

red river nordic
ski & biathlon club



Race Notice Sask/Man Cup Tier 2 CCC Competition Manitoba Provincial Championship Cup Races #4 & #5 Friday February 8th to Sunday February 10th, 2013

Hosted by: [Red River Nordic](#) and [Birch Mountain Sports](#) in the Birch Ski Area

Registration: <http://www.zone4.ca>. Deadline: Friday, February 1st, 2013 at midnight.
NO LATE REGISTRATIONS WILL BE ACCEPTED.

Contacts

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|-------------------------|-------------------|--|
| • Chief of Competition | Chris Roe | croe@pembinatrails.ca |
| • Chief of Course | Victor Chappellaz | nicovic@mts.net |
| • Competition Secretary | Ron Pelletier | rpelletier@sjsd.net |

Location: Birch Ski Area

Birch Ski Area is situated in the scenic Pembina Hills, approximately 120 km southwest of Winnipeg and 35 km southwest of Carman, Manitoba. The area is situated at the foot of the Herman beaches situated along the Darlingford Moraine which offers a wide range of gully and valley terrain with exceptional elevation and scenery. It offers a challenging and expertly groomed trail system of over 25 km of skate and classic set trails for expert and novice skiers. The trails journey through beautiful gullies and valleys and are on average 5 meters wide. From spring to fall The Birch Ski Area is used as a prime mountain biking race course. For a **map of the ski trails** including the **topography** click on the link below.
http://www.birchmountainsports.com/interactive_map.html

Driving Directions: How to get to Birch Ski Area
<http://www.birchmountainsports.com/directions.html>

Schedule of Events

• Friday, December 21 st 2012	Registration Opens on Zone 4
• Friday, February 1 st 2013 @ Midnight	Registration Deadline on Zone 4
• Friday, February 8 th 2013 9:00 am. – 5:00 pm.	Official Training Day – courses will be marked for all races
• Friday, February 8 th 2013, 5:00 pm.	Coaches meeting at Birch Ski Area
• Saturday, February 9 th 2013, 10:00 am.	Classic Distance Races interval starts
• Saturday, February 9 th , 2:30 pm.	Community Classic Sprint Relay – mass starts
• Saturday, February 9 th , 4:00 pm.	Coaches meeting at Birch ski area
• Saturday, February 9 th , 5:30 pm.	Sask/Man Banquet and dance in Morden MB.
• Sunday, February 10 th , 10:00 am.	Pursuit - Free Technique – interval starts

Awards - Podium presentations to follow races each day at Birch Ski Area

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Event Categories and Distances

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2004 – 2006	2004 – 2006
Pee Wee	2003 (PG1); 2002 (PG2); 2001 (PG3)	2003 (PB1); 2002 (PB2); 2001 (PB3); 2000 (PB4)
Midget	2000 (MG1); 1999 (MG2)	1999 (MB1); 1998 (MB2)
Juvenile	1998 (JVG1); 1997 (JVG2)	1997 (JVB1)
Junior Girl/Boy	1996 (JG1); 1995 (JG2)	1996 (JB1); 1995 (JB2)
Junior Female/Male	1994 (JF1); 1993 (JF2)	1994 (JM1); 1993 (JM2)
Senior	1992 – 1983 (U23: 1992-1990)	1992 – 1983 (U23: 1992-1990)
Master 1	1978 – 1982	1978 – 1982
Master 2	1973 – 1977	1973 – 1977
Master 3	1968 – 1972	1968 – 1972
Master 4	1963 – 1967	1963 – 1967
Master 5	1958 – 1962	1958 – 1962
Master 6	1953 – 1957	1953 – 1957
Master 7	1948 – 1952	1948 – 1952
Master 8	1943 – 1947	1943 – 1947
Master 9	1942 and earlier	1942 and earlier

*Atom skiers may race in the Pee Wee categories with the careful recommendation of their club coaches.

Saturday February 9 th , 2013 Classic Distance – Interval Starts		Sunday February 10 th , 2013 Skate Distance – Pursuit, Intervals Starts	
Category	Distance (km)	Category	Distance (km)
*Pee Wee Boys	2.5	Pee Wee Boys	2.5
*Pee Wee Girls	2.5	Pee Wee Girls	2.5
Midget Boys	5	Midget Boys	5
Midget Girls	5	Midget Girls	5
Juvenile Boys	7.5	Juvenile Boys	10
Juvenile Girls	7.5	Juvenile Girls	10
Junior Boys	10	Junior Boys	10
Junior Girls	10	Junior Girls	10
Junior Men	10	Junior Men	15
Junior Women	10	Junior Women	15
Senior Men (U23)	10	Senior Men (U23)	15
Senior Women (U23)	10	Senior Women (U23)	15
Masters Men	10	Masters Men	15
Masters Women	10	Master Women	15
Citizen's Ski Challenge	5	Citizen's Ski Challenge	5

Distances as of Dec 12th, 2012 are subject to change due to conditions.

