



**CROSS COUNTRY
SASKATCHEWAN**



CCSAM
Cross Country Ski Association of Manitoba



SaskMan Cup/ Saskatchewan Provincial Championship Race Notice February 22 - 23, 2014

General Information

Host Club: Flin Flon Ski Club Flin Flon SK

Schedule of Events: **Ski the Course-** Friday- 2 p.m. to 6:00 p.m.
Saturday- off course by 10:00 a.m.
Sunday- off course by 9:00 a.m.

Race day sign-in: Chalet Office

Saturday- 8:30 a.m. to 10:00 a.m.
Sunday- 8:00 a.m. to 9:00 a.m.

Race start: Saturday - Mass Start- Skiathlon

Chalet- **11:00 a.m. sharp.**

1st leg Classic Technique; 2nd leg Free Technique

Atom and Peewee Categories will do Classic leg only

Sunday- Mass (wave) Start- Free Technique

Start at the Chalet- **10:00 a.m. sharp**

See start list for start times for individual categories and racers.

Course Maps: Maps will be available on the FFSC website
www.flinflonskiclub.com prior to the event.

Sanction: Cross Country Saskatchewan; Cross Country Canada (Tier 2);

Rules: Cross Country Saskatchewan (CCS) Competition Rules and Regulations 2013; Cross Country Canada (CCC) Cross Country Skiing Rules and Regulations (September 2012 version); CCC Canadian Competition Rules (CCR) Precisions marked for 2013. CCC and CCR rules will take precedence.

Cancellation: In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the CCS/CCSAM offices by 2:00 p. m. on Wednesday, February 19th. Reasonable attempts will be made to contact coaches with the given information on their registration forms. As per the rules, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20C. Atom and Peewee categories must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -15C. The Race Committee reserves the right to modify race format, distances and start times on or before race day due to weather or trail conditions.

Race Committee:	Chief of Competition	Duane Davis
	Chief of Course	Dave Price
	Chief of Stadium	Bill Fulford
	Chief of Timing	Chad Plamondon
	Competition Secretary	Susan Shairp
	Technical Delegate	Kathryn Theede

Jury:	Chief of Competition	Duane Davis
	Technical Delegate	Kathryn Theede
	Coach (MB?)	TBA

Competition Information

Race Licenses: All skiers competing for Sask Cup points must have a current Cross Country Saskatchewan (CCS) Competitor's Licence. This event is sanctioned as a CCC Tier II event so all Juvenile and older competitors must have a CCC race licence valid for the 2013-2014 competitive season or must purchase a CCC Supporting Member Day Licence (CCC SMDL) at a cost of \$3 each day. Racers in the Atom, Peewee and Midget categories who are **members** of a Ski Club registered with Cross Country Saskatchewan/CCSAM **DO NOT** need a CCC Day Licence. CCC licensed racers who do not also hold a CCS licence will gain standing in the races in which they compete but will not earn Sask Cup points.

Skiers from Manitoba who will be competing for MB points will be subject to Cross Country Ski Association of Manitoba (CCSAM) Rules. They will compete in the same classes and ski the same distances as Sask Cup racers. They will compete for the same placing awards (1st, 2nd, and 3rd) as Sask Cup racers, but they cannot earn Sask Cup

Points. The reverse will be true for Sask racers, as they cannot earn Manitoba points or provincial awards.

Citizen racers (skiers without a Competitor's License or a non club member) are **welcome** but they must purchase a CCC SMDL. They will compete in the same classes and ski the same distances as Sask Cup racers and Saskatchewan Provincials competitors. They will compete for the same placing awards (1st, 2nd, and 3rd) as Sask Cup racers, but they can not earn Sask Cup Points or Saskatchewan Provincial awards.

Competitors holding a valid CCC and CCS or CCSAM competitor licences will receive preferential seeding compared to Citizen Racers.

Waivers: **All competitors must sign a waiver found online on Zone4. Competitors under 19 years of age must have a waiver signed by a parent or guardian.** Please note that the signature of a parent or guardian is required on the CCC Supporting Member Day Licence if the competitor is under 19 and does not hold a current CCC licence, so if the parent/guardian is not travelling with the competitor this must be signed in advance. It is a separate document from the race registration. (Attached)
Waivers will also be available at the venue on race day.

Registration: **Register online via Zone 4 only. Access www.zone4.ca A credit card will be required.**

Entries must be received by 12 midnight Tuesday, February 18th.

