



CROSS COUNTRY
SASKATCHEWAN



RACE NOTICE
Sask Cup 6 & 7
Cross Country Saskatchewan
February 7th, 8th, 2026
Flin Flon, Manitoba

REGISTRATION MUST BE DONE ONLINE BY 6 pm ON WEDNESDAY, February 4TH ON www.zone4.ca. Search for “Sask Cup 6 & 7 Flin Flon” LATE REGISTRATIONS AND RACE DAY REGISTRATIONS MAY BE ACCEPTED AT THE DISCRETION OF THE RACE ORGANIZING COMMITTEE. ANY LATE REGISTRATION ACCEPTED WILL PAY AN ADDITIONAL LATE FEE OF \$10 PER RACE.

Note: Light snow base to date may mean that some courses/distances may have to be adjusted closer to the race date. Please watch for any updates on www.flinflonskiclub.com

COMPETITIONS

Sask Cup 6 on Saturday, February 7th, 2026, is a Free Technique Mass Start for ages U12 and up. Racers are to be at the race venue Saturday for a 10:00 a.m. race start.

*Terrain course event **for U8 and U10** categories on Saturday to align more closely with the LTAD model. U10 wanting to participate in the races should register as U12 for Day 1.

Sask Cup 7 on Sunday, February 8th, 2026, is a Classic Technique distance race with interval start. Racers are to be at the race venue on Sunday for a 10:00 a.m. race start.

HOSTED BY: **Flin Flon Ski Club**

VENUE: [**Flin Flon Ski Club**](#)

RULES: Cross Country Saskatchewan [SaskCup Rules](#)(2025-26 version), and FIS International Competition Rules (ICR) Cross Country October 2025 and FIS ICR-CCR(Canadian Competition Rules) November Precisions 2024. Para-Nordic categories will also be governed by FIS International Competition Rules (ICR) Para Cross-Country October 2025, FIS Para Snowsports Equipment Specifications October 2025, and FIS Para Cross-Country Homologation Guide July 2025.

SANCTIONING: Nordiq Canada Tier 2 and Cross Country Saskatchewan.

CANCELLATION: In the event that weather or trail conditions require cancellation of the race(s), the Race Committee will notify Cross Country Saskatchewan by 8 P.M. on Wednesday, February 4th if the race(s) must be cancelled.

As per CCR-ICR 315.9, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below – 20°C. U14 and younger categories must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -15°C. The Race Committee also reserves the right to modify the race format, distances and start times before or on race day due to weather or trail conditions.

JURY: Technical Delegate: Dan Brisbin
Chief of Competition: Dean Grove

Third Jury Member: Gabe Andrews

RACE COMMITTEE

Chief of Competition: Dean Grove

Competition Secretary: Hollee Babcock

Chiefs of Timekeeping and Data processing : Mark Nelson, Greg Bellisle

Chief of Competition Control: Cody Mitchell

Chief of Course: Bill Fulford

Chief of Stadium: Duane Davis

FACILITY INFORMATION

Location: [Flin Flon Ski Club](#) The Ski Club Chalet is located approximately 2 km south of the 3rd Ave. traffic lights. There is a venue sign at the corner of Boam St. and 3rd 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.

Amenities: The Chalet is a two-story 900 square foot heated facility with a fully equipped kitchen, two barrier free washrooms and wheelchair access. There are many viewing vantages, behind the large glass windows, the exterior tiered deck or from the sharply rising toboggan hill. Additional porta potties will be located onsite.

Race Office: The Race Office is located in the bottom of the ski chalet for registration and bib pickup.

Race Office Hours: One hour before the first race starts.

Communication: Information about the races can be found on the [Flin Flon Ski Club Website](#). For further information, please contact: Dean Grove (bigisland5959@gmail.com, 204.923.0315) Coaches can also communicate through the Sask Cup 6 & 7 Flin Flon Whats App group.

Waxing Facilities: A small indoor heated waxing area with electrical power will be available to competitors during the competition.

Food: Food and drink will be available throughout the weekend in the chalet.

Trail Passes: Trail passes are not required for registered skiers and coaches.

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Race Licenses

All competitors skiing in U14 and older categories must have at least one of the following licenses:

- Nordiq Canada Race License (U16+)
- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)
- Nordiq Canada Development License (U14 and under if CPL points desired – see NC website)
- Nordiq Canada Tier 2 Event License. This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

U12 category and younger do not require a license of any type but do require a valid Nordiq Canada club membership. Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq club, must have a Nordiq Canada Race or Event license to compete.

