



Carlton Trail Ski Club

Sask Cup Race #5

Classic Technique – Interval Starts

Sunday January 16, 2022

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 wheelchair accessible outhouses available. No food will be provided on site.

COVID 19 CONSIDERATIONS

- A. Please **Do Not** Attend this Sask. Cup Race if:
 - 1. You have cold or Flu Symptoms.
 - 2. You have been in contact with someone having COVID in the last 14 days.
 - 3. You have had COVID in the previous 2 weeks before the race.
 - 4. You have had a positive PCR or rapid COVID test in the previous 2 weeks before the race.

- B. Please follow accepted COVID protocols. Avoid close contact with those people outside your bubble/cohort. Maintain 2 meters social distancing. If closer contact is needed – please wear a mask.

- C. When finished a ski race, the organizers expect the athletes to leave the stadium without great delay.

- D. The only facilities provided at the Dixon Trails venue will be wheelchair accessible outhouses. There will be no food or drinks provided. There will be no warm-up areas provided. Please ensure that your athletes have access to warm vehicles if needed, and that they have access to pre/post race snacks, beverages or meals.

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 in that age group. 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 do not need to purchase an additional race license but are required to pay a 5 dollar fee. Race Licenses can be purchased on Zone 4 at: [Cross Country Saskatchewan Race License 2021-22 | Zone4 Online Registration](#)

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** If a racer has not electronically signed a waiver prior to race office opening 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 Thursday January 13, 2020 at 8 p.m. CST. Online Registrations should be active by Jan. 7, 2022. Registration for all racers will be on Zone4.ca website: Carlton Trail Ski Club Sask. Cup #5 – 2022(Humboldt)

Late Registrations will not be accepted this year due to COVID restrictions.

Saskatchewan Winter Games -Prairie Central Selection:

This race will serve as the SWG selection race for the Prairie Central District. Refer to <https://carltontrailskiclub.weebly.com/sask-winter-games.html> for information on athlete eligibility and selection criteria. Please indicate your intention to be considered for the Team when during your Zone4 registration.

Race Info Contact: David Martinuk 1-306-682-5568 ctsc@sasktel.net

Unofficial Results and Protests:

Unofficial results will be posted outside 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 not be presented at the end of the race. 1st, 2nd and 3rd place awards in the form of medals or ribbons for each age and gender category (as outlined in the CCS Race Rules) will be issued to a representative from the awarded skiers' club either at the end of the race day when official results are posted, or at the next race: Saskatchewan Provincials in Saskatoon on February 12/13, 2022.

Rules: Cross Country Sask. (CCS) Current Sask Cup Series Rules 2021-22 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 Licenses available at CCS Website:
[Sask+Cup+Rules+2021-22+Final.pdf \(squarespace.com\)](https://www.squarespace.com/Sask+Cup+Rules+2021-22+Final.pdf)

The CCS Glide Waxing Policy is as follows: • Structure tools ARE permitted • Non-Fluoro (NF) glide waxes ARE permitted • Low Fluoro (LF), Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted • Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted • Cold weather powder additives and hardeners containing Fluoros are NOT permitted • Fluoro-containing Grip Wax such as kick wax, klisters, anti-icing liquids applied to the kick zone of a classic ski ARE permitted. The adherence to this protocol is self-governed and is the responsibility of the coaches, athletes, parents and wax technicians. Following the glide wax protocol is critical for fair competition and respect, the foundation of sport

Sanctioning: Cross Country Saskatchewan. Start order will be determined by random draw.

Cancellation: In the event that weather or trail conditions or COVID related Saskatchewan Health Authority regulations require cancellation of the race, the Race Committee will notify the Cross Country Saskatchewan Office by 9 am on Thursday January 13/22. 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 Advisor – David Martinuk

Race secretary – Elan Buan

Chief of Course – Kent Flavel

Chief of Competition – David Martinuk

Race Jury – TBD at coaches meeting. Will consist of Technical Advisor and 2 elected coaches.

Sask Cup #5 Schedule of Events

Saturday Jan. 15

Race Trails at Dixon will be open for pre-race skiing at 1:00 PM. (Please bring your own race maps and be sure of your trails and distances)

Race Trails closed at 4:30 PM

Sunday Jan. 16

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

Race Time: 11:00 a.m.

The Race Committee will attempt to streamline the different age category starts by providing race start times for each age category by Friday night at 10 PM. These times will allow racers to plan when they will need to be at the venue to race. Times will be published on the CTSC Website under Sask Cup Race, and will be emailed to the various coaches listed in the Race registrations. Please have skiers near the stadium area 10 minutes before the published race time. Late starters may be penalized.

Race course: Classic trails consisting of packed trail with one classic track . Double tracked near stadium area. Terrain is gently rolling to hilly. Varied terrain. Short 500 meter and 1 km loops are fairly level. Wildlife possibly present! Race Maps at [CARLTON TRAIL SKI CLUB - Sask Cup Race | Carlton Trail Ski Club \(weebly.com\)](http://CARLTON TRAIL SKI CLUB - Sask Cup Race | Carlton Trail Ski Club (weebly.com))

A warm up/ cool down loop will be provided south of the clubhouse. Watch for signs.

Facilities: Race site location includes washroom facilities only. Distance from clubhouse to stadium approximately 50 m. north.

<u>Age Categories</u>	<u>Year Born</u>	<u>Race Distances:</u>
Under 8 Boys and Girls	2014 and later	1 km.
Under 10 Boys & Girls	2012,2013	2 km
Under 12 Boys & Girls	2010,2011	3.2 km.
Under 14 Boys & Girls	2008,2009	5.4 km.
Under 16 Boys	2006,2007	9.0 km
Under 16 Girls	2006,2007	8.0 km.
Under 18 Boys	2004,2005	12.0 km
Under 18 Girls	2004,2005	9.0 km
Under 20 Men	2002,2003	12 km.
Under 20 Women	2002,2003	9.0 km
Senior Men	2001 and earlier	12 km.
Senior Women	2001 and earlier	9.0 km.
Masters Women and Men 1,2	1982-1991	12 km men, 9.0 km women
Masters Women and Men 3,4	1972-1981	12 km men, 9.0 km women
Masters Women and Men 5,6	1962-1971	12 km men, 9.0 km women
Masters Women and Men 7+	1961 and earlier	12 km men, 9.0 km women
Paranordic Sit Ski Development Under 23 Male and Female	1999 and later	2 km
Paranordic Sit Ski Open Men and Women over 23	1998 and earlier	4 km
Paranordic Development Standing Under 23 Male and Female	1999 and later	3.2 km
Paranordic Open Standing Over 23 Men and Women	1998 and earlier	8.1 km

**NOTE: All ages stated
are as of Dec. 31, 2021.**

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

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 : lskunuz@backroadsbb.ca Website: www.backroadsbb.ca

Race Trail Maps:



SaskCup5_YELLOW
(500 meters).pdf



SaskCup5_ORANGE
1km.pdf



SaskCup5_PURPLE
2.7 km.pdf



SaskCup5_RED 3.2
km.pdf



SaskCup5_BLUE
4km.pdf



SaskCup5_GREEN
4.5km.pdf