



# CARLTON TRAIL SKI CLUB

## Sask Cup Race # 3

### Freestyle - WAVE STARTS

**Sunday January 13, 2019**

- Location:** Humboldt Golf Club. Take Highway #5 to the EAST end of Humboldt and turn NORTH at the road just between the Peavey Mart entrance on the east and the Campground entrance on the west. Watch for a SKI sign. Drive north 500 meters and park on the left in parking lot. NO INDOOR WAXING FACILITIES. Registration in Golf Clubhouse. No skis or poles allowed in clubhouse. Washrooms available. Food provided: post-race snack for racers. Smokies and other food will be available for sale for all.
- Rules:** Cross Country Sask. (CCS) Sask Cup Series Rules 2018 -19 and Cross Country Canada (CCC) current rules. Please note updated rules on waxing and poles. Waxing protocol for all Sask cup races including provincials. Non-fluoro and low-fluoro glide waxes are permitted. Medium-fluoro or high-fluoro (powders, pucks, blocks, and liquid) are not permitted. Cold weather powder additives and hardeners are not permitted. Structure tools are permitted. This waxing protocol is applicable to competing athletes ages 18 and under.  
The new FIS/CCC ruling on maximum pole heights (classic poles can be no more than 83% of the athlete's height, and skate poles can be no more than 100% of athlete's height)
- Sanctioning:** Cross Country Saskatchewan
- Cancellation:** In the event that weather or trail conditions require cancellation of the race, the Race Committee will notify the Cross Country Saskatchewan Office by 9 am on Thursday January 10/19. The cancellation or postponement notice will also be posted on: [carltontrailskiclub.weebly.com/sask-cup](http://carltontrailskiclub.weebly.com/sask-cup) and reasonable attempts will be made to contact coaches if coaches' phone or email address is provided on registration forms.
- As all category distances are less than 15 km, races must be cancelled, delayed or postponed if the temperature on the coldest part of the course is below -20°C. Atom and Peewee 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 race format, distances and start times before or on race day due to weather or trail conditions.

Race committee: Technical Delegate – David Martinuk  
Race secretary – Elan Buan  
Chief of Course – Ed Brockmeyer  
Chief of Competition – David Martinuk

Sign In: **9:00 a.m. – 9:30 a.m.**

Coaches' meeting (including bib and start list handout) at **10:00 a.m.**

**Race Time: 11:00 a.m.**

### **Competition Information**

Race Licenses: All competitors competing for Sask Cup points must have a current Cross Country Saskatchewan Competitor's License. Citizen Racers (skiers without a Competitor's License) are welcome. They will compete in the same classes and ski the same distances as Sask Cup competitors. They will compete for 1st, 2nd and 3rd place awards in the same Race/age class and they will not earn Sask Cup points. Competitors holding a valid Cross Country Saskatchewan Competitor License will receive preferential seeding compared to Citizen Racers. Citizen Racers must purchase a CCC Daily Licence at a cost of \$5 in addition to race registration fees

Waivers: **All competitors must sign a waiver. Competitors under 19 years of age must have a waiver signed by a parent or guardian. This is done electronically as you register online at zone4.ca If a racer has not electronically signed a waiver prior to race registration at 9 AM, he or she will be given an opportunity to sign a paper registration. If this form is not signed, the racer will not be allowed to race.**

Race Fee: Atoms, Peewees → \$ 10.00  
All other Racer categories → \$ 15.00  
Citizen Racer (non-licensed) → \$ 20.00 (includes day CCC License)  
Please register on Zone4.ca by Friday January 11, 2019 8 p.m.  
**Late Registration Fee after Friday January 11, 2019 8 p.m →**  
regular race fees + \$10.00 for all racers.  
Late registrants (with or without CCS race licenses) will be seeded last in their age/gender categories.

Race Info Contact: David Martinuk 1-306-682-5568  
ctsc@sasktel.net

Registration: Registration for all racers will be on Zone4.ca website.

