

**2018–2019 SASK CUP #4
Little Red River Park, Prince Albert
Saturday, January 26, 2019**

RACE NOTICE

Chief of Competition: Joan Jeffery
Race Secretary: Jen Ryan
Technical Delegate: Al Theede
Race Jury: Sid Robinson, Al Theede, Joan Jeffery

1. Competitions

Sask Cup #4 on Saturday, **January 26, 2019**, is a classic distance race with mass starts. Racers are to be at the race venue on Saturday by 11:00 for bib pick up and to be ready for the race start at 12:00 p.m. sharp! Race office opens 10:30 at the Cosmo Lodge, Little Red River Park and will remain open until the day's official results are posted.

Race venue is the Little Red River Trail system, located 5 km east of Prince Albert on Highway 55.

Race maps will be posted at www.paskiclub.ca prior to the event.

Race course for the event will be groomed and marked no later than Friday, January 25, at 4:00 p.m.

Waxing facilities are not available at the Cosmo Lodge. There will be limited access to power for outdoor waxing.

2. Hosting, Sanctioning & Rules

Competitions are hosted by the Prince Albert Ski Club.

Competitions are sanctioned by Cross Country Canada (Tier 2). Racers holding a CCC license in the Midget and older categories will earn CPL points.

Competitions will be governed by FIS ICR-CCR (Canadian Competition Rules) Precisions 2018 and by the current Sask Cup Series Rules. In the case of a rule conflict, the Canadian Competition Rules will take precedence over the Sask Cup Series Rules.

Protests: Any coach or athlete protesting a race result shall file a Protest Form with the Race

Secretary at the Race Office within 15 minutes following the posting of the unofficial result being challenged.

No High Fluoro (HF) Waxes: A reminder to all coaches, parents and competitors that the CCS High Performance Committee has directed that no High Fluoro (HF) glide waxes are to be used in Sask Cup competitions. Low Fluoro (LF) waxes will be allowed.

3. Coaches' Meetings

Coaches' meeting will be held the morning of **Saturday, January 26, 2019, at 11:00 in the Cosmo Lodge meeting room.**

4. Race Categories and Distances

Category	Year of Birth (YOB)	Classic Distance
Atom Boys Atom Girls	2011 & later (aged 7 & under on Dec 31/18)	1 km
Peewee Boys Peewee Girls	2009 & 2010 (aged 8 & 9 on Dec 31/18)	1.5 km
Bantam Boys Bantam Girls	2007 & 2008 (aged 10 & 11 on Dec 31/18)	3 km (2x1.5)
Midget Boys Midget Girls	2005 & 2006 (aged 12 & 13 on Dec 31/18)	4.5 km
Juvenile Boys	2003 & 2004 (aged 14 & 15 on Dec 31/18)	9 km (2x4.5)
Juvenile Girls	2003 & 2004 (aged 14 & 15 on Dec 31/18)	9 km (2x4.5)
Junior Boys	2001 & 2002 (aged 16 & 17 on Dec 31/18)	9 km (2x4.5)
Junior Girls	2001 & 2002 (aged 16 & 17 on Dec 31/18)	9 km (2x4.5)
Junior Men	1999 & 2000 (aged 18 & 19 on Dec 31/18)	9 km (2x4.5)
Junior Women	1999 & 2000 (aged 18 & 19 on Dec 31/18)	9 km (2x4.5)
Senior Men	1998 & earlier (aged 20 or older on Dec 31/18)	9 km (2x4.5)

Senior Women	1998 & earlier (aged 20 or older on Dec 31/18)	9 km (2x4.5)
Master Men 1 & 2	1979 to 1988 (aged 30 to 39 on Dec 31/18)	9 km (2x4.5)
Master Women 1 & 2	1979 to 1988 (aged 30 to 39 on Dec 31/18)	9 km (2x4.5)
Master Men 3 & 4	1969 to 1978 (aged 40 to 49 on Dec 31/18)	9 km (2x4.5)
Master Women 3 & 4	1969 to 1978 (aged 40 to 49 on Dec 31/18)	9 km (2x4.5)
Master Men 5 & 6	1959 to 1968 (aged 50 to 59 on Dec 31/18)	9 km (2x4.5)
Master Women 5 & 6	1959 to 1968 (aged 50 to 59 on Dec 31/18)	9km (2x4.5)
Master Men 7 & older	1958 & earlier (aged 60 & older on Dec 31/18)	9 km (2x4.5)
Master Women 7 & older	1958 & earlier (aged 60 & older on Dec 31/18)	9 km (2x4.5)
Para-Nordic Sit Ski	All ages	2.5 km
Para-Nordic Other	All ages	TBA

