



Rutting Elk Rollerski Races 2017

Race Notice: Sask Cups 1 and 2

October 21 and 22, 2017

Prince Albert National Park

Races:

Saturday, October 21, SaskCup1 starts 1 p.m.: Distance rollerski race*

Sunday, October 22, SaskCup2 starts at 10 a.m.: Sprint rollerski race*

*Younger athletes will participate in running races, but on Sunday following the sprints there will be a fun (i.e. not for SaskCup points) rollerski race for Bantams and PeeWees

Jury:

Technical Delegate: Dan Brisbin

Chief of Competition: Svenja Belaoussoff

Coach: TBA

Race Committee:

Chief of Competition: Svenja Belaoussoff

Competition Secretary: Cindy Gill

Chief of Course: Joan Jeffery

Chief of Stadium: Bill Jeffery

Chief of Timing: Geoff Wilson

Hosted By: Sturgeon River Nordic

Race Venue: Red Deer Campground, Prince Albert National Park

Race office: The office will be located by the Red Deer Campground kiosk parking lot.

Race Office Hours: 11:00 am to one hour after races finish on Saturday, and 8:00 am to one hour after races finish on Sunday.

Contact information:

Phone: 306 314-9301 (Svenja Belaoussoff)

Email: svenja_@hotmail.com

General Information:

The first event of the 2017-2018 Sask Cup series is scheduled for October 21 and 22. These races will be held in the beautiful setting of Prince Albert National Park.

Registration must be done on-line by 5p.m. on October 19TH at www.zone4.ca

For the Rutting Elk Races Bantam, PeeWee and Atom athletes will compete in running rather than rollerski races. Bantam and PeeWee athletes who are registered in the SaskCup 1 and 2 races will also be able to participate in a fun (i.e. not for SaskCup points) rollerski ski race on Sunday.

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Midget and older age categories will race on sanctioned rollerskis that are on loan from Cross Country Canada (CCC). Racers will not be allowed to race on their own skis to ensure everyone is on equivalent equipment. The organizing committee will issue, at no extra charge, CCC standard rollerskis to all participating Midget and older athletes, as per Cross Country Canada.

All rollerskiers will need to provide their own boots, cycling helmet, protective eyewear and poles, all of which are obligatory.

CCC has developed a Tier 2 Rollerski Technical Package which details all rules and guidelines for hosting rollerski races. The CCC Competition registration and Sanction Policy has also been updated accordingly. Please refer to these documents for policy and rules governing this event.

Given the new possibility of sanctioning official rollerski races where standard equipment is used by all participants, CCC will award regular CPL points to sanctioned Tier 2 rollerski race results. Therefore, as per CCC sanctioning of rollerski races, CPL points earned in rollerski races will be incorporated to CCC's regular CPL.

Skiers will need to indicate on their type of boot binding on their race registration. Please be careful to register in the correct gender and age categories and to enter CCS and CCC race license numbers correctly (they are not the same nor are they interchangeable). Do not enter text comments in the license fields.

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

Race Licenses:

All competitors competing for Sask Cup points must have a **current (2017-18)** Cross Country Saskatchewan (CCS) Competitor's License. This event is sanctioned as a CCC Tier 2 event so all Juvenile and older competitors must have a **current** CCC race license valid for the **2017-2018** competition season or must purchase CCC Supporting Member Day Licenses (CCC SMDL) at a cost of \$5 per race in addition to race registration fees.

Citizen Racers (skiers without a Competitor's License) are welcome but they must purchase a CCC SMDL at a cost of \$5 per race in addition to race registration fees. They will compete in the same classes and ski the same distances as Sask Cup competitors, and will compete for 1st, 2nd and 3rd place awards but they will not earn Sask Cup points. CCC licensed racers who do not also hold CCS licenses will also gain standing in the races in which they compete but will not earn Sask Cup points.

Competitors holding a valid Cross Country Canada licenses will receive preferential seeding.

