	2000 & later (22 & under on Dec. 31/22)	2.5 km	1.25 km
ParaNordic Open Sit M/W	1999 & earlier (23 & older on Dec. 31/22)	2.5 km	1.25 km
ParaNordic Dev. Stand. M/W	2000 & later (22 & under on Dec. 31/22)	8 km	5 km
ParaNordic Stand. M/W	1999 & earlier (23 & older on Dec. 31/22)	8 km	5 km
ParaNordic Dev. V.I M/W	2000 & later (22 & under on Dec. 31/22)	5km	5km
ParaNordic V.I M/W	1999 & earlier (23 & older on Dec. 31/22)	5km	5km

MAPS



Accommodations

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 kilometers north of La Ronge on Highway 102 and then 1.5 kilometers east on an access road. Resort has 2-bedroom cabins available for winter use. Phone (306) 425-2273 to book.