



## SaskMan Cup Championship Race Notice February 18 - 19, 2012

### General Information

**Host Club:** Flin Flon Ski Club      Flin Flon

**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 10:00 a.m.

**Race day sign-in: Chalet Office**

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

**Race start:** Saturday - Free Technique **Sprints**

Interval Start qualifier begins at the Chalet- **10:30 a.m. sharp**. Heats will begin approximately 12 noon or 1.5 hours after relative qualifier and carry on to finals. Atom and Peewee Categories will be run off first, weather pending

Sunday- Mass Start- Skiathlon (Pursuit)

Start at the Chalet- **10:30 a.m. sharp**

1<sup>st</sup> leg Classic Technique; 2<sup>nd</sup> leg Free Technique

**Atom and Peewee Categories will do Classic leg only**

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

**Course Maps:** Available at the Chalet Friday.

**Sanction:** Cross Country Saskatchewan; Cross Country Canada (Tier 2); Cross County Ski Association of Manitoba

**Rules:** Cross Country Saskatchewan (CCS) 2011 Competition Rules and Regulations; Cross Country Canada (CCC) Cross Country Skiing

Rules and Regulations (September 2009 version); CCC Canadian Competition Rules (CCR) Precisions for 2010-12. 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/CSSAM offices by 1:00 p. m. on Wednesday, February 15<sup>th</sup>. 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.

<b>Race Committee:</b>	Chief of Competition	Duane Davis
	Chief of Course	Dave Price
	Chief of Stadium	Bill Fulford
	Chief of Timing	Al Theede
	Competition Secretary	Susan Shairp
	Technical Delegate	Dan Brisbin

<b>Jury:</b>	Chief of Competition	Duane Davis
	Technical Delegate	Dan Brisbin
	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 2011-2012 competitive season or must purchase a CCC Supporting Member Day Licence (CCC SMDL). 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 their Provincial Championships 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 (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) as Sask Cup racers, but they can not 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 Manitoba Provincials competitors. They will compete for the

same placing awards (1<sup>st</sup>, 2<sup>nd</sup>, and 3rd) as Sask/Mb Cup racers, but they can not earn Sask/Mb Cup Points or Manitoba 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](http://www.zone4.ca) A credit card will be required.**

**Entries** must be received by 12 noon Tuesday, February 14<sup>th</sup>.

*Late entries may be accepted up to 6:00 p.m. Feb. 17, at the discretion of the committee. A \$10 late entry fee per race will be assessed. Late entries will be seeded last in their age/gender categories in the order that their entries are received.*

*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:** \$15 **per race** Juvenile class and older; \$5 **per race** Midget class and younger.

**Team Captains Meeting/Draw:** Chalet Annex  
7 p.m. Friday Feb. 17th  
5 p.m. Saturday Feb 18th

**Draw:** Double random draw

**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:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards will be given for each age/gender category after official results have been posted. U23 and under categories will be awarded with Medals and over 23 categories will be awarded Ribbons. Y.O.B. awards will be presented to Atom, Peewee and Midget Categories.

**Participation Award:** An award will be given to the Province with the most participants. Flin Flon Ski Club Members will count as Saskatchewan participants.

**Aggregate Award:** An award will be presented to the Province with the most points gained in competition in the two races.

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

## ***Accommodation Information***

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

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

A block of 30 rooms discounted rooms will be held to Jan31st. 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 Jan31st. Please indicate you are with the SaskMan Cup.

The Oreland Motel – Flin Flon (204) 687-3467

This is a small motel located on Ross Lake, near the Ski venue. KFC across the road. One can actually ski (1.5k) to the Chalet from here. No Restaurant. Chicken Chef near the Vic Inn serves a good breakfast.

The Royal Hotel- Flin Flon Main Street (204) 687-3437

Restaurant opens at 11 a.m.