For U12 and lower age groups at TIER 2's EVENTS ONLY:

- If you are a Nordiq Canada Club member – NO Additional license required.
- If you are U12 – Are you a Nordiq Canada Club member, racing up to U14, and want CPL points – you will need a Nordiq Canada Development License
- If you are NOT a Nordiq Canada Member – you will need to purchase a Nordiq Canada Tier 2 Event License.

Please make sure that you have renewed/purchased your license(s) for this year [HERE](#) prior to registering. Competitors holding a Valid Nordiq Canada License will receive preferential seeding(see “Draw”).

Waivers: All competitors must sign a waiver as part of the online Zone4 registration. Competitors under 19 years of age must have this waiver signed by a parent or guardian.

Race Fees (per race):

\$20 for U16 and older

\$15 for U14, U12

\$5 for U10/U8

\$10 for Para Cross-Country and Special Olympic divisions

*Zone4 registration requires a credit card, and the registrant will pay the credit card fee and Zone4 processing fee as part of the online registration.

Schedule of Events

Friday February 6th, 2026

2:00 p.m. Distance Courses open for training (note: The Valley trail is lit until 10 p.m.) Courses are open to pre-ski each day unless otherwise noted.

7:00 p.m. Virtual Team Captains'(Coaches) Meeting

Zoom Meeting link:

<https://us05web.zoom.us/j/83147968557?pwd=rDxqmtVksXJGKTj6mpKOQYitKmsmzR.1>

Meeting ID: 831 4796 8557

Passcode: 7xdzWi

Awards presentation to occur each day at the chalet following the last races as soon as results can be compiled.

Day 1 U12 and Up Free Technique Mass Start. U8/10 Terrain park

Saturday February 7th, 2026

9:00 a.m. Bib pick up (Chalet basement)

9:30 a.m. Course Closes

10:00 a.m. Para Cross-Country Sit Ski

10:00 a.m. U8/U10 M/F Obstacle Course -Terrain Park

11:00 a.m. U16 and up Female Free Technique Mass Start

12:30 a.m. U16 and up Male Free Technique Mass Start

1:30 p.m. U12 and 14 Free Technique Mass Start

3:00 pm Team Captains' (Coaches) Meeting Day 2 downstairs in the chalet following the Awards presentations.

Day 2-Classic Technique Interval Start Races

Sunday

9:00 a.m. Bib pick up (Chalet basement)

9:30 a.m. Course closes. Para Cross-Country Sit Ski

10:00 a.m. U16 and up Male Classic Technique Interval start.

11:30 a.m. U16 and up Female Classic Technique Interval start.

1:00 p.m. U12/14 Male and Female Classic Technique Interval start.

1:30 p.m. U 8/10/12 Male and Female Classic Technique interval start.

Seeding: Start order for U8 to U12 will be determined by random draw. Start order for U14 and older will be determined in two groups:

- 1) NC license and development license racers will be given preferential seeding with start order determined by CPL distance points; and
- 2) Non-NC licensed racers and citizen racers will be grouped together in a random draw.

Course Maps and Profiles: Course/stadium/trail maps will be available at the Team Captains' meeting and on the Flin Flon Ski Club website. A warm-up area for athletes will be shown on the maps and confirmed at the Team Captain's meeting.

Confirmation Lists: Will be posted the day prior to the race. We ask that coaches and bring any changes forward to the Chief of Competition at least two hours prior to the Team Captains' meeting.

Start Lists: Start lists will be available on Zone4 at <https://zone4.ca> and at the Team Captains' meeting.

Unofficial Results and Protests: Unofficial results will be posted outside the race office and digitally via WhatsApp. The time of posting will be marked on the unofficial results. 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.

Awards

Medals will be awarded to 1st, 2nd and 3rd in each gender and age category U12 to Masters. All U8 and U 10 participants registered in their age level will receive a participation award. Awards will be presented at the podium by the south deck following the completion of all races on each day.

Wax Policy

Cross Country Saskatchewan follows Nordiq Canada fluoro policy. For the 2025-26 season there will be a full fluoro ban applied for all Nordiq Canada sanctioned events.

Structure tools ARE permitted.

- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated glide or grip waxes or tuning products containing fluorine liquid are NOT permitted at Sask Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid or kick wax).

