

# Carlton Trail Ski Club



## Sask Cup Race #3

### Freestyle – Interval Starts

**Sunday January 12, 2020**

**Location:** Carlton Trail Ski Club (10 km west of Humboldt on Hwy 5 to Grid 669 (look for blue XC ski sign), 6 km north to granaries (look for CTSC ski sign on left), then turn left and go 1 km west.

**(PLEASE check Carlton Trail Ski Club website for route to CTSC clubhouse.)**

**<https://carltontrailskiclub.weebly.com/>**

Please park vehicle off road and be careful of skiers in the area. No indoor waxing facilities at the clubhouse. Outdoor outhouses available. Food provided: post-race snack for racers. Smokies and other food will be available for sale for all.

**Rules:** Cross Country Sask. (CCS) Current Sask Cup Series Rules 2018 -19 and Cross Country Canada (CCC) current rules . Please note updated rules on waxing and poles. All current information on Rules, Waxes age groups and Race Licences available at CCS Website:

**<https://www.crosscountrysask.ca/sask-cup-race-series>**

Sanctioning: Cross Country Saskatchewan

**Cancellation:** In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the Cross Country Saskatchewan Office by 9 am on Thursday January 9/20. The cancellation or postponement notice will also be posted on: **<https://carltontrailskiclub.weebly.com/sask-cup>** and reasonable attempts will be made to contact coaches if coaches' phone or email address is provided on registration forms on Zone 4.

As all category distances are less than 15 km, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20°C. Under 8 and Under 10 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.

#### **Race committee:**

Technical Delegate – Dan Brisbin

Race secretary – Elan Buan

Chief of Course – Derek Duerr

Chief of Competition – David Martinuk

Sign In & Registration: **9:00 a.m. – 9:30 a.m.**

Coaches' meeting (including bib and start list handout) at **10:00 a.m.**

**Race Time: 11:00 a.m.**

## Competition Information

**Race Licenses:** All competitors competing for Sask Cup points must have a current Cross Country Saskatchewan Competitor's License. Citizen Racers (skiers without a Competitor's License) are welcome. They will compete in the same classes and ski the same distances as Sask Cup competitors. They will compete for 1st, 2nd and 3rd place awards in the same Race/age class and they will not earn Sask Cup points. Competitors holding a valid Cross Country Saskatchewan Competitor License will receive preferential seeding compared to Citizen Racers. Citizen Racers so not need to purchase an additional race licence but are required to pay a 5 dollar fee for a daily trail fee unless they are a member of a ski club registered with Cross Country Saskatchewan.

**Waivers:** All competitors must sign a waiver. Competitors under 19 years of age must have a waiver signed by a parent or guardian. This is done electronically as you register online at [zone4.ca](http://zone4.ca) If a racer has not electronically signed a waiver prior to race registration at 9 AM, he or she will be given an opportunity to sign a paper registration. If this form is not signed, the racer will not be allowed to race.

**Race Fees:**

Under 8, Under 10 and Under 12 age categories → \$ 10.00

All other Race categories including Citizen Racers → \$ 15.00

**Registration:**

Please register on **Zone4.ca** by Friday January 10, 2020 at 8 p.m. CST. Online Registrations should be active by Jan. 6, 2020. Registration for all racers will be on Zone4.ca website

**Late Registration Fee after Friday January 20, 2017 8 p.m** → regular race fees + \$10.00 for all racers.

Late registrants (with or without CCS race licenses) will be seeded last in their age/gender categories.

**Race Info Contact:** David Martinuk 1-306-682-5568 [ctsc@sasktel.net](mailto:ctsc@sasktel.net)

**All competitors must sign-in at race desk on race day by 9:30 AM. Any racer with unpaid fees or unsigned waivers will not be issued a race bib.**

**Unofficial Results and Protests:**

Unofficial results will be posted in the clubhouse as soon as possible after the race. Any protests must be made to the Race Secretary within 15 minutes of the unofficial results being posted, after which the results will be declared official

**Awards:** Results and Awards will be presented at the end of the race. 1st, 2nd and 3rd place awards will be presented for each age and gender category (as outlined in the CCS Race Rules) in the clubhouse after official results have been posted

**Race course:** Skate trail consisting of packed trail with one classic track on the side. Terrain is gently rolling to hilly. Varied terrain. Wildlife possibly present!

**Facilities:** Race site location includes heated clubhouse with no waxing facilities. Washroom facilities include outhouses only. Limited snacks may be available. Racers will receive warm or cold drink and fruit/cookies after the race. Distance from clubhouse to stadium approximately 50 m. south.

## **Age Categories and Race Distances:**

Under 8 Boys and Girls	2012,2013,2014	1 km.
Under 10 Boys & Girls	2010, 2011	2 km
Under 12 Boys & Girls	2008, 2009	3.3 km.
Under 14 Boys & Girls	2006, 2007	3.3 km.
Under 16 Boys	2004, 2005	7.6 km
Under 16 Girls	2004, 2005	7.6 km.
Under 18 Boys	2002,2003	10 km
Under 18 Girls	2002,2003	7.6 km
Under 20 Men	2000,2001	10 km.
Under 20 Women	2000,2001	7.6 km
Senior Men	1990-1999	10 km.
Senior Women	1990-1999	7.6 km.
Masters Women and Men	1980-1989	10 km men, 7.6 km women
Masters Women and Men	1970-1979	10 km men, 7.6 km women
Masters Women and Men	1960-1969	10 km men, 7.6 km women
Masters Women and Men	1950-1959	10 km men, 7.6 km women
Masters Women and Men	1940- 1949	7.6 km men and women
Paranordic Sit Ski Development Under 16 Boys and Girls	2004 and younger	2 km
Paranordic Sit Ski Open Men and Women	All ages	3 km

**NOTE: All ages stated  
are as of Dec. 31, 2019.**

## Lodging:

1. **St. Peter's College** : Located in Muenster – 10 km East from the Humboldt.

Breakfast is available & at an extra charge and is served at 8:00 AM.

Lunch and Supper is available at an extra charge

Contact phone 306 – 682 – 1775 or email [guestmaster@stpeters.sk.ca](mailto:guestmaster@stpeters.sk.ca)

2. **Canalta Hotel**: Located on Highway 5 West end of Humboldt

includes deluxe Continental Breakfast

includes hot tub, water slide, fitness center and free WiFi

Contact phone 306 – 682 – 4731

3. **Bella Vista Inn**: Located on Highway 5 West

Restaurant on premises. Swimming Pool and Hot tub

Contact phone 306-682-2686

4. **Pioneer Motor Hotel and Motel**: Located in downtown Humboldt

Restaurant on premises

Contact phone 306-682-2638

5. **Backroads Bed & Breakfast** Box 128 Annaheim Sask. S0K-0G0 Tel: 306-598-2141 Cell: 306-231-7813

Email : [lskunz@backroadsbb.ca](mailto:lskunz@backroadsbb.ca) Website: [www.backroadsbb.ca](http://www.backroadsbb.ca)