No late entries will be accepted

*All competitors must sign-in at the registration desk in the Chalet basement on race day. They must sign waivers/purchase a CCC Supporting Member Day Licence, if they have not already done so, **or they will not be issued a racing bib.***

Race Fees: **\$10** per race- Atom and Peewee Categories
\$20 per race- Midget, Juvenile and Junior Categories
\$25 per race- Senior and Masters Categories

Team Captains Meeting/Draw: Chalet Annex
7:30 p.m. Friday Feb. 17th
4:00 p.m. Saturday Feb 18th

Draw and Seeding: Double random draw with seeding preference given to CCC racers with CPL points, then CCS/CCSAM and CCC racers without CPL points and then citizen racers.

Start Lists: Start lists will be provided Friday evening after the Team Captains Meeting and posted Sat. morning.

Unofficial Results and Protests: Unofficial results will be posted at the Chalet. 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. Protests must be submitted on an Official Protest Document supplied by the Competition Secretary.

Awards: 1st, 2nd, and 3rd place awards will be given for each age/gender category after official results have been posted. Junior Women/Men and younger categories will be awarded with Medals and Senior and older categories will be awarded Ribbons. Y.O.B. awards will be presented to Atom, Peewee and Midget Categories.

Contact: For further information please contact
Duane Davis Ph. 306 688-4871 e: duanecdavis@yahoo.ca
Dave Price Ph. 204 687-8653 e: dpprice@mymts.net

Accommodation Information

(Listed because of discounted rooms)

The Victoria Inn- Flin Flon (204) 687-7555

Our largest full service Hotel
Restaurant, lounge- full service.

A block of 30 discounted rooms will be held to Feb.1st. Please indicate you are with the SaskMan Cup.

Prospector Inn- Creighton (306) 688-2957

Restaurant, lounge- full service.

A block of 30 discounted rooms will be held to Feb.1st. *Will provide a waxing room.* Please indicate you are with the SaskMan Cup.

We will, of course, billet if skiers wish to choose that option.

Billet contact information- Kara Plamondon 204 687- 8521

Facility Information

Location: The Ski Club Chalet is located approx. 2 km south of the 3rd Ave. traffic lights. There is a venue sign at the corner of Boam St. and 3rd Ave. After turning south on Boam at the lights, continue past a soccer field, cemetery, and ball diamonds to Ma Crerar Way that leads to the Chalet. See attached map.

Chalet: The Chalet is a 900 square foot modern facility with a fully equipped kitchen, two barrier free washrooms and wheel chair access. There are many viewing vantages; behind the large glass windows, the exterior tiered deck or from the sharply rising toboggan hill. Flin Flon now has a new 16x32 heated

Annex building which will be used for pre race gathering and overflow accommodation. Additional Port-a-potties will be located outside the chalet.

Food and drink will be available through out the day. If not purchasing a banquet ticket we ask that you donate into the silver collection.

Race Office: Chalet
Race day **sign-in: Chalet Office in Lower Level**
Saturday- 9:30 a.m. to 10:00 a.m.
Sunday- 8:30 a.m. to 10:00 a.m.

Phone: (204) 687-8467 in use only during event
Emergency - 911

Waxing Facility: There is a waxing facility on site with power but it does have limited room. We have asked our major Accommodations to provide a waxing room as well, TBA.

Hospitality

Meet and Greet: Friday 7:00 p.m.
Flin Flon Ski Club Chalet
Snacks and Non- alcoholic drinks
Ski under the lights!

Banquet Information

Location: Flin Flon Community Hall Main Street/North Ave Flin Flon
Time: Saturday Doors open- 6:00 p.m. Supper 6:30
Ticket Price: Includes Banquet, Meet and greet, and food at the Chalet

Children 5 and under-	\$0
Midget age and younger-	\$15
Juvenile age and older-	\$25

Thank you for the generosity of our Sponsors. We wish for you to attend Saturday's evening functions and have a great time!

Skiathlon Technique, Mass Starts 11:00 a.m. February 22nd.