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Community Classic Relay on Saturday Feb. 9th at 2:30 PM

- Teams arranged by the race organizers
- Girls and Boys Relays (Pee Wee/Midget/Juvenile)
- Juniors to Masters Boys/Girls & Men/Women plus coaches.
- Evenly mixed teams of 4 based on the following: age group representation, placing in the Classic Distance event, club and province.
- Distance: Each leg of the relay does two 500 meter laps

Eligibility

All competitors from Juvenile and up must have a valid CCC race license or hold a CCC supporting member (day license) in accordance with CCC Document 2.2.2 – Race License Policy. Day Licenses are to be purchased on the Sask/Man Zone 4 registration page for a fee of \$5.00/day.

Registration Deadline

Registration is to be completed only through Zone 4 at <http://www.zone4.ca>. The deadline for registration is Friday, February 1st, 2013 at midnight. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

*Entry Fees	Register on Zone 4 by February 1 st , 2013
Juvenile, Junior, Senior, Masters	\$45 per day
Juvenile, Junior, Senior, Masters	\$80 for both days (Feb. 9 th & 10 th)
Midgets (no license required)	\$25 per day
Midgets (no license required)	\$45 for both days (Feb. 9 th & 10 th)
Pee Wee (no license required)	\$20 per day
Pee Wee (no license required)	\$40 for both days (Feb. 9 th & 10 th)
CCC Day License (mandatory for Juveniles and above for those without a CCC license)	\$5 per day
PST and GST to be added to all fees	12%
Sask/Man Banquet and Dance	\$16 children (12 and under) / \$20 for 13 and up

*Entry fees include healthy snack foods, soup, hot/cool drinks, as well as fruit for athletes and coaches.

Starts lists

- Start list for the Classic Distance Race to be posted on Zone 4 by Wednesday February 6th, 2013.
- Start list for the Skate Pursuit Race to be announced at the coaches meeting at Birch Ski Area @ 4 pm on Saturday February 9th.

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Admission to the trails

Trail Fees are included in the registration fees for race days as well as the official training day, for athletes, coaches and volunteers. We encourage families to explore the beautiful trail system at Birch Ski Area. A \$10 trail fee is required for all non-racing skiers for the duration of the event.

Facilities

Birch Ski Area has 25 km of trails accommodating both classic and skate skiers. All trails have significant climbs, descents, and flats. There is a clubhouse with a canteen, a seating area, and bathrooms. There will be a large heated 30' x 30' tent with tables/chairs and food for athletes, coaches and spectators. Change rooms and waxing facilities will be available on site. Bathroom facilities will be on site. The parking lot has the capacity for 100 vehicles.

First Aid

First Aid will be available on site courtesy of the Canadian Ski Patrol. Medical Facilities are available in Carman and Morden, MB.

Lodging

Please contact Jamie Giasson regarding accommodations at jgiasson@shaw.ca

Location	Phone	Group Code
Star Motel, Morden, MB 10 rooms reserved	1-204 - 822-4494	Sask/Man Cup
Super 8 Hotel, Morden, MB 19 rooms reserved	1-204-822-2003	Sask/Man Cup
Morden Motor Inn Morden MB 10 rooms reserved	1-204-822-6272	Sask/Man Cup
Billeting	Sue Davidson peas4@mymts.net	

Banquet and Dance: Saturday February 9th 2013 @ 5:30 pm.

<p>The Sask/Man banquet and dance will be held at the Morden Friendship Centre on February 9th at 5:30 pm. Dinner will be served at 6:30 pm promptly. - http://www.mordenseniors.ca/rentals.html There will be a buffet of turkey, stuffing, cranberry sauce, mashed potatoes with gravy, buns, hot vegetables, ice water, tea/coffee, and choice of desserts. Vegetarian options will also be available. If you have any specific dietary needs please contact Allison Giasson at algiasson@shaw.ca. A cash bar will be on hand. Tickets can only be purchased on the zone 4 event website. Tickets are \$16 for children 12 and under, \$20 for 13 and up.</p>
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