

2021–2022 SASK CUP #1 & #2
DON ALLEN TRAILS, LA RONGE
SAT., DECEMBER 11 & SUN., DECEMBER 12, 2021

RACE NOTICE

COVID CONSIDERATIONS: Covid-19 is still circulating in our communities and putting people at risk. Accordingly, athletes participating in Sask Cup #1 & #2 and all other attendees can expect:

- 1. They will be required to wear a face covering whenever indoors at the race venue to comply with the Public Health Order made October 19, 2021 respecting face coverings.**
- 2. Race organizers may restrict access to any or all race venue buildings (excepting toilet facilities), so athletes and other attendees should bring proper clothing that will keep them warm in an outdoor environment.**
- 3. There will be only limited food and drink available at the race venue, so athletes and other attendees are asked to bring enough food and water to be self-sufficient.**
- 4. The Organizing Committee may take further steps to comply with changes in Public Health Orders, Cross Country Saskatchewan policy or local conditions.**

Chief of Competition: Sid Robinson
Race Secretary: Caron Dubnick
Technical Adviser: Brennan Craig
Race Jury: TBA

1. Competitions

Sask Cup #1 on Saturday, **December 11, 2021** 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. sharp! Race office opens 12:00 noon at the Don Allen Trails and will remain open until the day's official results are posted.

Sask Cup #2 on Sunday, **December 12, 2021**, 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. sharp! 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.

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.

Race maps will be posted at www.larongeskiclub.ca prior to the event.

Race course for the classic distance event will be groomed and marked no later than Friday, December 10, at 4:00 p.m. Course set up for the Sunday distance race will be done after completion of the Saturday classic distance event.

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.

Sask Cup #1 and #2 will be Divisional races sanctioned by Cross Country Saskatchewan. Athletes will be able to earn points in the Sask Cup Race Series in each of the two races. The competitions will be governed by the current Sask Cup Rules.

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, December 11, 2021, at 12:00 noon at the Don Allen Trails**. A second coaches' meeting will be held the afternoon of **Saturday, December 12, 2021, at 4:00 p.m. at the Don Allen Trails**.

4. Race Categories and Distances

Category	Year of Birth (YOB)	Classic Distance	Free Technique Distance
U8 Boys U8 Girls	2014 & later (aged 7 & under on Dec 31/21)	1 km (700 metres)*	460 metres
U10 Boys U10 Girls	2012 & 2013 (aged 8 & 9 on Dec 31/21)	2 km	2 km

U12 Boys U12 Girls	2010 & 2011 (aged 10 & 11 on Dec 31/21)	3 km	3 km
U14 Boys U14 Girls	2008 & 2009 (aged 12 & 13 on Dec 31/21)	5 km	5 km
U16 Boys	2006 & 2007 (aged 14 & 15 on Dec 31/21)	10 km	5 km
U16 Girls	2006 & 2007 (aged 14 & 15 on Dec 31/21)	8 km	5 km
U18 Boys	2004 & 2005 (aged 16 & 17 on Dec 31/21)	10 km	5 km
U18 Girls	2004 & 2005 (aged 16 & 17 on Dec 31/21)	8 km	5 km
U20Men	2002 & 2003 (aged 18 & 19 on Dec 31/21)	10 km	5 km
U20 Women	2002 & 2003 (aged 18 & 19 on Dec 31/21)	8 km	5 km
Senior Men	2001 & earlier (aged 20 or older on Dec 31/21)	10 km	5 km
Senior Women	2001 & earlier (aged 20 or older on Dec 31/21)	8 km	5 km
Master Men 1 & 2	1982 to 1991 (aged 30 to 39 on Dec 31/21)	10 km	5 km
Master Women 1 & 2	1982 to 1991 (aged 30 to 39 on Dec 31/21)	8 km	5 km
Master Men 3 & 4	1972 to 1981 (aged 40 to 49 on Dec 31/21)	10 km	5 km
Master Women 3 & 4	1972 to 1981 (aged 40 to 49 on Dec 31/21)	8 km	5 km
Master Men 5 & 6	1962 to 1971 (aged 50 to 59 on Dec 31/21)	10 km	5 km
Master Women 5 & 6	1962 to 1971 (aged 50 to 59 on Dec 31/21)	8 km	5 km
Master Men 7+	1961 & earlier (aged 60 & older on Dec 31/21)	10 km	5 km
Master Women 7+	1961 & earlier (aged 60 & older on Dec 31/21)	8 km	5 km

PN Dev. Sit Male & Female	1999 & later (aged 22 & younger on Dec 31/21)	2.5 km	1.25 km
PN Open Dev. Sit Male & Female	1998 & earlier (aged 23 & older on Dec 31/21)	2.5 km	2.5 km
PN Dev. Stand Male & Female	1999 & later (aged 22 & younger on Dec 31/21)	8 km	5 km
PN Open Stand Male & Female	1998 & earlier (aged 23 & older on Dec 31/21)	8 km	5 km
PN Dev. Blind Male & Female	1999 & later (aged 22 & younger on Dec 31/21)	2.5 km	200 metres
PN Open Blind Male & Female	1998 & earlier (aged 23 & older on Dec 31/21)	2.5 km	200 metres

Note 1 (U8 Distances): U8 Boys and U8 Girls will race a nominal distance of 1 kilometre on Saturday. Signage will refer to a 1-kilometre distance. The actual U8 distance will be 700 metres on Saturday.

5. Licence Requirements

All racers competing for Sask Cup points must have a current Cross Country Saskatchewan Competitor's Licence. "Citizen racers" (skiers without a Cross Country Saskatchewan Competitor's Licence) are welcome. They will compete in the same classes and ski the same distances as Sask Cup racers but will not earn Sask Cup Points.

Since Sask Cup #1 and #2 are Divisional races and not sanctioned as Nordiq Canada competitions, it will not be necessary for athletes to have a Nordiq Canada race licence or purchase a Supporting Member Day Licence.

6. Registration & Entry Fee

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 "La Ronge Sask Cup #1 & #2 (2021-2022)" and then follow the online registration process. The **DEADLINE** for online registration is **THURSDAY, DECEMBER 9, 2021, AT 7:00 P.M.**

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.

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."

Entry Fees: The entry fee for U8, U10 and U12 is \$5 for each race entered. The entry fee for U14 and older categories is \$10 for each race entered. Racers will be responsible for any processing fee charged by the zone4 website during the registration process.

7. Ribbons & Prizes

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, December 11, 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.

8. Food & Drinks

As noted above, 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.

9. Cancellation

If the event competition is to be postponed or cancelled due to cold weather or other cause, the Event Organizing Committee will inform CCS as soon as practicable. The Event Organizing Committee will also endeavour 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."

In the event of a postponement or cancellation, the Organizing Committee reserves the right to retain any registration fees collected. It may, in its sole discretion, decide to return all or part of registration fees paid.

10. 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.

11. Information

For more information regarding the race, skiers may contact Event Chair Sid Robinson by e-mail at sid.robinson@sasktel.net or by telephone at (306) 425-2502 (evenings).