**All competitors must sign-in at race desk on race day by 9:30 AM. Any racer with unpaid fees or unsigned waivers will not**

**be issued a race bib.**

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**Unofficial Results and Protests:** Unofficial results will be posted in the clubhouse as soon as possible after the race. Any protests must be made to the Race Secretary within 15 minutes of the unofficial results being posted, after which the results will be declared official.

**Awards:** Results and Awards will be presented at the end of the race. 1st, 2nd and 3rd place awards will be presented for each age and gender category (as outlined in the CCS Race Rules) in the clubhouse after official results have been posted.

**Race course:** Skate trail consisting of packed skate trail with one classic track. Terrain is flat to gently rolling.

**Facilities:** Race site location includes heated clubhouse with no waxing facilities. Washroom facilities inside. Limited snacks may be available. Racers will receive warm or cold drink and fruit/cookies after the race. Distance from clubhouse to stadium approximately 50 m. south.

## **AGE CATEGORIES AND RACE DISTANCES**

<b>Category</b>	<b>Year of Birth</b>	<b>Age (Dec. 31/18)</b>	<b>Distance</b>	<b>Trail #</b>
Atom Boys & Girls	2011 and later	7 and under	1 km	
Pee-Wee Boys & Girls	2009, 2010	8, 9	2 km	
Bantam Boys & Girls	2007, 2008	10, 11	4 km	
Midget Boys & Girls	2005, 2006	12, 13	6 km	
Juvenile Boys & Girls	2003, 2004	14, 15	8 km	
Junior Boys & Girls	2001, 2002	16, 17	11 km	
Junior Men & Women	1999, 2000	18, 19	11 km	
Senior Men & Women	1989 to 1998	20 - 30	11 km	
Masters 1 & 2	1979-1988	30 - 39	11 km	
Masters 3 & 4	1969-1978	40 - 49	11 km	
Masters 5 & 6	1959-1968	50 - 59	11 km	
Masters 7+	1958 and earlier	60 +	11 km	
Paranordic Development Sit	Female & Male (born on or after 1996)		2.0 km	
Paranordic Open Sit	Female & Male (born before 1996)		2.0 km	
Paranordic Standing Dev.	Female & Male (born on or after 1996)		5.5 km	
Paranordic Standing Open	Female & Male (born before 1996)		5.5 km	
Paranordic Blind Dev.	Female & Male (born on or after 1996)		5.5 km	
Paranordic Blind Open	Female & Male (born before 1996)		5.5 km	

**\*\*\*Trail Maps will be posted with race notice on the Carlton Trail website @  
carltontrailskiclub.weebly.com/sask-cup .**

## Lodging:

1. **St. Peter's College :** Located in Muenster – 10 km East from the Humboldt.  
Breakfast is available & at an extra charge and is served at 8:00 AM.  
Lunch and Supper is available at an extra charge  
Contact phone 306 – 682 – 1775 or email [guestmaster@stpeters.sk.ca](mailto:guestmaster@stpeters.sk.ca)
  
2. **Canalta Hotel:** Located on Highway 5 West end of Humboldt  
includes deluxe Continental Breakfast  
includes hot tub, water slide, fitness center and free WiFi  
Contact phone 306 – 682 – 4731
  
3. **Bella Vista Inn:** Located on Highway 5 West  
Restaurant on premises. Swimming Pool and Hot tub  
Contact phone 306-682-2686
  
4. **Pioneer Motor Hotel and Motel:** Located in downtown Humboldt  
Restaurant on premises  
Contact phone 306-682-2638
  
5. **Backroads Bed & Breakfast** Box 128  
Annaheim Sask. S0K-0G0  
Tel: 306-598-2141  
Cell: 306-231-7813  
  
Email : [lskunz@backroadsbb.ca](mailto:lskunz@backroadsbb.ca)  
Website: [www.backroadsbb.ca](http://www.backroadsbb.ca)