



CCSAM
Cross Country Ski Association of Manitoba

2024 PROVINCIAL CROSS COUNTRY SKI CHAMPIONSHIPS

Races for all Ages & Abilities

February 10 & 11, 2024

Birch Ski Area

Your event Hosts are Boundary Trails Nordic Club



We welcome you to the 2024 CCSAM Provincial Championships which will take place February 10-11, 2024, in beautiful southern Manitoba. This year Boundary Trail Nordic Club has teamed up with Birch Ski Area to host our Championships on their renowned ski trails that have tested us for many years. You get to look forward to skiing a BRAND new race course that combines both the north and south trails. You simply won't want to miss this weekend of racing

CONTACT INFORMATION:

General inquiries:

Andrew Vanden Berg, Competition Chair
Andrew@641homes.com call or text 2043626849

Registration information:

Karin McSherry, CCSAM Executive Director
info@ccsam.ca 204-791-3195

LOCATION:

Ski Birch <https://www.google.com/maps/dir/NW+8-6-7W,+Roseisle,+MB+R0G+1V0/@49.4684944,->

98.3810302,14.9z/data=!4m8!4m7!1m0!1m5!1m1!1s0x52c26c9c51f9df17:0xe9235a8c8a9a856d!2m2!1d-98.3835386!2d49.4701665?entry=ttu

REGISTRATION: You MUST register online at Zone4:

DEADLINE: WEDNESDAY FEB 7th, MIDNIGHT

Everyone must pre-register online, NO on-site registration.

Rec skiers may register on-site OR pre-register as well

****Early bird registration ends on February 3rd, 11:59pm** price increase after the 3rd**

*****Sign up early the weather will be perfect I promise!!**

RACE FORMAT: Saturday Feb 10th: Skate technique, Format TBD

Sunday Feb 11th: Classic technique, Format TBD

MB CUP POINTS: All CCSAM Club members earn points for their club based on placing in each race and on the distance travelled to participate. More information on the Manitoba Cup Race Series here: [manitoba-cup-race-series](#)

ACCOMMODATIONS: Carman area hotels

BANQUET: **Saturday Awards BANQUET:** \$25.00 for 12 years old + \$15 for children 11 and under

LOCATION: [MIAMI COMMUNITY HALL](#) at 4pm

RACE DISTANCES & FEES

Non CCSAM Club members add \$5 for each race. We encourage all athletes to race in their respective age categories, however, if you prefer a more casual race experience and want to just dip your toes into the race scene you are encouraged to give the Recreational adult or youth race a go!! [race-categories](#)

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 11 Skate technique Mass start	SUNDAY Feb 16 Classic technique Mass start	START TIMES(see details below)
Under 8	2016-2017	\$10	1km	1 km	Sat 11:00 Sun 11:00
Under 10	2014-2015	\$10	2.5 km	2.5 km	Sat 11:00 Sun 11:00
Under 12	2012-2013	\$15	2.5 km	2.5 km	Sat 11:00 Sun 11:00
Under 14	20010-2011	\$20	3 km	3 km	Sat 11:00 Sun 11:00

Under 16	2008-2009	\$25	6 km	6 km	Sat 11:00 Sun 11:00
Under 18	2006-2007	\$25	9 km	9 km	Sat 11:00 Sun 11:00
Under 20	2004-2005	\$25	9 km	9 km	Sat 11:00 Sun 11:00
U23	2003-2001	\$25	9 km	9 km	Sat 11:00 Sun 11:00
Senior	1991-2000	\$25	9 km	9 km	Sat 11:00 Sun 11:00
Masters 1-9 (4-year categories starting with 30-34)	1990 & earlier	\$25	9 km	9 km	Sat 11:00 Sun 11:00
Recreational Adult (15+)	2010 & earlier	\$10	6 km	6 km	Sat 11:00 Sun 11:00
Recreational Youth (14 and younger)	2011 & later	\$10	3 km	3 km	Sat 11:00 Sun 11:00

SCHEDULE: Subject to change. Please refer to CCSAM website for updates.

DATE	TIME	EVENT	
February 3rd	23:59	Early Bird Registration deadline. No on-site registrations accepted.	
February 8 th	23:59	Registration closes No on-site registrations accepted.	
Saturday, February 11th	9-10:30	Bib pick up in Chalet	
	10:50	Pre-race meeting at Chalet near start area	
	11:00	Mass start skate begins, start lists coming soon	
	16:30	Banquet, Awards and Door Prizes	
	18:30	Après Ski	
	Sunday February 12th	9:00- 10:30	Bib pick up in Chalet
		10:50	Pre-race meeting at Chalet near start area
11:00		Mass start classic begins, start lists coming soon	
~14:00		Awards (immediately post race)	

START TIMES: Will be published on Thursday after registration closes

REFUND POLICY: Race fees are not refundable in the event of postponement. Race fees will be refunded, minus an administration fee, if the race is cancelled outright.
A refund of registration fees will only be provided for medical reasons prior to the registration deadline of Feb 8, 2023.
Meal fees are not refundable

WAXING: We suggest you arrive with your skis glide waxed.
Birch has limited wax space and there will be no waxing in the chalet. There will be a utility trailer onsite that will have a few wax benches and a small change room
Please come self-sufficient for waxing – BYO wax form/table, extension cord etc.

NO FLUORO WAXING

PROTOCOL: CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events.

This is an outright ban on fluorinated waxes because it has been shown they have a negative impact on the health of people working with the wax and on the environment.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (and in all Nordiq Canada &/or FIS sanctioned competitions when applicable).

This protocol is applicable to ALL age and race categories.

The adherence to this protocol is self-governed and is the responsibility of the athletes, coaches, parents and wax technicians.

AWARDS: Provincial medal ceremony will take place during Banquet on Saturday at approx. 5pm

Sunday medal ceremony will take place immediately after racing using unofficial results

Provincial medals are awarded to CCSAM Club members in U10 through Master age categories for each race day.

Recreational skiers, U8 & non-CCSAM members are not eligible for Provincial medals.

All participants are eligible for draw prizes, provided by our sponsors, awarded during the Banquet on Saturday and you must be present to win.

VOLUNTEERS:

Many volunteers are needed! Please sign up on the Zone4 registration site. Thank you! Volunteers will be provided with a warm lunch on both days as a Thank You!

FIRST AID:

Canadian Nordic Ski Patrol – Red River Division (or other qualified medical personnel will be in attendance.

SPONSORS:



Thanks to Cornerstone Vineyard Church and Westside Community Church for PA system and tables/chairs respectively.