



## CROSS COUNTRY SKIING TECHNICAL PACKAGE

### 1.0 SPORT:

- 1.1 Competition Site: Little Red River Park
- 1.2 Competition Dates: February 16 – 19, 2014
- 1.3 Sanction: Yes: X

### 2.0 PARTICIPANTS

- 2.1 Number of Competitors

Men: 6      Women: 6

- 2.2 Coaches and Managers: Coach: 1      Manager: 1

**Note:** Sports that have both male and female competitors must ensure that one coach/manager is male and the other coach/manager is female.

### 3.0 CLASSIFICATIONS:

- 3.1 Year of Birth:

Male	PeeWee	10,11 and 12	(YOB – 2001-2003)
	Midget	13, 14	(YOB – 1999-2000)
	Juvenile	15	(YOB – 1998)
Female	PeeWee	10,11 years	(YOB - 2002-2003)
	Midget	12, 13	(YOB - 2000-2001)
	Juvenile	14, 15	(YOB - 1999-1998)

\*As of December 31, 2013

**NOTE:** In a multi-sport games atmosphere, the mandatory level of participant should be conducive to the many challenges facing participants in a village atmosphere. Recognizing the long term athlete development model, Train to Train level, the designated age classification should be consistent, ensuring a continuum in preparing participants for a higher level of competition.



#### **4.0 ELIGIBILITY**

- 4.1 Athletes: Must hold a valid CCS Competitor License and belong to a Sask Ski Association member club
- 4.2 Coaches: Minimum CC Certified or equivalent for both coaches. CCS recommends that districts work towards having one coach trained at the CCI (L2T) or above level. Criminal Record Check required.
- 4.3 Exclusions: Athletes participating at Nationals

#### **5.0 PROVINCIAL REGISTRATION:**

Registration is with:

Name: Alana Ottenbreit  
Address: 1860 Lorne Street  
City: Regina, SK  
Postal Code: S4P 2L7  
Phone: 306-780-9240  
Email: ccs@sasktel.net

#### **6.0 PROVINCIAL TECHNICAL LIAISON:**

Name: Dan Brisbin  
Address: 226 Churchill Drive  
City: Saskatoon  
Postal Code: S7K 3Y7  
Office: (306) 280-1709      Home: (306) 382-0709  
Email: danbrisbin@sasktel.net

#### **7.0 COMPETITION:**

7.1 Type of Competition: Cross country ski races

7.2 Events:

Race 1: 2 to 5 km interval start classic (Peewees 2km, Midgets/Juveniles 5km)

Race 2: 150 to 500m free technique sprints (Peewees 150m, Midgets/Juveniles 500m)

Race 3: Relay Distance TBD



## **8.0 RESULTS:**

Order of finish from fastest to slowest in mass start races. Fastest time to slowest time as recorded by CCC approved software and timing equipment in interval start races.

## **9.0 TIE BREAKING PROCEDURE:**

Highly unlikely with electronic timing to ~0.2 second accuracy but if a tie does occur it will be resolved as per the current edition of CCC rules.

## **10.0 SPORT PROTEST PROCEDURE:**

The procedure for fairly handling protests will follow that described in the current edition of the CCC rules.

## **11.0 EQUIPMENT:**

Track-setting equipment consisting of snow machine and drags; electronic timing equipment (Summit timers, start wand, plungers, stadium clock); team/wax trailers or tents and warm-up building; race office and officials room; timing and results room or shack with view of start and finish, electronic power, heat and preferably internet; equipment storage (skis, poles) for athletes; computer and printer (with extra toner cartridges)

## **12.0 SPORT JURY:**

As per CCC Rules – typically the Chief of Competition, Technical Delegate (D. Brisbin) and Assistant Technical Delegate (Or other major official)

## **13.0 OFFICIALS REQUIRED:**

### 13.1 MAJOR OFFICIALS

Technical Delegate (and preferably Assistant Technical Delegate as a developmental opportunity)

Chief of Competition

Race Secretary

Chief of Course

Chief of Stadium

Chief of Start, Timing and Results

Chief of Controllers

### 13.2 MINOR OFFICIALS

Course groomers - 2

Stadium set-up/take down crew – 4 (can do other functions during race)

Race office (start lists, bib distribution, results posting, temperature checks) – 3

Controllers and course marshals – 4

Starter – 1

Assistant starters – 2

Start bib poster – 1

Clothing stewards -2

Finish referee – 1

Finish electronic timing – 6 (2 x plunger, poster, caller)

Finish line manual timing – 3 (timer, caller, poster)

Finish line camera operator – 1



Finish line stewards - 2  
Runner – 1  
Results operators -2  
Announcer – 1  
Forerunners – 4 (nice to have, could be coaches)

#### **14.0 MEDICAL SERVICES:**

Use Canadian Ski Patrol with medical officer in stadium during all competitions and official training times. Snowmobile, toboggan and driver must be available during all competitions and official training times. Vehicle suitable for transporting injured skiers to hospital must be available near the stadium during all competitions and official training times. An emergency plan must be developed and must be known by all major officials. This plan must include emergency phone numbers (e.g. 911) and the capability of connecting to them by cell phone and/or landline from the stadium or race office. Medical staff, course controllers and the Jury must be able to communicate by radio.

#### **15.0 MEDALS**

Gold, silver and bronze in each age category and gender, so 3 medals x 2 genders x 3 age categories = 18 medals per race. 6 Gold, 6 Silver, 6 Bronze

#### **16.0 DISTRICT TEAMS SELECTION CRITERIA**

Will be set by each district in conjunction with Cross Country Saskatchewan

#### **17.0 PROVINCIAL SPORT CONTACT**

Name: Alana Ottenbreit  
Address: 1860 Lorne Street  
City: Regina, SK  
Postal Code: S4P 2L7  
Phone: (306) 780-9240  
Email:

#### **18.0 THIS IS TO CERTIFY THAT THIS TECHNICAL PACKAGE, IN ITS ENTIRETY, WAS APPROVED BY OUR BOARD OF DIRECTORS.**

*(Please indicate in the space provided, the date of the meeting and when it was approved. This package must be signed by your President before returning it to the Saskatchewan Games Council.)*

MEETING DATE: November 14, 2012

PRESIDENT'S SIGNATURE: \_\_\_\_\_

Name: Craig Francis

Address: 3651 Selinger Cres.

City: Regina, SK



Postal Code: S4V 2H3

Phone Home: (306) 586-7828

Phone Work:

Email: [craigf@sasktel.net](mailto:craigf@sasktel.net)