Entry Process and Deadlines:

Registration must be done on-line by 5p.m. on October 19TH at www.zone4.ca.

Race fees (per race): \$25 Midget age class and older, \$10 Bantam, Peewee and Atom classes. Zone4 registration requires a credit card. There is no additional race fee for the Peewee and Bantam fun rollerski race for athletes registered in the SaskCup races.



Competitors in the Juvenile and older categories who do not hold CCC race licenses must also purchase a CCC Supporting Member Day License (SMDL) at a cost of \$5 per race in addition to race registration fees as part of the Zone4 registration process.

Rules:

All racers and spectators must adhere to Park staff and race official instructions regarding wildlife. The presence of Elk at the race site may lead to race delays.

Spectators must stay off the race courses during races and prerace course skiing. Only bikes under race organizer instruction will be permitted on the race course during races and prerace skiing.

Bantam, Pee wee and Atom athletes:

These athletes will compete in running rather than rollerski races. These races will have a mass start.

A fun rollerski race for cash (i.e. not for SaskCup points) will be held on Sunday for registered Bantam and PeeWee athletes. **Any athlete wishing to participate in the fun race must provide their own boots, cycling helmet, protective eyewear and poles, all of which are obligatory.**

Midget and higher athletes:

All rollerskiers will need to provide their own boots, cycling helmet, protective eyewear and poles, all of which are obligatory. Please see the following for all details (<http://www.cccski.com/getmedia/c0acef41-0549-4c60-b1d1-ed57565fa495/Rollerski-Tier-2-TP-Final-v6.pdf.aspx>)

Athletes will not be allowed to race on their own skis to ensure everyone is on equivalent skies. The organizing committee will issue, at no charge, standard rollerskis to all participating Midget and older athletes, as per Cross Country Canada.

The CCC Swenor roller skis include both NNN and SNS binding. Athletes must indicate the type of binding they require (NNN or SNS) for the race when registering for the races. SNS bindings are Pilot bindings, meaning that they only work with Salomon Pilot boots (two pins). Some people still have Salomon Profil boots and they will not function properly with the SNS Pilot bindings.

The organizing committee will arbitrarily issue the skis 30 minutes prior to start time. Competitors must hand back the skis immediately following the completion of their race. Because there is only a small window of time to try the skis prior to the race, athletes must bring their own skis if they wish to do an extended warm up or cool down on roller skis. Athletes are allowed to preski the course on their own skis.

This event will follow Cross Country Saskatchewan Sask Cup Series Rules (November 2016 version); and FIS ICR-CCR (Canadian Competition Rules) Precisions 2017. This is a Cross Country Canada (Tier 2) and Cross Country Saskatchewan sanctioned event.

The Sask Cup 1 rollerski race on October 21 will be an individual start distance race. The Sask Cup 2 race on October 22 will be a sprint with a qualifier organized as an interval start, followed by a semifinal and a final. The organizing committee reserves the right to alter the precise format of the sprint.

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Cancellation:

In the event that weather or course conditions require cancellation or change to the races, the Race Committee will notify the Cross Country Saskatchewan Office by 9 a.m. on October 19th.

If there is enough snow to set ski tracks these races may be relocated to Sturgeon River Nordic.

Any change, cancellation or postponement of the races will be posted on the “Sturgeon River Nordic” Facebook page and the Cross Country Saskatchewan webpage. Reasonable attempts will be made to contact coaches if coaches’ phone or email address is provided on athlete registration forms.

The Race Committee also reserves the right to modify race format, distances and start times before on or race day due to weather or course conditions.

Refunds will only be provided if races are cancelled.

Facility Information:

Daylodge: None available. Portable toilets will be available.

Food: Drinks and snacks will be provided for athletes at the finish line. Please note that **this is a peanut free event due to peanut allergies.**

Park Passes: None required for 2017.