2014 Comp Year		Year of Birth	Distance Female	Distance Male
Atom (mixed)	Classic only	2005-2007	1.3	1.3
Peewee Girls	Classic only	2002-2004	1.6	
Peewee Boys	Classic only	2001-2004		1.6
Midget Girls		2000-2001	5.24	
Midget Boys		1999-2000		5.24
Juvenile Girls		1998-1999	5.24	
Juvenile Boys		1998		10.18
Junior Girls		1996-1997	10.18	
Junior Boys		1996-1997		10.18
Junior Women		1994-1995	10.18	
Junior Men		1994-1995		10.18
Senior Women		1983-1993	10.18	
Senior Men		1983-1993		10.18
Masters 1 & 2		1974-1982	10.18	10.18
Masters 3 & 4		1964-1973	10.18	10.18
Masters 5 & 6		1954-1963	10.18	10.18
Masters 7 & 8		1944-1953	10.18	10.18

HUDBAY
MINERALS



VICTORIA INN
HOTEL & CONVENTION CENTRE

Prospector Inn 

Box 809 225 Creighton Ave Creighton SK S0P 0A0 Ph: 306-688-2957 Fax: 306-688-2999
Reservations: 888-688-2957 email: info@prospectorinn.ca www.prospectorinn.ca



Free Technique Mass (wave) Starts 10:00 a.m. February 23 rd .				
2014 Comp Year		Born in Years	Distance Female	Distance Male
Atom (mixed)		2005-2007	.37	.37
Peewee Girls		2002-2004	.86	
Peewee Boys		2001-2004		.86
Midget Girls		2000-2001	3.2	
Midget Boys		1999-2000		5.6
Juvenile Girls		1998-1999	5.6	
Juvenile Boys		1998		5.6
Junior Girls		1996-1997	5.6	
Junior Boys		1996-1997		5.6
Junior Women		1994-1995	5.6	
Junior Men		1994-1995		5.6
Senior Women		1983-1993	5.6	
Senior Men		1983-1993		5.6
Masters 1 & 2		1974-1982	5.6	5.6
Masters 3 & 4		1964-1973	5.6	5.6
Masters 5 & 6		1954-1963	5.6	5.6
Masters 7 & 8		1944-1953	5.6	5.6



*Favorites of Yesterday
and
Today*
FLIN FLON'S RADIO STATION



Flin Flon Credit Union

Alexander's Auto Ranch

The GAS BAR





SUPPORTING MEMBER (DAY LICENSE) FORM
(for skiers without a CCC Race License)

A Supporting Member (Day License) fee, one per race day, must accompany each Supporting Member License issued.

Name of Event: _____

Name of Competition: _____ Date of Race: _____

Name of Competition: _____ Date of Race: _____

Name of Competition: _____ Date of Race: _____

Athlete Information:

Last Name: _____ First Name: _____

Date of Birth: (Year) _____ (Month) _____ (Day) _____

Male(M)/Female(F): __

Club Name: _____ Division: _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (_____) _____ Email address _____

INFORMED CONSENT AND ASSUMPTION OF RISK

In consideration of **Cross Country Canada** (hereinafter called CCC) enabling the undersigned competitor to train and compete according to CCC rules and regulations in force from time to time, and to participate at the ski area(s) where the races named above will be held, all of which races are fully authorized and sanctioned by CCC, I hereby agree and declare as follows:

- (i) That the sport of Cross Country Skiing has risks and inherent dangers that could cause me bodily injury, including death.
- (ii) That my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing.

(iii) That I will abide by all the Rules and Regulations as set forth by CCC and FIS.

(iv) That as a participant in CCC sanctioned sport I will participate in and be subject to the *Canadian Anti-Doping Program (CADP)* and document 1.10 *CCC Anti-Doping Policy*. I am fully aware of the doping violations and consequences rules set out in the *CADP*. I am fully aware of the penalties that will be imposed in the event of an anti-doping rule violation and I understand that refusal to submit to sample collection as required under the *CADP* is considered to be an anti-doping rule violation. For clarification of anti-doping rules and regulations, the *CADP* is available at www.cces.ca/pdfs/CCES-POLICY-CADP-E.pdf Document 1.10 *CCC Anti-Doping Policy* is available on the CCC website, www.cccski.com or from the CCC National Office, email info@cccski.com or phone (403) 678-6791

Adult and Minor Athlete Signature: _____

Date: _____

Name of Legal Guardian (if athlete is under age of majority):

Signature of Legal Guardian:

Witness:-

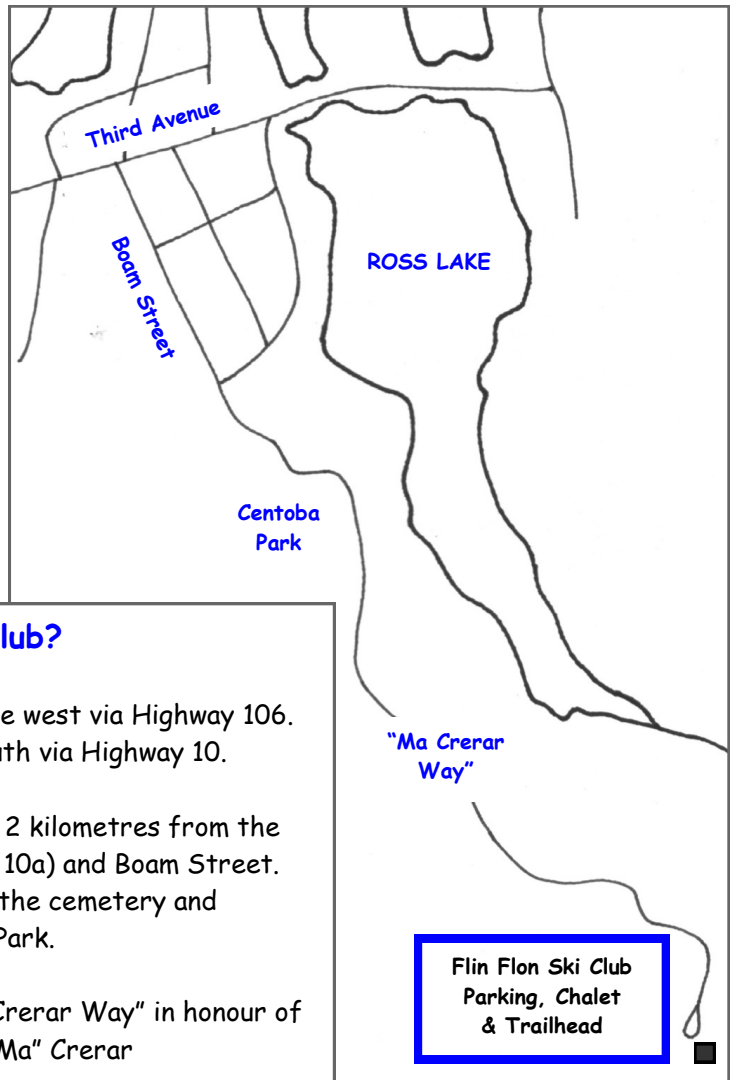
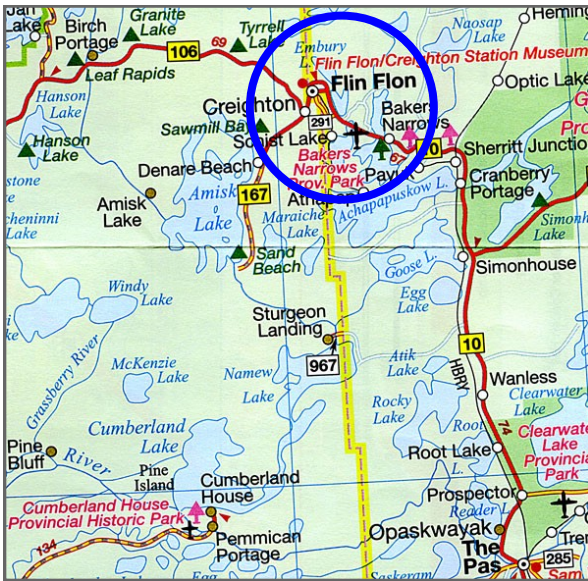
NOTE: Your name, year of birth, club name and division affiliation is considered public information and will be accessible on the CCC website as racing license confirmation for the current season. This information will also be made available to race organizers and event registration services in order to validate your registration details.

Please note that if an athlete enters a FIS sanctioned event and provides a FIS License number (whether it has been renewed for that season or not) the FIS license will become activated automatically and payment will be required if it has not been already made.

Please check that this Note has been read and understood.

Attention Host Club: Please have all skiers without a CCC racing license sign this form which includes an Informed Consent and Assumption of Risk declaration when participating in a CCC Nationally Sanctioned event. All current CCC racing license holders need not complete any additional documents when participating in these events.

NOTE: Supporting Member Forms are to remain with the **Host Club Executive**.
DO NOT submit these forms to CCC or the **Host Division Office**



Where is Flin Flon Ski Club?

Most Saskatchewan skiers will be coming from the west via Highway 106.
 Most Manitobans will approach from the south via Highway 10.

Once you are in town, head south for just under 2 kilometres from the lights at the junction of Third Avenue (Highway 10a) and Boam Street.
 Along the way, you'll pass the soccer field, the cemetery and the ball diamonds at Centoba Park.

The final approach has recently been named "Ma Crerar Way" in honour of long-time Ski Club supporter Mary "Ma" Crerar