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

## ***Facility Information***

**Location:** The Ski Club Chalet is located approx. 2 km south of the 3<sup>rd</sup> Ave. traffic lights. There is a venue sign at the corner of Boam St. and 3<sup>rd</sup> 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:** A heated 20'x20' tent will be available in the Chalet parking lot equipped with a power generator.

### ***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:** Elk's Hall 286 Green Street 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- \$5  
Juvenile age and older- \$15

**Thanks to the generosity of our Sponsors FFSC has been able subsidize the cost of meals, entertainment and rooms to keep this event affordable to all. We wish for you to attend Saturday's evening functions and have a great time!**

**Entertainment:** **The Horse's Mouth** – A Celtic Band from Humboldt SK featuring CCS Past-President **Dave Martinuk** on fiddle.

**Sunday tour:** We will have a guided tour of our beautiful McRae (16K hard) or Carlisle (7k easy) Trails Sunday afternoon if skiers are interested.

**Free Technique, Sprint Starts 12:00 noon February 18th**

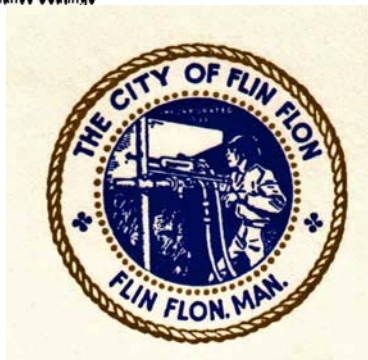
2012 Comp Year	Year of Birth	Distance Female	Distance Male
Atom (mixed)	2003 – 2005	270m	270m
Peewee Girls	2000-2002	270m	
Peewee Boys	1999-2002		270m
Midget Girls	1998-1999	420m	
Midget Boys	1997-1998		420m
Juvenile Girls	1996-1997	1.07km	
Juvenile Boys	1996		1.07km
Junior Girls	1994-1995	1.07km	
Junior Boys	1994-1995		1.17km
Junior Women	1992-1993	1.17km	
Junior Men	1992-1993		1.17km
U23 Women	1989-1991	1.17km	
U23 Men	1989-1991		1.17km
Senior Women	1982-1988	1.17km	
Senior Men	1982-1988		1.17km
Masters 1 & 2	1972-1981	1.17km	1.17km
Masters 3 & 4	1962-1971	1.17km	1.17km
Masters 5 & up	1961 & earlier	1.17km	1.17km
Para Nordic			

*Gold Sponsors*



Pursuit Technique, Mass Starts 11:00 a.m. February 19th				
		Born in Years	Distance Female	Distance Male
Atom (mixed)	Classic only	2003 – 2005	1.3km	1.3km
Peewee Girls	Classic only	2000-2002	1.6km	
Peewee Boys	Classic only	1999-2002		1.6km
Midget Girls		1998-1999	5.24km	
Midget Boys		1997-1998		5.24km
Juvenile Girls		1996-1997	5.24km	
Juvenile Boys		1996		10.18km
Junior Girls		1994-1995	10.18km	
Junior Boys		1994-1995		10.18km
Junior Women		1992-1993	10.18km	
Junior Men		1992-1993		10.18km
Senior U23 Women		1989-1991	10.18km	
Senior U23 Men		1989-1991		10.18km
Senior Women		1982-1988	10.18km	
Senior Men		1982-1988		10.18km
Masters 1 & 2		1972-1981	10.18km	10.18km
Masters 3 & 4		1962-1971	10.18km	10.18km
Masters 5 & up		1961 & earlier	10.18km	10.18km
Para-Nordic				

