

**2017–2018 SASK CUP #3 & #4**  
**DON ALLEN TRAILS, LA RONGE**  
**SAT., December 9th & SUN., December 10th, 2017**

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**RACE NOTICE**

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**Chief of Competition:** Dean Squires  
**Race Secretary:** Caron Dubnick  
**Technical Delegate:** Al Theede  
**Race Jury:** Sid Robinson, Al Theede, Geoff Wilson

\*Please note: This race will act as a qualifier for the selection of racers from the Northern District to participate in the 2018 Sask Winter Games \*

**1. Competitions**

Sask Cup #3 on Saturday, **December 9th, 2017**, is a classic technique distance race with mass (wave) starts. Racers are to be at the race venue on Saturday by 12:00 noon for bib pick up and to be ready for the race start at 1:00 p.m. sharp! Race office opens 11:30 a.m. at the Don Allen Trails and will remain open until the day's official results are posted.

Sask Cup #4 on Sunday, **December 10th, 2017**, is a free technique distance race with an interval start. Racers are to be at the race venue on Sunday by 10:00 a.m. for bib pickup and be ready for the race to 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](http://www.larongeskiclub.ca) prior to the event.

Race course for the event will be groomed and marked no later than Friday, December 8<sup>th</sup>, 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 licen in the Juvenile and older categories are eligible to earn CPL points.

Competitions will be governed by the current Cross Country Canada Rules and Precisions and by the current Sask Cup Series Rules. In the case of a rule conflict, the Cross Country Canada Rules and Precisions 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 Midget and younger age categories 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 9th, at 11:00 a.m. at the timing hut at the Don Allen Trails**. A second coaches' meeting will be held the afternoon of Saturday, December 9th, 2017 **at the timing hut** at a time to be announced.

### **Race Categories and Distances**

<b>Category</b>	<b>Year of Birth (YOB)</b>	<b>Classic Distance</b>	<b>Free Distance</b>
<b>Atom Boys Atom Girls</b>	<b>2010 &amp; later</b> (aged 7 & under on Dec 31/17)	<b>1 km</b>	<b>1 km</b>
<b>Peewee Boys Peewee Girls</b>	<b>2008 &amp; 2009</b> (aged 8 & 9 on Dec 31/17)	<b>2 km</b>	<b>2 km</b>
<b>Bantam Boys Bantam Girls</b>	<b>2006 &amp; 2007</b>	<b>3 km</b>	<b>3 km</b>

	(aged 10 & 11 on Dec 31/17)		
<b>Midget Boys</b>	<b>2004 &amp; 2005</b> (aged 12 & 13 on Dec 31/17)	<b>5 km</b>	<b>3 km</b>
<b>Midget Girls</b>	<b>2004 &amp; 2005</b> (aged 12 & 13 on Dec 31/17)	<b>5 km</b>	<b>3 km</b>
<b>Juvenile Boys</b>	<b>2002 &amp; 2003</b> (aged 14 & 15 on Dec 31/17)	<b>8 km</b>	<b>5 km</b>
<b>Juvenile Girls</b>	<b>2002 &amp; 2003</b> (aged 14 & 15 on Dec 31/17)	<b>8 km</b>	<b>5 km</b>
<b>Junior Boys</b>	<b>2000 &amp; 2001</b> (aged 16 & 17 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Junior Girls</b>	<b>2000 &amp; 2001</b> (aged 16 & 17 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Junior Men Junior Women</b>	<b>1998 &amp; 1999</b> (aged 18 & 19 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Senior Men Senior Women</b>	<b>1988 to 1997</b> (aged 20 to 29 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Masters 1 &amp; 2</b>	<b>1978 to 1987</b> (aged 30 to 39 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Masters 3 &amp; 4</b>	<b>1968 to 1977</b>	<b>10 km</b>	<b>5 km</b>

	(aged 40 to 49 on Dec 31/17)		
<b>Masters 5 &amp; 6</b>	<b>1958 to 1967</b> (aged 50 to 59 on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Masters 7 &amp; older</b>	<b>1957 &amp; earlier</b> (aged 60 & older on Dec 31/17)	<b>10 km</b>	<b>5 km</b>
<b>Para-Nordic Sit Ski</b>	<b>All ages</b>	<b>2.5 km</b>	<b>2.5 km</b>

Note 1 Start positions for each category (or combination of categories) will give preference to CCC-licensed racers. Seeding will be done based on CPL points for CCC licenced races. Start positions for other athletes will be determined by random draw. Late entries will be seeded last. The Event Organizing Committee reserves the right to combine categories when determining seeding within any particular mass start wave.

#### 4. License Requirements

All racers competing for Sask Cup points must have a current Cross Country Saskatchewan Competitor's License. "Citizen racers" (skiers without a Cross Country Saskatchewan Competitor's License) 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 Juvenile and older categories (including both Sask Cup and citizen racers) must hold a Cross Country Canada race license or a Cross Country Canada Supporting Member Day License ("CCC Day License").

Racers in the Atom, Peewee, Bantams and Midget categories **DO NOT** need a CCC Day License. However, these skiers must sign a waiver.

Those requiring a CCC Day License must purchase a separate license for each race. Day Licenses are to be purchased as part of the registration process. Cost for each

Day License is \$5 and is included in the registration fee. A separate Day License is required for each race. By purchasing a Day License, 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 License.

## **5. Registration & Entry Fee**

Registration Online: Racers wishing to register for the event competitions must do so online at [www.zone4.ca](http://www.zone4.ca). Registration opens on Friday November 17th. Once on the Zone4 website, search for “La Ronge Sask Cup #3 and #4 (2017-2018)” and then follow the online registration process. The **DEADLINE** for online registration is **Wednesday, December 6th, 2017, AT 5:00 P.M.**

Late Registrations: Late registrations may be accepted at the discretion of the Race Organizing Committee up **until** 12:00 noon on Saturday December, 9th and 10:00 a.m. on Sunday, December 10th. Any late registrations after this time will not be accepted. Any late registrant 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, Bantams and Midgets is \$5 for each race entered. 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 License. Skiers holding a CCC race license 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 a small processing fee charged by the Zone4 website during the registration process.

## **6. Ribbons & Prizes**

Ribbons: Ribbons for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 1<sup>st</sup> place, \$40 for 2<sup>nd</sup> place and \$20 for 3<sup>rd</sup> place in the Saturday 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 9th, 2017, 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 1<sup>st</sup> place and \$5 for 2<sup>nd</sup> 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.

## **7. Food**

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

## **8. 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 no later than Thursday, December 7th, 2017. The Event Organizing Committee will also endeavor 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](http://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.

### **1. Hotels - Room rates are subject to change. Please call to confirm.**

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 1 Queen and a sofa bed \$120. Room with 2 double beds at \$125. 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. A Room with one queen bed at \$120. Room with 2 queen beds at \$130. Taxes extra. Phone (306) 425-3262 to book.

Waterbase Inn: Located on La Ronge Avenue across from Robertson Trading. Kitchenettes with 2 queen beds at \$143; 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. Kitchenettes at \$110; room with 2 double beds at \$90; room with single bed at \$80. Taxes extra. Phone (306) 425-2150 to book.

Drifters Motel: Motel located off Highway 2 just as you turn into La Ronge (near the Shell gas station). Rooms available for \$111.00 for one person and \$122 for two people. Phone (306) 425-2224 to book.

## **10. Information**

For more information regarding the race, skiers may contact Event Chair Dean Squires by e-mail at [deansquires25@gmail.com](mailto:deansquires25@gmail.com) or by telephone at (306) 420-7616 (evenings).