Athlete Categories and Race Distances

Category	Year of Birth	Feb 7 th Free Technique-Mass Start	Feb 8 th Classic Technique-Interval start
U8 (Boys/Girls)	2017 & later	Terrain Park	880 km
U10 (Boys/Girls)*	2015, 2016	Terrain Park	1.8 km
U12 (Boys/Girls)	2013, 2014	3 km	2.9 km
U14 (Boys/Girls)	2011, 2012	6 km	5.57 km
U16 (Boys/Girls)	2009, 2010	6.7 km	10.5 km
U18 (Boys/Girls)	2007, 2008	6.7 km	10.5 km
U20 (Boys/Girls)	2005, 2006	6.7 km	10.5 km
Senior Men/Women	2004 & earlier	6.7 km	10.5 km
Master's 1, 2	1985-1994	6.7 km	10.5 km
Master's 3, 4	1975-1984	6.7 km	10.5 km
Master's 5, 6	1965-1974	6.7 km	10.5 km
Master's 7 +	1964 & earlier	6.7 km	10.5 km
Para Men/Women	All ages Sit (LW10-12)	TBD	TBD

Para Men/Women	All ages V.1 (NS1-3)	TBD	TBD
Para Men/Women	All ages Standing (LW2-9)	TBD	TBD
Para Men/Women	All ages Sit (LW10-12)	5 km	1.79 km
Para Men/Women	All ages V.1 (NS 1-3)	TBD	TBD
Para Men/Women	All ages standing (LW2-9)	TBD	TBD

Accommodation

- [**The Victoria Inn**](#)- Flin Flon (204) 687-7555 (Our largest full-service Hotel) Restaurant; lounge- full service. 10 rooms blocked for skiers until Feb 4th.
- [**Prospector Inn**](#)-225 Creighton Ave., Creighton, Saskatchewan 1-306-688-1000
 - Restaurant; lounge-full service.
- [**Bakers Narrows Lodge**](#) 1-204.681.3250 or email info@bakersnarrowslodge.com.
 - Cabin rentals, meals available
- **Dawn Straf** “[**My Gingerbread House**](#)” bed and breakfast-1-306-688-0852. Mygingerbreadhouse2015@gmail.com
- **Oreland Motel**-1.204.687.3467. orelandmotel@mymts.net

Restaurants/Food

[Restaurants](#)

[Aurora and Pine Bistro](#) formerly Mugsy's.

[Inferno Shwarma and Donair](#)

[Bakers Narrows Lodge](#)

[Friendship Centre](#)

[Chicken Chef](#)

[Fast Food-McDonalds, Tim Hortons, Subway, Creighton Pizza, Domino's Pizza,](#)

Things to see and do in Flin Flon

-Flin Flon Bomber games at the Whitney Forum-Feb 6th & 7th at 7:30 p.m.

-Snow House at the Flinty Campground

-Home Routes Concert-Feb 7th 7:30 p.m. (Email:timelly1@gmail.com for tickets/info.)

Jane & Kyle

Canadian fiddle champions Jane Cory and Kyle Burghout create a distinctive sound defined by lush twin-fiddle harmonies, intricate arrangements, and heartfelt original compositions. Touring widely across Canada—from major festivals and competitions to intimate house concerts and community dances—they bring an energy and warmth that consistently captivates audiences. Jane, a Canadian Grand Masters Fiddle Champion, and Kyle, a North American Irish Fiddle Champion, draw on the rich fiddle traditions of their roots in Manitoba and the Ottawa Valley. Their music blends these influences with contemporary tunes from across Canada and beyond, including many of their own compositions.

Following their acclaimed debut *Of Hills and Valleys* (2021), they released their sophomore album “*Many an Open Ground*” in 2025, featuring guest artists Alanna Jenish and Tyson Chen. Beyond performing, Jane & Kyle are dedicated leaders and educators in the fiddle community, serving as festival directors, board members, and in-demand instructors nationwide.

JAN 29: OUTLOOK, SK
JAN 30: EASTEND, SK
JAN 31: FRONTIER, SK
FEB 1: REGINA BEACH, SK
FEB 3: FORT QU'APPELLE, SK
FEB 4: NORQUAY, SK
FEB 5: THE PAS, MB
FEB 6: CRANBERRY PORTAGE, MB
FEB 7: FLIN FLON, MB
FEB 10: CARROT RIVER, SK
FEB 11: MELFORT, SK
FEB 12: PRINCE ALBERT, SK
FEB 13: SASKATOON SK
FEB 14: RIVERSIDE ESTATES, SK

HOME ROUTES
SK / N MB, JAN/FEB 2026