## Silver Sponsors





*Favorites of Yesterday  
and  
Today*

FLIN FLON'S RADIO STATION



### *Bronze Sponsors*



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

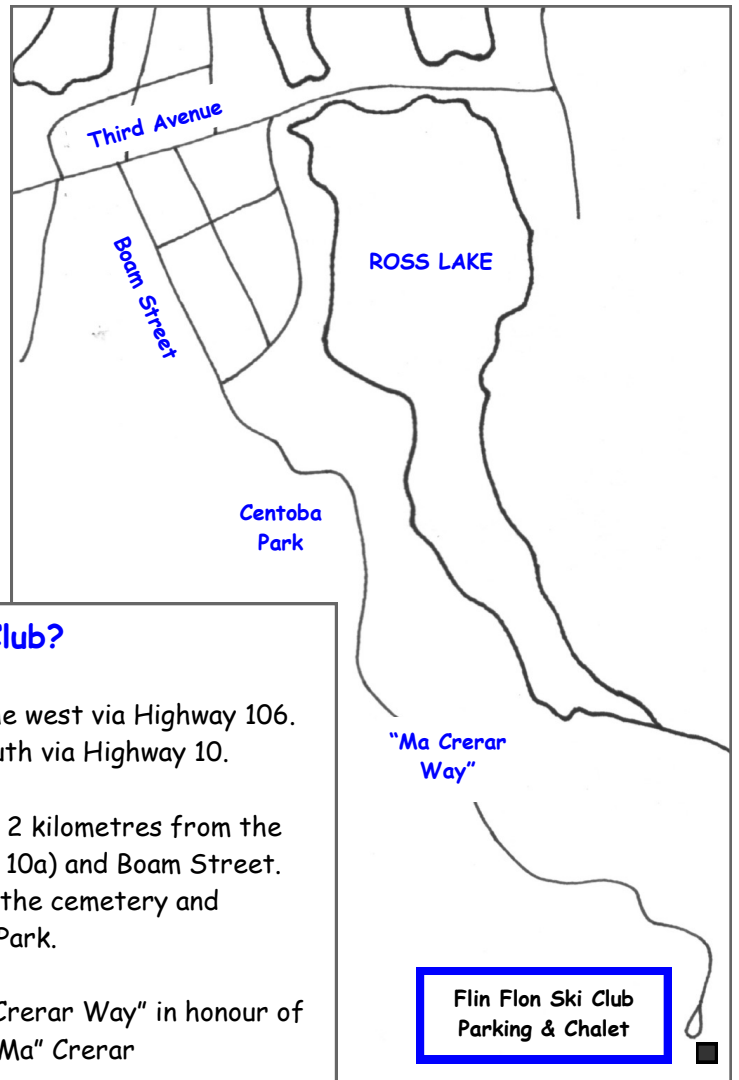
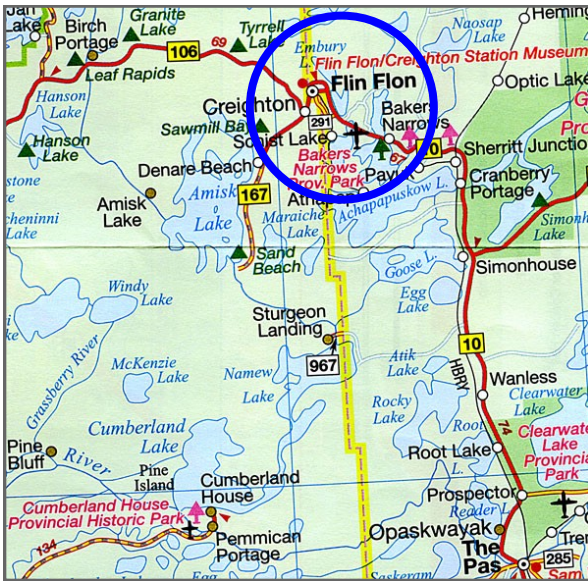


### **Friends** (to date)

- |                                    |                      |
|------------------------------------|----------------------|
| Gunn Sound and Light               | Ackkands/Grainger    |
| Flin Flon Credit Union             | Bargain Shop         |
| Eddie's Family Foods               | Big Dipper           |
| Revive Massage Therapy             | Creighton's Pizza    |
| Alexander's Auto Ranch             | Ernie's Wholesale    |
| Town of Creighton                  | Royal Bank of Canada |
| Canadian Imperial Bank of Commerce |                      |





