

Manitoba Provincial Championships (Cup Races 5 and 6)

Friday, February 13 to Sunday, February 15

Hosted by Red River Nordic and Birch Mountain Sports in the Birch Ski Area

Contacts:

Chief of Competition: Jamie Giasson jgiasson@shaw.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 in 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 area. For a map of the ski trails including the topography, click on the link below.

http://www.birchmountainsports.com/interactive_map.html

Driving Directions:

<http://www.birchmountainsports.com/directions.html>

Schedule of Events

- Tuesday, Jan. 27 Registration Opens on Zone 4
- Tuesday, Feb. 10 Registration Closes
- Friday, Feb. 13 Course opens for pre-skiing, 3:30 p.m.(Chief of Course will determine availability of course based on conditions and will post updates)
- Saturday, Feb 14
 - Bib Pick-up 9:00-10:00
 - Coaches meeting (Wax Garage) 10:00
 - Pre-ski 9:30 – 10:30
 - Classic Distance Interval Starts 11:00
 - Community Classic Race 1:00

Coaches Meeting (Wax Garage) 2:30
 Banquet and Awards for Classic Races
 (Carman Legion, 28 First Street, NW)

Doors Open 5:00, Dinner at 5:30

- Sunday, Feb. 15

Bib Pick-up 9:00 – 10:00

Pre-Ski 9:30 – 10:30

Free Technique Interval Starts 11:00

Awards and Presentations 2:00 or as soon as race is completed

Event Categories and Distances

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2006 – 2008 (6 to 8 years old)	2006 – 2008 (6 to 8 years old)
Pee Wee	2005 (PG1); 2004 (PG2); 2003 (PG3)	2005 (PB1); 2004 (PB2); 2003 (PB3); 2002 (PB4)
Midget	2002 (MG1); 2001 (MG2)	2001 (MB1); 2000 (MB2)
Juvenile	2000 (JVG1); 1999 (JVG2)	1999 (JVB1)
Junior Girl/Boy	1998 (JG1); 1997 (JG2)	1998 (JB1); 1997 (JB2)
Junior Female/Male	1996 (JF1); 1995 (JF2)	1996 (JM1); 1995 (JM2)
Senior	1994 – 1985 (U23: 1993-1991)	1994 – 1985 (U23: 1993-1991)
Master 1	1980 – 1984	1980 – 1984
Master 2	1975 – 1979	1975 – 1979
Master 3	1970 – 1974	1970 – 1974
Master 4	1965 – 1969	1965 – 1969
Master 5	1960 – 1964	1960 – 1964
Master 6	1955 – 1959	1955 – 1959
Master 7	1950 – 1954	1950 – 1954
Master 8	1945 – 1949	1945 – 1949
Master 9	1944 and earlier	1944 and earlier

Saturday February 14th.

Classic Distance – Interval Starts

<u>Category</u>	<u>Distance</u>
Pee Wee Boys	2.5
Pee Wee Girls	2.5
Midget Boys	5
Midget Girls	5
Juvenile Boys	7.5
Juvenile Girls	7.5
Junior Boys	10
Junior Girls	10
Junior Men	10
Junior Women	10
Senior Men (U23)	10
Senior Women (U23)	10
Masters Men	10
Masters Women	10
Citizens Classic	5

Sunday February 15th

Free Technique – Interval Starts

<u>Category</u>	<u>Distance</u>
Pee Wee Boys	2.5
Pee Wee Girls	2.5
Midget Boys	5
Midget Girls	5
Juvenile Boys	7.5
Juvenile Girls	7.5
Junior Boys	10
Junior Girls	10
Junior Men	15
Junior Women	15
Senior Men (U23)	15
Senior Women (U23)	15
Masters Men	15
Masters Women	15

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

Community Classic Race

Are you a beginning skier who likes a little friendly competition? A parent wanting to show-up your child's time? A volunteer looking to stretch your legs? An athlete coming off of an injury wanting to test it out? Well, this is the event for you! This classic, interval-start race is a community-spirited competition where you can have fun and push yourself a little or a lot; it is completely up to you! Register on Zone 4 or up to 10:30 a.m. Saturday Feb. 14. Race price is set at \$10 so what do you have to lose? If nothing else, make some room for the banquet!

Eligibility

Competitions are open to all skiers holding a valid membership with a CCSAM club or a CCC-member club from another Division. Non members are required to purchase a CCC Supporting Member Day License for each day of competition.

Non-CCSAM Club Members and Citizen racers are not eligible for Provincial medals.

Registration Deadline

Registration is to be completed only through Zone 4 at <http://www.zone4.ca> The deadline for registration is Tuesday, February 10 at midnight. No late registration will be accepted, with the exception the Citizen Classic, for which same-day registration will be accepted.

Entry Fees

<u>Category</u>	<u>Fee Structure</u>
Juvenile, Junior, Senior, Masters	\$30 per day
Midgets	\$20 per day
Pee Wee	\$20 per day
Citizens Classic Race	\$10
CCC Supporting Member Day License	\$5 per day
(for non club members only, this fee is waived for Citizen Classic Race entrants)	

Entry Fees include healthy snack foods – bagels, fruit, beverages.

Starts Lists

- Start list for races will be posted on Zone 4 by Friday, Feb. 13.
- Start list for the Citizen Classic Race will be posted by noon Saturday

Admission to the trails

Trail Fees are included in the registration fees for race days as well as the official training day, Friday, Feb 13, 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 25km 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. Change rooms and waxing facilities will be available on site.

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

Lodging facilities have been advertised on CCSAM since late December. The official accommodation location is The Oxbow Inn in Carman, MB. 204 745 6176. (one block away from the banquet facility)

Banquet and Dance: Saturday, February 14 at the Carman Legion Hall, 28-1st Street NW. Doors open at 6:00; dinner at 6:30 sharp. Dinner will be a buffet style of home-cooked deliciousness! Vegetarian options will also be available (on the Zone Registration page). If you have any other specific dietary needs, please contact Alison Giasson at algiasson@shaw.ca. A cash bar will be on hand. Tickets can only be purchased on the Zone 4 event website. At cost price, 10 years of age and under are \$16.00 and; 11 years of age and up are \$20.50.