Accommodations in Waskesiu:

The Hawood Inn (306) 663-5911

Waskesiu Lake Lodge (306) 663-6161

Most of the stores and restaurants are closed by October 21, however there is a restaurant at the Hawood Inn. The Waskesiu Lake Lodge offers suites with full kitchens. Both the Hawood Inn and Waskesui Lake Lodge are within walking distance (appropriately 2 km) to the race site. Parking close to the race site will also be possible.

If booking a room for this event at either hotel mention your race attendance.

Schedule of Events:

Saturday

Race office day open: 11:00 a.m. at the Red Deer Campground Kiosk

Team Captains’ meeting: 11:30 p.m. at the Kiosk

Course open for training until 12:50 p.m. (racers will use their own rollerskis).

Race: Start at 1:00 p.m.

Sunday

Race office day open: 8:00 a.m. at the Red Deer Campground Kiosk

Team Captains’ meeting: 8:30 a.m. at the Kiosk

Course open for training until 9:50 a.m. (racers will use their own rollerskis).

Race: Start at 10:00 a.m.



Draw:

Start order for Midget and older categories will be determined in two groups: 1) CCC licensed racers will be given preferential seeding with start order determined by CPL points. 2) CCS licensed racers and citizen racers without CCC licenses will be grouped together in a random draw.

Start Lists:

Start lists and race bibs will be available for the Team Captains’ meeting on race day.

Unofficial Results and Protests:

Unofficial results will be posted at 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:

Ribbons will be presented to first, second and third place finishers in each gender and age category for Junior Man/Woman and younger categories. Top Senior and Masters finishers will be awarded bragging rights.

Course Maps:

Course maps will be made available prior to the event and will be posted on the Sturgeon River Nordic Facebook page, as well as on the CCS website.

Event Categories

On Sunday after the SaskCup races there will be a fun rollerski race (not for SaskCup points) race for interested PeeWee and Bantam athletes.

| Category | Year of Birth | SASK CUP 1 Oct 21 Individual Start Skate Distance Race | SASK CUP 2 Oct 22 Skate Sprint |
|--------------------|----------------|--|-----------------------------------|
| Atoms (Boys/Girls) | 2010 and later | 100 m (running) | 50 m (running) |
| PeeWee Boys | 2008, 2009 | 500 m (running) | 100 m (running) |
| PeeWee Girls | 2008, 2009 | 500 m (running) | 100 m (running) |
| Bantam Boys | 2006, 2007 | 500 m (running) | 100 m (running) |
| Bantam Girls | 2006, 2007 | 500 m (running) | 100 m (running) |
| Midget Boys | 2004, 2005 | 5km | 500 m |
| Midget Girls | 2004, 2005 | 5km | 500 m |
| Juvenile Boys | 2002, 2003 | 7.5 km | 1 km |
| Juvenile Girl | 2002, 2003 | 7.5 km | 1 km |
| Junior Boys | 2000, 2001 | 7.5 km | 1 km |
| Junior Girls | 2000, 2001 | 7.5 km | 1 km |



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|-------------------------|-------------------------|---------------|-------------|
| Junior Men/Women | 1998, 1999 | 7.5 km | 1 km |
| Senior Men/Women | 1988-1997 | 7.5 km | 1 km |
| Masters 1 | 1983 - 1987 | 7.5 km | 1 km |
| Masters 2 | 1978 - 1982 | 7.5 km | 1 km |
| Masters 3 | 1973 - 1977 | 7.5 km | 1 km |
| Masters 4 | 1968 - 1972 | 7.5 km | 1 km |
| Masters 5 | 1963 - 1967 | 7.5 km | 1 km |
| Masters 6 | 1958 - 1962 | 7.5 km | 1 km |
| Masters 7 | 1953 - 1957 | 7.5 km | 1 km |
| Masters 8 | 1948 - 1952 | 7.5 km | 1 km |
| Masters 9 | 1947 and earlier | 7.5 km | 1 km |
| PN Men/Women | B 1-3, LW 2-9 | 7.5 km | 1 km |
| PN Men/Women | LW 10 -12 | TBD | TBD |