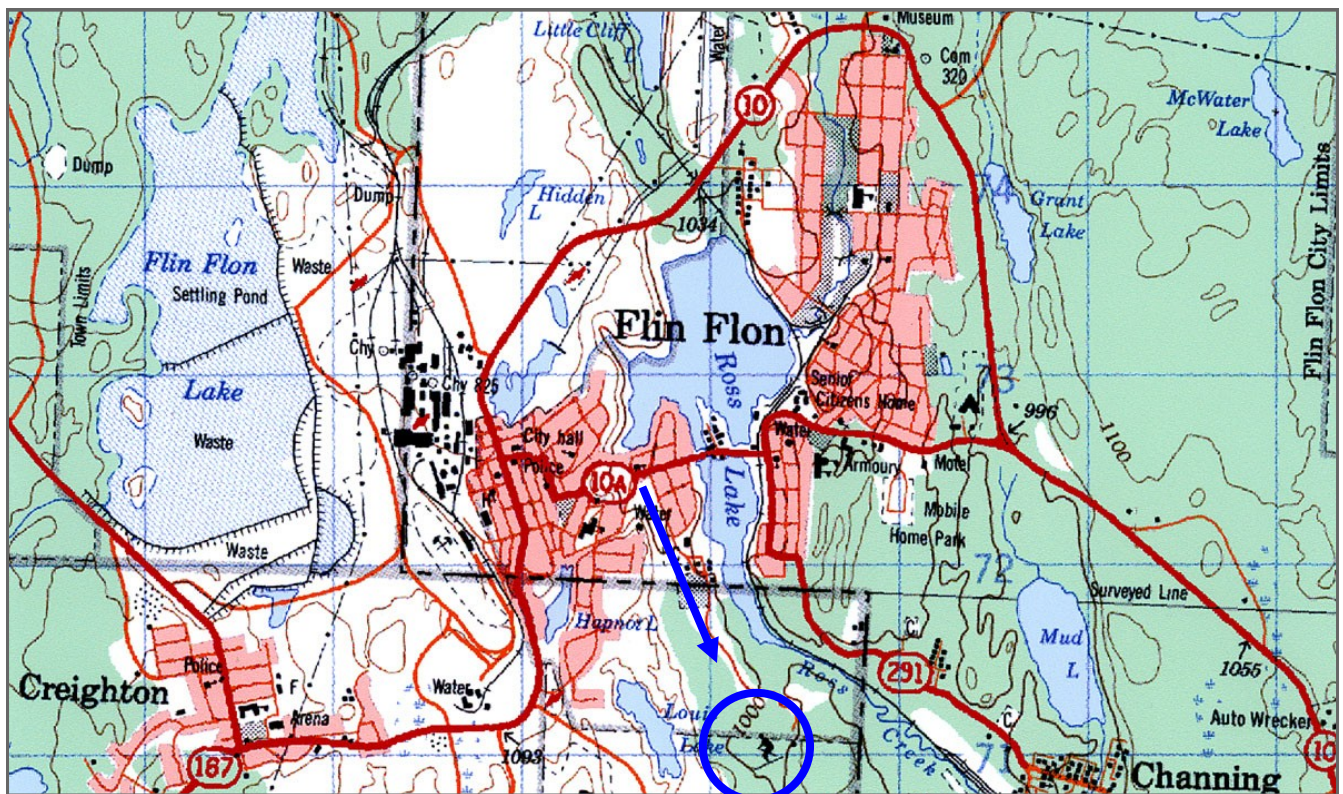


### Where is Flin Flon Ski Club?

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





**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](http://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](http://www.cccski.com) or from the CCC National Office, email [info@ccski.com](mailto:info@ccski.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**