

**red river nordic  
ski & biathlon club**

**Olympia**

1813 Portage Avenue  
WPG, MB 888-4586



**CCSAM**  
Cross Country Ski Association of Manitoba



**Sport**  
MANITOBA

## Race Notice: Provincial Sprint Championship 2014 Tier 2 CCC competition: Manitoba Cup Race #3

**Technique:** Free

**Date:** Saturday, January 18, 2014

**Registration Deadline:** Wednesday, January 15<sup>th</sup> at midnight on [Zone4](#)

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

### Contacts

- |                         |                   |  |
|-------------------------|-------------------|--|
| • Chief of Competition  | Chris Roe         | <a href="mailto:croe@pembinatrails.ca">croe@pembinatrails.ca</a> |
| • Chief of Course       | Victor Chappellaz | <a href="mailto:nicovic@mts.net">nicovic@mts.net</a>             |
| • Competition Secretary | Ron Pelletier     | <a href="mailto:skinnyskis@me.com">skinnyskis@me.com</a>         |

### 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](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

• Wed., January 15 <sup>th</sup> 2014 @ Midnight	Registration Deadline on Zone 4
• Sat., January 18 <sup>th</sup> 9:00 am – 10:30 am	Courses are open for pre-skiing
• Sat. January 18 <sup>th</sup> 10:00 am	Coaches meeting in the clubhouse
• Sat. January 18 <sup>th</sup> 11:00 am	Prologue: time trials: Interval Starts
• Sat. January 18 <sup>th</sup> 12:30 pm	Qualification heats
• Sat. January 18 <sup>th</sup> TBA	Quarterfinal heats*, B-Finals, A-Finals
• Sat. January 18 <sup>th</sup> ongoing	Awards in the podium area throughout the day

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### CCSAM Competitive Age Categories

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2013 – 2014 your age as of December 31, 2013 is your age for the entire 2013 – 2014 competitive season. Our Competition Model makes it possible for young skiers to compete in categories that are a better match for their *development age* if not their chronological age. For example, a Midget aged skier may race as a Juvenile whenever the athlete, their parents and coach together determine that to be the most appropriate competitive category. **Skiers wanting to race in a category other than their competitive age category must notify Ron Pelletier, the competition secretary by e-mail by Jan. 15th at midnight.**

### Race Categories

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2005 – 2007 (6 to 8 years old)	2005 – 2007 (6 to 8 years old)
Pee Wee	2004 (PG1); 2003 (PG2); 2002 (PG3)	2004 (PB1); 2004 (PB2); 2002 (PB3); 2001 (PB4)
Midget	2001 (MG1); 2000 (MG2)	2000 (MB1); 1999 (MB2)
Juvenile	1999 (JVG1); 1998 (JVG2)	1998 (JVB1)
Junior Girl/Boy	1997 (JG1); 1996 (JG2)	1997 (JB1); 1996 (JB2)
Junior Female/Male	1995 (JF1); 1994 (JF2)	1995 (JM1); 1994 (JM2)
Senior	1993 – 1984 (U23: 1993-1991)	1993 – 1984 (U23: 1993-1991)
Master 1	1979 – 1983	1979 – 1983
Master 2	1974 – 1978	1974 – 1978
Master 3	1969 – 1973	1969 – 1973
Master 4	1964 – 1968	1964 – 1968
Master 5	1959 – 1963	1959 – 1963
Master 6	1954 – 1958	1954 – 1958
Master 7	1949 – 1953	1949 – 1953
Master 8	1944 – 1948	1944 – 1948
Master 9	1943 and earlier	1943 and earlier

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Saturday, January 18th 2014	
Prologue Time Trial: Free Technique – Interval Starts @11am	
Category	Distance (km)
Pee Wee Boys	250 meters
Pee Wee Girls	250 meters
Midget Boys	.5 km
Midget Girls	.5 km
Juvenile Boys	750 km
Juvenile Girls	750 km
Junior Boys	1 km
Junior Girls	1 km
Open Men's and Open Women's Category	
Junior Men	1 km
Junior Women	1 km
Senior Men (U23)	1 km
Senior Women (U23)	1 km
Masters Men	1 km
Masters Women	1 km

**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. The zone 4 registration page will allow you to indicate whether you have a CCC race license or need a CCC supporting day license.

**Registration Deadline**

Registration is to be completed only through Zone 4 at <http://www.zone4.ca>. The deadline for registration is January 15<sup>th</sup> at midnight. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

*Entry Fees	Register on Zone 4 by Jan. 15th, 2014
Juvenile, Junior, Senior, Masters	\$25
Midgets + Pee Wee (no license required)	\$10
CCC Day License (mandatory for Juveniles and above for those without a CCC license)	\$5

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

### **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.