
**CROSS COUNTY SKI ASSOCIATION OF MANITOBA
2015-2015 PROVINCIAL CHAMPIONSHIPS
TECHNICAL PACKAGE**

RACE CATEGORIES

Category	Birth Year
Atom Girls & Boys	2007-2009
Pee Wee Girls	2006 (PG1); 2005 (PG2); 2004 (PG3)
Pee Wee Boys	2006 (PB1); 2005 (PB2); 2004 (PB3); 2003 (PB4)
Midget Girls	2003 (MG1); 2002 (MG2)
Midget Boys	2002 (MB1); 2001 (MB2)
Juvenile Girls	2000 (JVG1) & 2001 (JVG2)
Juvenile Boys	2000
Junior Boy/Girl	1999 & 1998
Junior Men/Women	1996 & 1997
Senior	1995 - 1986
Master 1	1991 - 1985
Master 2	1976 - 1980
Master 3	1971 - 1975
Master 4	1966 - 1970
Master 5	1961 - 1965
Master 6	1956 - 1960
Master 7	1951 - 1955
Master 8	1946 - 1950
Master 9	1945 & earlier

ELIGIBILITY

Competitions are open to all skiers holding a valid membership with a CCSAM club, a CCC-member club from another Division, a CCC Supporting Member Day License or holding a valid and current CCC/FIS race license.

Excluded from the 2015-2016 CCSAM Provincial Championships are those individuals who are not members of a CCSAM or CCC-Member Club **or** do not hold a valid and current CCC/FIS race license.

N.B. Non-CCSAM Club Members are not eligible for Provincial medals regardless of their final placing(s).

COMPETITION RULES

Rules and regulations for cross country skiing as put forth by Cross Country Canada will apply.

OFFICIALS

It is expected that the host club have the support of club members who are certified officials (CCC Officials Level 1 or 2). The Cross Country Ski Association of Manitoba (CCSAM) shall approve all event officials. A Technical Advisor will be designated by CCSAM.

PROVINCIAL FINAL COMPETITION FORMATS, SITES AND DATES

Individual Sprint – Windsor Park Nordic Centre, Winnipeg – January 16, 2016

Individual race – Classic technique, dual interval start – Birch Ski Area – February 13, 2016

Individual race – Free technique, dual interval start – Birch Ski Area – February 14, 2016

RECOMMENDED RACE DISTANCES

Race category	Individual Sprint	Max distance (& recommended race time)	
		Classic	Free
Atom Girls / Boys	100 – 200 m skills course*	1.5 km (5 to 10 minutes)	1.5 km (5 to 10 minutes)
Pee Wee Girls / Boys	100 m (<20 seconds)	3.0 km (5 to 20 minutes)	3.0 km (5 to 20 minutes)
Midget Girls / Boys	100 (<20 seconds)	7.5 km (< 30 minutes)	7.5 km (5 to 30 minutes)
Juvenile Boys	800m – 1000 m (>2 min)	15 km (7 to 40 minutes)	15 km (7 to 40 minutes)
Juvenile Girls	800m – 1000 m (>2 min)	10 km (7 to 40 minutes)	10 km (7 to 40 minutes)
Junior Boys	1000 – 1400 m	20 km (7 – 90 minutes)	20 km (7 – 90 minutes)
Junior Girls	800 – 1200 m	15 km (7 – 90 minutes)	15 km (7 – 90 minutes)
Junior Male	1000 – 1400 m	30 km (7 – 90 minutes)	30 km (7 – 90 minutes)
Junior Female	800 – 1200 m	20 km (7 – 90 minutes)	20 km (7 – 90 minutes)
Senior & Master Men**	1000 – 1800 m	50 km	50 km
Senior & Master Women**	1000 – 1800 m	30 km	30 km

*Children in the Atom category should not be sprinting (anaerobic effort) longer than 5 secs. at a time. Likewise Pee Wees and Midgets should not be sprinting longer than 20secs. per effort. Please refer to the CCC Competition Model for more information.

**Senior and Master athletes may race beyond these distances.

TIE BREAKER RULE

In case of a tie athletes will share the winning medal if applicable.

MEDALS

Gold, silver and bronze medals will be awarded to the first, second and third place finishers in all age categories, respectively.

Medals will be provided by CCSAM.

RECOMMENDED SCHEDULE*

SPRINTS DAY

10:00 AM Bib handout
 10:45 AM Coaches & Officials Meeting
 11:00 AM Qualifying heats
 12:30 AM Sprint heats

Medal & award ceremony at end of race day.

CLASSIC DAY

9:00 – 11:00 AM Race office open for bib pick up.

12:00 PM Race starts
Coaches & Officials meetings scheduled at LOC discretion.
Medal & award ceremony at end of race day or at evening banquet.

FREE TECHNIQUE DAY

9:00 – 11:00 AM Race office open for bib pick up.
12:00 PM Race starts
Coaches & Officials meetings scheduled at the host's discretion.
Medal & award ceremony at end of race day.

*LOC (Local Organizing Committee) discretion

BANQUET AND AWARDS

A Banquet (meal and/or refreshments) is recommended but is ultimately the LOC's decision based on availability of facilities and services. The banquet should fall on the afternoon or evening of the day's race (in the case of a two-day event the Banquet should be held on the evening of the 1st day). Medals for that day's race should be awarded at this time. All medals will be provided by CCSAM. The Banquet and Award's presentation is the responsibility of the LOC's with assistance being provided by CCSAM on request. Other prizes may be awarded at the LOC's discretion.

ACCOMMODATIONS

In the case of a 2-day event the LOC should provide participants with a list of recommended accommodations in the vicinity. Accommodations should include contact information on hotels, motels, bed and breakfasts, billets and other accommodations available such as bunkhouse-type accommodations at the club's facility if applicable.

PROVINCIALS HOSTING GRANT

A Provincial Championship Hosting grant of \$250 per race day will be awarded to the LOC (CCSAM Club or combination of clubs) to provide financial assistance for the entire event. No application is required. The club(s) will receive the grant on the day of the event unless a request is made to obtain the grant in advance of the event. The LOC is required to submit to CCSAM a post-event report summarizing all income and expenses incurred.

LOCAL ORGANIZING COMMITTEE (LOC)

The members of event LOC should be members of a current CCSAM affiliated club. It is expected that the LOC be familiar with the Rules and Regulations governing cross country ski competitions as set forth by Cross Country Canada (including course and tracksetting requirements) as well as the roles and responsibilities of event officials, club volunteers and safety personnel.

EVENT BID PROCESS

Any eligible club wanting to host a Provincial Championship event must first complete and submit an Event Bid Form to the CCSAM office by the stated deadline. Once all bids are submitted a Technical committee will determine the successful bid(s) and notify all parties.

For more information or clarification contact:

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