



2018 CROSS COUNTRY SKI  
PROVINCIAL CHAMPIONSHIPS

**February 10th & 11th, 2018**

The 2018 CCSAM Provincials and Manitoba Games Qualifier for South and West regions which will take place at Lake Adam Recreation Area in the Turtle Mountain Provincial Park.

Please come enjoy our rolling terrain and friendly ski community.

Registration for this event can be found at [www.zone4.ca](http://www.zone4.ca)  
Details can be found at [www.ccsam.ca](http://www.ccsam.ca)



# **CROSS COUNTRY SKI ASSOCIATION OF MB 2018 PROVINCIAL CHAMPIONSHIPS & MANITOBA GAMES QUALIFIER FOR SOUTH AND WEST REGIONS**

**February 10<sup>th</sup> & 11<sup>th</sup>, 2018**

**Adam Lake Recreation Area, Turtle Mountain Provincial Park**

**An Open event for Skiers of All Ages and Abilities**

We welcome you to the 2018 CCSAM Provincials which will take place February 10<sup>th</sup> and 11<sup>th</sup> at Adam Lake Recreation Area in the Turtle Mountain Provincial Park. Please come enjoy our rolling terrain and friendly ski community.

Registration for this event can be found at [www.zone4.ca](http://www.zone4.ca)

February 3<sup>rd</sup> midnight: EARLY Registration CLOSES

February 4<sup>th</sup> – February 7<sup>th</sup>: \$10 late fee per race

February 7<sup>th</sup> midnight: REGISTRATION CLOSES. NO on-site registration.

February 10<sup>th</sup>: Classic race, wave starts

February 11<sup>th</sup>: Free technique race, interval starts

## **SCHEDULE**

### **Saturday February 10<sup>th</sup> Day 1**

Classic Technique, small wave starts – MB Cup #5 and qualifying race for MB Games South and West Regions

11:30 AM: Race meeting at the toboggan hut

1:00 PM: Wave starts – Please watch [ccsam.ca](http://ccsam.ca) for schedule of categories

6:00 PM: Banquet at International Peace Garden Interpretive Centre/Conservatory, bring photo ID for border crossing, birth certificates for kids.

7:30 PM: Awards

## **Saturday distances and early registration fees**

Atom: 1km: \$5

Pee Wee: 2.8km (1 lap of the intermediate trail): \$15

Midget: 5.6 km (2 laps of the intermediate trail): \$25

Juvenile/Junior/Masters: 11km (1 lap of 8.2km Bower trail then 1 lap of 2.8km Intermediate trail): \$35

Citizen race: 5.6km (2 laps of the intermediate trail): \$25

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## **Sunday February 11<sup>th</sup> Day 2**

Free Technique, Interval start

10:15 AM: Race meeting in toboggan hut.

11:00 AM: Interval Starts begin

## **Sunday distances and early registration fees**

Atom: 1km: \$5

Peewee: 2.8km (1 lap of the intermediate trail): \$15

Midget: 5.6km (2 laps of the intermediate trail): \$25

Juvenile/Junior/Masters: 8.2km (1 lap of 8.2km Bower trail): \$35

Citizen race: 5.6km (2 laps of the intermediate trail): \$25

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## **Awards**

Medals will be awarded by category. Saturday awards will be presented at our banquet on Saturday night in the International Peace Garden Interpretive Centre/Conservatory.

Sunday awards will be presented at the site immediately following the races.

## **Facilities**

Turtle Mountain Provincial Park is located 1 hour south of Brandon, 2 hours 45 minutes from Wpg and 15km south of Boissevain, MB on Hwy #10. There are heated washrooms in the winter recreation area parking lot and we will be using the 4 warm up huts located by the toboggan hill and skating rinks. The race start

area is accessed by the campground (2 outhouses are in that area) and it is 600m ski to the start/finish area, please watch for the signs.

Chili and bun lunch (Saturday) beginning at 11:00 AM in the toboggan warm up hut at Adam Lake recreation area \$8.50 per person. Heated washrooms and heated warm up huts are located in the Adam Lake recreation area. There will also be a race meeting at 11:00 AM (Sat) by the heated washrooms in the main parking lot.

Start/finish area is located 600m from the campground trailhead, please watch for the signs, there are unheated outhouses in the campground.

[https://www.gov.mb.ca/sd/parks/popular\\_parks/western/turtle\\_info.html#06j](https://www.gov.mb.ca/sd/parks/popular_parks/western/turtle_info.html#06j)

[http://www.gov.mb.ca/sd/parks/pdf/maps/2015\\_winter\\_maps/winter\\_turtle\\_mountain.pdf](http://www.gov.mb.ca/sd/parks/pdf/maps/2015_winter_maps/winter_turtle_mountain.pdf)

## **Accommodations**

We are encouraging people to stay in the dorms at the International Peace Garden (IPG) Music Camp. There are both private rooms with 2 twin beds and semi-private open dorms. Cost is \$30/bed/night, bring your own bedding, pillows and towels. Photos of the dorms can be found on the music camp website: <http://internationalmusiccamp.com/about/facilities/housing>. Booking for accommodations will be on Zone4.

Please bring photo identification for the border crossing back into Canada, passports are helpful but not required.

IPG vehicle parking pass fees are waived for this event.

Wilderness Inn, 306 Mountain Ave, Boissevain MB – Rooms have been blocked off until Feb 1<sup>st</sup>. \$99 per room. Family rooms are available.

[www.Canadianwildernessinn.com](http://www.Canadianwildernessinn.com) 204-534-7155

## **Food**

Post race snacks will be provided.

Saturday lunch at Adam Lake, Turtle Mt Provincial Park.

Catered meals at International Peace Garden Interpretive Centre/Conservatory.

Alternative food needs can be accommodated. Order meals on Zone4.

Saturday Lunch (Adam Lake): Chili and Bun – \$8.50

Saturday Banquet Supper (IPG): \$17.00 – 6:00 PM. Cash bar available.

Sunday Breakfast (IPG): Baked Oatmeal, Sausage, Eggs – \$6

Sunday Lunch (at Adam Lake): Lasagna, Salad, Garlic Bread – \$11

### **Waxing Facilities**

There will be waxing in the maintenance garage at the Peace Garden (same as 2017), on-site waxing is more primitive, a small tent will be set up near the heated washrooms with an outlet.

### **Low Flouro Waxing Protocol**

Use of non-flouro (CH) or low flouro (LF) waxes only. High Flouro glide waxes, powders, pucks, blocks and liquids are not permitted. Cold weather powder additives and hardeners are not permitted

### **Other Activities**

There is a toboggan hill, an outdoor rink and a skating pond so feel free to bring equipment to enjoy these other activities.

### **Special Thanks**

Phil & Vera – grooming services and equipment

Boundary Trails Nordic Club – grooming equipment

Alter Ego Sports – draw prizes

For more information, please contact:

Pauline Nadlersmith

[laughingmagpie@xplornet.com](mailto:laughingmagpie@xplornet.com)

204-534-6976 or cell: 204-305-9008