

**2018–2019 SASK CUP #1 & #2
DON ALLEN TRAILS, LA RONGE
SAT., DECEMBER 8 & SUN., DECEMBER 9, 2018**

RACE NOTICE

Chief of Competition: Sid Robinson
Race Secretary: Caron Dubnick
Technical Delegate: Al Theede
Race Jury: Sid Robinson, Al Theede, Joan Jeffery

1. Competitions

Sask Cup #1 on Saturday, **December 8, 2018**, is a classic distance race with mass starts. Racers are to be at the race venue on Saturday by 12:30 noon 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 9, 2018**, is a free technique distance race with an interval 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 event will be groomed and marked no later than Friday, December 7, at 4:00 p.m. The same trails will be used for both the Saturday and Sunday races.

Waxing facilities are not available at the Don Allen Trails. There will be limited access to power for outdoor waxing.

2. Hosting, Sanctioning & Rules

Competitions are hosted by the La Ronge Ski Club.

Competitions are sanctioned by Cross Country Canada (Tier 2). Racers holding a CCC licence in the Midget and older categories will earn CPL points.

Competitions will be governed by FIS ICR-CCR (Canadian Competition Rules) Precisions 2018

and by the current Sask Cup Series Rules. In the case of a rule conflict, the Canadian Competition Rules will take precedence over the Sask Cup Series 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 High Fluoro (HF) Waxes: A reminder to all coaches, parents and competitors that the CCS High Performance Committee has directed that no High Fluoro (HF) glide waxes are to be used in Sask Cup competitions. Low Fluoro (LF) waxes will be allowed.

3. Coaches' Meetings

A first coaches' meeting will be held the morning of **Saturday, December 8, 2018, at 12:00 noon at the timing hut at the Don Allen Trails**. A second coaches' meeting will be held the afternoon of **Saturday, December 8, 2018, at 4:00 p.m. at the timing hut at the Don Allen Trails**.

4. Race Categories and Distances

Category	Year of Birth (YOB)	Classic Distance	Free Distance
Atom Boys Atom Girls	2011 & later (aged 7 & under on Dec 31/18)	1 km*	1 km*
Pewee Boys Pewee Girls	2009 & 2010 (aged 8 & 9 on Dec 31/18)	2 km	2 km
Bantam Boys Bantam Girls	2007 & 2008 (aged 10 & 11 on Dec 31/18)	3 km	3 km
Midget Boys Midget Girls	2005 & 2006 (aged 12 & 13 on Dec 31/18)	3 km	5 km
Juvenile Boys	2003 & 2004 (aged 14 & 15 on Dec 31/18)	10 km	5 km
Juvenile Girls	2003 & 2004 (aged 14 & 15 on Dec 31/18)	8 km	5 km
Junior Boys	2001 & 2002 (aged 16 & 17 on Dec 31/18)	10 km	5 km
Junior Girls	2001 & 2002 (aged 16 & 17 on Dec 31/18)	8 km	5 km

Junior Men	1999 & 2000 (aged 18 & 19 on Dec 31/18)	10 km	5 km
Junior Women	1999 & 2000 (aged 18 & 19 on Dec 31/18)	8 km	5 km
Senior Men	1998 & earlier (aged 20 or older on Dec 31/18)	10 km	5 km
Senior Women	1998 & earlier (aged 20 or older on Dec 31/18)	8 km	5 km
Master Men 1 & 2	1979 to 1988 (aged 30 to 39 on Dec 31/18)	10 km	5 km
Master Women 1 & 2	1979 to 1988 (aged 30 to 39 on Dec 31/18)	8 km	5 km
Master Men 3 & 4	1969 to 1978 (aged 40 to 49 on Dec 31/18)	10 km	5 km
Master Women 3 & 4	1969 to 1978 (aged 40 to 49 on Dec 31/18)	8 km	5 km
Master Men 5 & 6	1959 to 1968 (aged 50 to 59 on Dec 31/18)	10 km	5 km
Master Women 5 & 6	1959 to 1968 (aged 50 to 59 on Dec 31/18)	8 km	5 km
Master Men 7 & older	1958 & earlier (aged 60 & older on Dec 31/18)	10 km	5 km
Master Women 7 & older	1958 & earlier (aged 60 & older on Dec 31/18)	8 km	5 km
Para-Nordic Sit Ski	All ages	2.5 km	2.5 km
Para-Nordic Other	All ages	TBA	TBA

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

Note 2 (Classic Technique Distance Races): The classic distance races will go out in mass start waves. Start positions for each category (or combination of categories) will give preference to CCC-licensed racers. The Event Organizing Committee reserves the right to combine categories within any particular mass start wave.

Note 3 (Seeding): CCC-licensed racers will be given preferential seeding based on their CPL points. Racers not holding a CCC licence will be seeded by random draw.

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 the event competitions are sanctioned by Cross Country Canada, all racers in the Midget and older categories (including both Sask Cup and citizen racers) or younger racers (in the Atom, Peewee or Bantam categories) who are not members of a Ski Club registered with Cross Country Saskatchewan must hold a Cross Country Canada race licence or a Cross Country Canada Supporting Member Day Licence ("CCC Day Licence"). Racers in the Atom, Peewee and Bantam categories who are members of a Ski Club registered with Cross Country Saskatchewan DO NOT need a CCC Day Licence. Those requiring a CCC Day Licence must purchase a separate licence for each race. Day Licences are to be purchased as part of the registration process. Cost for each Day Licence is \$5 and is included in the registration fee. A separate Day Licence is required for each race. By purchasing a Day Licence, an athlete and/or a parent or guardian acting on behalf of an athlete under the age of majority expressly agrees to the terms of the CCC 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 (2018-2019)" and then follow the online registration process. The **DEADLINE** for online registration is **THURSDAY, DECEMBER 6, 2018, 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 Cross Country Canada's "Informed Consent and Assumption of Risk Agreement."

Entry Fees: The entry fee for Atoms, Peewees and Bantams is \$5 for each race entered. The entry fee for Midgets is \$10 for each race entered which includes the cost of a CCC Supporting Member Day Licence. The entry fee for Juveniles and older categories is \$15 for each race entered which includes the \$5 cost of a CCC Supporting Member Day Licence. Skiers holding a CCC race licence will have their registration fee reduced by \$5 for each race entered—either at the time of registration on zone4 or at bib pick-up. 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 Juvenile Boys/Girls, Junior Boys/Girls and Junior Men/Women 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 younger skiers (Midget & younger) using free technique or classic technique will be held in the stadium on Saturday, December 19, 2015, 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

Hot dogs and drinks will be served to participants free of charge during the event.

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 La Ronge Ski Club website at www.larongeskiclub.ca and on the Club's Facebook page at "The 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 that serves as headquarters for the Don Allen Saskalopopet). Room with 2 queen beds at \$120 with a \$5 charge for each extra person. Taxes extra. Phone (306) 425-2190 to 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. Room with 2 queen beds at \$120 with \$10 extra for each extra person. Taxes extra. Phone (306) 425-3262 to book.

Waterbase Inn: Located on La Ronge Avenue across from Robertson Trading. Room with 2 queen beds at \$120; room with 1 queen bed at \$110. 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 (near the Shell gas station). Room with 2 queen beds at \$110 for 2 persons with \$10 charge for each extra person. Kitchenettes available at \$120. Taxes extra. 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).