



## CROSS COUNTRY SASKATCHEWAN

**Date: December 17, 2013**

**To: Athletes and Coaches**

**Re: CWG Selection races**

This season's cold weather has forced the re-scheduling of our first CWG selection event (Sask Cup #3 & #4 at La Ronge). This has created problems for some athletes.

The High Performance Committee wants the experience of training and planning towards the CWG to be a positive, rewarding one for athletes. In this spirit, the HPC has decided to change the CWG selection criteria for the 2013-2014 race season to make it easier for athletes to meet those criteria.

The CWG selection events for the 2013-2014 season will continue to be:

### Sask Cup Selection Events

Sask Cup 3 & 4, La Ronge	Dec 7, 2013 (postponed to a future date)
Sask Cup 5 & 6, Saskatoon	Jan 11, 2014
Sask Cup Provincials, Flin Flon	Feb 22-23, 2014

### Out-of-Province Selection Races

WJCH Trials, Canmore	Jan 9-12, 2014
Westerns, Prince George	Feb 14-16, 2014
Nationals, Corner Brook	March 15-22, 2014

It will now be mandatory for all CWG athletes to attend at least one (reduced from two) of the Sask Cup selection events and at least one other event from either the Sask Cup selection events or the Out-of-Province selection events. In other words, CWG athletes can now meet the CWG selection criteria for this year by attending two selection events so long as one of those events is a Sask Cup selection event.

Athletes should note that an "event" is one or more races at one venue (or close venue such as Blackstrap and Wildwood for the Saskatoon Sask Cup weekend) over a defined period of time (e.g., one day for the two La Ronge Sask Cup races, two days for the two Saskatoon Sask Cup races, and three days for Westerns).

Athletes should also note that attendance at an event requires participation in all races offered to the athlete's category at the event. The exception is Nationals where it may not be feasible for an athlete to participate in all races offered.

Because of the reduction in the number of selection events that athletes must attend during the 2013-2014 season, the HPC will give some consideration to an athlete's performance at all events attended during the season. Athletes are therefore encouraged to race in as many events as possible, including Sask Cup and out-of-province events not listed as selection events. The HPC will give particular consideration to any event that has head-to-head competition between two or more athletes seeking a position on our CWG team.

Athletes are reminded that racing in Sask Cup events provides excellent opportunities to compete against other CWG hopefuls, and strengthens our provincial Sask Cup Race Series. As always, we expect Saskatchewan racers to participate in the Sask Cup series.

The 3 out-of-province selection races will have CCS support, the provincial coach will coach and support the team that goes, and CCS will subsidize athletes costs. The experience of these races, on different courses and against competitive racers from across Canada, is very valuable. We hope many athletes will take advantage of these opportunities.

The HPC will publish the selection criteria for the 2014-2015 season well in advance of that season so that athletes can arrange to attend selection events. The HPC invites coaches and athletes to provide input as to the fairest way to schedule selection events next season.

Thank you.

High Performance Committee  
Cross Country Saskatchewan