



RACE NOTICE
Sask Cup 9 & 10
Cross Country Saskatchewan Provincials
March 8th, 9th, 2025
Flin Flon, Manitoba

REGISTRATION MUST BE DONE ONLINE BY 5 pm ON WEDNESDAY, MARCH 5TH ON www.zone4.ca. Search for “Sask Cup 9 & 10 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: Some schedule revisions from the original race notice. Please review the schedule again.

COMPETITIONS

Sask Cup 9 on Saturday, March 8th, 2025, is a Classic Technique sprint with a King’s Court Format Heats for U12 and up. Racers are to be at the race venue Saturday for a 10:00 a.m. race start.

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

Sask Cup 10 on Sunday, January 26th, 2025, is a Free Technique distance race with a mass start. Racers are to be at the race venue on Sunday for a 10:00 a.m. race start.

Please note that Daylight Savings Time begins on March 9th. Clocks in Manitoba will move ahead one hour. This will impact Sunday race times.

HOSTED BY: **Flin Flon Ski Club**

VENUE: [Flin Flon Ski Club](#)

RULES: Cross Country Saskatchewan [SaskCup Rules](#) (2022-23 version) and FIS ICR-CCR (Canadian Competition Rules) November Precisions 2021. Para-Nordic categories will also be governed by WPNS Rules and Regulations for Cross Country Skiing and Biathlon, October 2021.

SANCTIONNING: 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 11 P.M. on Wednesday, March 5th 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: Brennan Craig
Chief of Competition: Dean Grove
Coach: TBD

RACE COMMITTEE

Technical Delegate: Brennan Craig
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

FACILITY INFORMATION

Location: [Flin Flon Ski Club](#) The Ski Club Chalet is located approx. 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.

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.

Race Office: The Race Office is 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)

Communication: Sign up.

Amenities: The Chalet is a two story 900 square foot heated facility with a fully equipped kitchen, two barrier free washrooms and wheelchair access.

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.

Note: There will be a banquet at the [R.H. Channing Auditorium](#) (Flin Flon Community Hall) on Saturday, March 8th starting at approximately 5:30 pm. Tickets for the banquet can be purchased when registering on Zone 4.

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 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 March 7th, 2025

2:00 p.m. Sprint and Distance Courses Open

6:00 p.m. Sprint and Distance courses close. The Valley trail is lit and open until 10 p.m.

9:00 p.m. Virtual Team Captain's (Coaches) Meeting and Jury Selection-Day 1-Chalet

<https://us05web.zoom.us/j/83743066580?pwd=peFo4dSGFGnbVkGvJdOzaaL56MaBZP.1>

Meeting ID: 837 4306 6580

Passcode: yN8PBa

Saturday March 8th, 2025

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

9:30 a.m. Course Closes

10:00 a.m. Para Nordic Sit ski

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

10:30 a.m. U16 M/F and older interval start qualifier 1.1. km sprint course

11:00 a.m. U12/U 14 M/F Interval start qualifier 660 m sprint course
12:30 p.m. U16 M/F and older Kings Court Classic Sprint Heats 1.1 km sprint course
2:00 p.m. U12 & U 14 Kings Court Classic Sprint Heats 660 m. sprint course
5:30 pm Banquet and Medal presentation Flin Flon Community Hall
8:00 pm Team Captains' (Coaches) Meeting Day 2 at banquet site
Join Virtually via Zoom

<https://us05web.zoom.us/j/86893531079?pwd=3wqkC6yRDJ6CaQYE6D1Pk9kwhgC9Xv.1>

Meeting ID: 868 9353 1079
Passcode: 39k69L

Sunday March 9th, 2025, Free Technique Races-Mass start

Sunday

9:00 a.m. Bib pick up (Chalet basement)
9:30 a.m. Course closes
10:00 a.m. Race starts-Para Nordic Sit
Free Technique-Mass start
10:30 U8 M/F 880 m. loop
10:45 U10 M/F 1.76 m. loop
11:15 U12 M/F 3.9 km loop
12:00-U 14 M/F- 4.8 km loop
12:30-U 15 M/F and up 7.8 km loop

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

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 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 Captain's meeting and on [the Flin Flon Ski Club website](https://www.flinflon.ca) .

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. 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.

Awards

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

Wax Policy

Cross Country Saskatchewan follows Nordiq Canada fluoro policy. For the 2024-25 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).

Category	Year of Birth	Mar 8 th Classic Sprints	Mar 9 Free Technique
U8 (Boys/Girls)	2017 & later	Obstacle Course	880 m
U10 (Boys/Girls)*	2015, 2016	Obstacle Course	1760 m
U12 (Boys/Girls)	2013, 2014	660 m	3.9 km
U14 (Boys/Girls)	2011, 2012	660 m	4.8

U16 (Boys/Girls)	2009, 2010	1.1 Km	7.8
U18 (Boys/Girls)	2007, 2008	1.1 Km	7.8
U20 (Boys/Girls)	2005, 2006	1.1 Km	7.8
Senior Men/Women	2004 & earlier	1.1 Km	7.8
Master's 1, 2	1985-1994	1.1 Km	7.8
Master's 3, 4	1975-1984	1.1 Km	7.8
Master's 5, 6	1965-1974	1.1 Km	7.8
Master's 7 +	1964 & earlier	1.1 Km	7.8
PN Men/Women Dev	All ages Sit	1.1 Km	TBD
PN Men/Women Dev	All ages V.I	1.1 Km	TBD
PN Men/Women Dev	All ages Sit	1.75 Km	5 km
PN Men/Women Dev	All ages V.I	1.1 Km	TBD
PN Men/Women Dev	All ages standing	1.1 Km	TBD

Accommodation

- **[The Victoria Inn](#)**- Flin Flon (204) 687-7555 (Our largest full-service Hotel) Twenty rooms are blocked there under “CCS Provincials Flin Flon” until February 22nd.
Restaurant; lounge- full service.
- **[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
- **[The Ridge on Amisk Resort](#)**-306.362.2360

Restaurants/Food

[Restaurants](#)

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

[Inferno Shwarma and Donair](#)

[Bakers Narrows Lodge](#)

[Route 391](#)

[Friendship Centre](#)

[Chicken Chef](#)

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