



RACE NOTICE
Sask Cup #3
Sunday, January 15, 2023
Carlton Trail Ski Club
Dixon Trails

REGISTRATION MUST BE DONE ONLINE BY 8pm ON Friday, Jan. 13 AT

www.zone4.ca

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL BE ACCEPTED. Late Registration Fee after Friday January 13, 2023 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

COMPETITIONS

Sunday, January 15	11:00 AM, Classic Technique, Interval Starts
Sunday, January 15	11:00 AM, Sit Ski Technique, Interval Starts

HOSTED BY: Carlton Trail Ski Club

VENUE: **Location:** Carlton Trail Ski Club Dixon Trails (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/>

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 WPNS Rules and Regulations for Cross Country Skiing and Biathlon, October 2021. Sanctioning: 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 Friday, January 13, 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 Advisor: Brennan Craig
Chief of Competition: David Martinuk
Coach: To be chosen on the day of competition

RACE COMMITTEE

Chief of Competition: David Martinuk
Competition Secretary: Elan Buan
Chief of Timing: Jackie Flavel
Chief of Course: Kent Flavel

FACILITY INFORMATION

Location: Please see “VENUE” above
Race Office: The CTSC clubhouse will serve as the race office at the Dixon ski Trails
Race Office Hours: Sunday Jan. 15 from 9:00 AM
Communication: Information and updates or changes to this race can be found in this race notice, on the Carlton Trail Ski Club website 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)) ,CCS emails,direct emails to registered racers.

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

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. north. Warm-up loop(s) will be provided on the SOUTH side of the clubhouse facility for those wishing to ski during the race event. Non-Racers are expected to pay trail fees. Information can be found at the CTSC website.

COMPETITION INFORMATION

REGISTRATION MUST BE DONE ONLINE BY 8pm ON Friday Jan. 13 AT www.zone4.ca. SEARCH FOR “Sask Cup #3 – 2023 (Humboldt)”.

LATE REGISTRATIONS AND RACE DAY REGISTRATIONS WILL BE ACCEPTED.

Payment will be cash or etransfer and will be an amount of published race fee plus 10.00 per racer. Late registrations will only be accepted by email until Saturday at 3PM by emailing buan@sasktel.net . Unpaid fees or unsigned waivers by 9:30 AM Sunday will result in disqualification of the racer involved.

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.

Race Licenses

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 (see “Draw”).

Waivers: All competitors must sign a waiver as part of the online Zone4 registration or by 9:30 AM Sunday morning for late registrations. Competitors under 19 years of age must have this waiver signed by a parent or guardian.

Race Fees:

\$25 for U16 and older

\$15 for U14, U12

\$5 for U8 & U10

\$10 for Para and Special Olympic divisions

\$ 15 for Saskatchewan Winter Game Junior Category

\$ 25 for Saskatchewan Winter Game Senior Category

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.

Saskatchewan Winter Games Prairie Central District Team Selection Race:

The Sask Cup #3 Race will also serve as the team selection race for the Prairie Central District and Regina District. Please check the correct District on the zone 4 registration page. The age categories and race distances are listed in this notice under "Event Categories". You can register for this race by going onto the Zone4.ca website at www.zone4.ca and looking for "Sask Cup #3 – 2023 (Humboldt)" and you must register as a racer and MUST check "yes" for "trying out for the Prarie Central or Regina XC Team". If you have any questions about the selection race or eligibility, please contact Troy Gullacher email: tgullacher@live.com

Schedule of Events

Saturday

Race Course Opens: 2:00 PM

Course Closes: 4:30 PM

Sunday

Race Office Opens: 9:00 AM

Coach's Meeting: 10:00 AM

Course Closes: 10:30 AM

Race Start: 11:00 AM

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: Race Maps will be included with this Race Notice, and will be on the CTSC Website 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)) and on the CCS website under sask cup races.

Start Lists: Will be posted at the race office (clubhouse) on Jan. 15 by 10:00AM. Start lists will be available 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

Awards will be presented to first, second and third place finishers in each gender and age category for U20 and younger categories. The awards will be presented at or near the race office (CTSC Clubhouse) as soon as possible after the 15 minutes are over after posting the unofficial results if there are no protests or jury decisions to be made.

Wax Policy

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

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

EVENT CATEGORIES

CATEGORY	YEAR OF BIRTH	Day 1 RACE	Day 2 RACE
U8 (Boys/Girls)	2015 and later	1 km	
U10 (Boys/Girls)	2013, 2014	2 km	
U12 (Boys/Girls)	2011, 2012	3.2 km	
U14 (Boys/Girls)	2009, 2010	5.4 km	
U16 (Boys/Girls)	2007, 2008	Boys=9km/Girls=8km	
U18 (Boys/Girls)	2005, 2006	Boys=12km/Girls=9km	
U20 (Men/Women)	2003, 2004	Men=12km/Women=9km	
Senior Men/Women	1993-2002	Men=12km Women=9km	
Masters 1, 2	1983-1992	Men-12/Women=9km	
Master 3, 4	1973-1982	Men=12km/Women=9km	
Master 5, 6	1963, 1972	Men=12km/Women=9km	
Masters 7+	1962 and earlier	Men=12km/Women=9km	
ParaNordic Men/Women Development	Sit, Standing and Visually Impaired	2 km	
ParaNordic Men/Women Open	Sit, Standing and Visually Impaired	4 km	
Sask Winter Games Junior	2009,2010,2011	5.4 km	
Sask Winter Games Senior	2006,2007,2008	8 km	

Organizing Committee and Jury may need to modify courses and distances depending on snow conditions.