Note: (Classic Technique Distance Races): The classic distance race will go out in mass start waves. Start positions for each category (or combination of categories) will give preference to CCC-licenced racers. The Event Organizing Committee reserves the right to combine categories within any particular mass start wave.

Note: (Seeding): CCC-licensed racers will be given preferential seeding based on their CPL points. Racers not holding a CCC licence will be seeded by random draw.

5. License Requirements

All racers competing for Sask Cup points must have a current Cross Country Saskatchewan Competitor's Licence. "Citizen racers" (skiers without a Cross Country Saskatchewan Competitor's Licence) are welcome. They will compete in the same classes and ski the same distances as Sask Cup racers but will not earn Sask Cup Points.

Since the event competitions are sanctioned by Cross Country Canada, all racers in the Midget and older categories (including both Sask Cup and citizen racers) or younger racers (in the Atom,

Peewee or Bantam categories) who are not members of a Ski Club registered with Cross Country Saskatchewan must hold a Cross Country Canada race licence or a Cross Country Canada Supporting Member Day Licence (“CCC Day Licence”). Racers in the Atom, Peewee, Bantam and Midget categories who are members of a Ski Club registered with Cross Country Saskatchewan DO NOT need a CCC Day Licence. Those requiring a CCC Day Licence must purchase a separate licence for each race. By purchasing a Day Licence, an athlete and/or a parent or guardian acting on behalf of an athlete under the age of majority expressly agrees to the terms of the CCC Supporting Member Day Licence.

6. Registration & Entry Fee

Registration Online: Racers wishing to register for the event competition must do so online at www.zone4.ca. Once on the zone4 website, search for “Sask Cup #4 “Race the Red” (2018-2019)” and then follow the online registration process. The **DEADLINE** for online registration is **THURSDAY, January 24, 2019, AT 7:00 P.M.**

Late Registrations: Late registrations may be accepted at the discretion of the Race Organizing Committee. Any late registrations accepted will pay an additional late fee of \$10 per race.

Waiver: As part of the online registration process, racers (or their legal guardians on their behalf) will agree to the terms of Cross Country Canada’s “Informed Consent and Assumption of Risk Agreement.”

Race Fees: The entry fee for Atoms, Peewees and Bantams is \$10.00 for each race entered. The entry fee for Midget age class and older is \$15.00. **A \$5.00 Supporting Day License is required and available** at the registration desk for all those **Juvenile and older who do not hold a CCC race license.** Atoms, Peewees, Bantams and Midgets are exempt from the day licence.

7. Ribbons & Prizes

Ribbons: Ribbons for 1st, 2nd and 3rd will be awarded to racers in all categories at the Cosmo Lodge at the close of the race.

8. Food

Bring your own snacks and lunch. There is a concession at the Cosmo Lodge.

9. Cancellation

If the event competition is to be postponed or cancelled due to cold weather or other cause, the Event Organizing Committee will inform CCS as soon as practicable. The Event Organizing Committee will also endeavour to advise coaches and athletes as soon as possible. Primary notice of any postponement or cancellation will be made by posting a notice on the Prince Albert

Ski Club website at www.paskiclub.ca and on the Club's Facebook page at "The Prince Albert Ski Club."

In the event of a postponement or cancellation, the Organizing Committee reserves the right to retain any registration fees collected. It may, in its sole discretion, decide to return all or part of registration fees paid.

10. Information

For more information regarding the race, skiers may contact Event Chair Bill Jeffery by e-mail at skipaddle@sasktel.net or by telephone at (306) 922-0399 (evenings).