

CROSS COUNTRY SKI ASSOCIATION OF MANITOBA

2020 PROVINCIAL CHAMPIONSHIPS

Races for all Ages & Abilities

February 15 & 16, 2020

Adam Lake Recreation Area, Turtle Mountain Provincial Park
Boissevain, Manitoba

We welcome you to the 2020 CCSAM Provincials which will take place February 15th and 16th at Adam Lake Recreation Area in the Turtle Mountain Provincial Park. Please come enjoy our rolling terrain and friendly ski community.

CONTACT INFORMATION:

General inquiries: Pauline Nadlersmith, Competition Chair
laughingmagpie@xplornet.com 204-305-9008 or 204-534-6976

Registration information: Karin McSherry, CCSAM Executive Director
info@ccsam.ca 204-791-3195

LOCATION: Turtle Mountain Provincial Park is located 1 hour south of Brandon, 2 hours 45 minutes from Wpg and 15km south of Boissevain, MB on Hwy #10. There are heated washrooms in the winter recreation area (Adam Lake) parking lot and we will be using the 4 warm up huts located by the toboggan hill and skating rinks. The race start area is accessed by the campground (2 outhouses are in that area) and it is 600m ski to the start/finish area, please watch for the signs.

REGISTRATION: You MUST register online at Zone4:
<https://zone4.ca/register.asp?id=23380>

DEADLINE: SUNDAY FEB 9th, MIDNIGHT

Everyone must pre-register online.
We will only accept on-site registrations from Recreation & Atom skiers (who we also encourage to pre-register online).

RACE FORMAT: Saturday Feb 15th: Classic technique, Mass (wave) starts
Sunday Feb 16th: Free technique, Interval starts.

More information on race formats here:
<https://www.ccsam.ca/competitive-skiing/event-information/event-techniqueformats/>

MB CUP POINTS: All CCSAM Club members earn points for their club based on placing in each race and on the distance travelled to participate. More information on the Manitoba Cup Race Series here:
<https://www.ccsam.ca/competitive-skiing/event-information/manitoba-cup-race-series/>

ACCOMMODATIONS:

To create a community and camp like atmosphere, we encourage people to stay in the dorms at the International Music Camp area within the Peace Garden.

Two dorm styles are private rooms with 2 beds and semi-private two bed cubicles.

Each dorm has separate shower and bath room space to accommodate more than one person.

Cost is \$30/per bed per night.

Please bring own bedding, pillow and towels.

Compliments of the International Peace Garden, there is no charge for children 6 years of age or younger.

Contact Pauline about possible "Family rate".

Photos of the dorms can be found on the music camp website:

<http://internationalmusiccamp.com/about/facilities/housing>

Alternative accommodations:

Canadian Wilderness Inn – 306 Mountain Ave. Boissevain
204-534-7155 www.canadianwildernessinn.com

Room To Grow Straw Bale Guest House
www.roomtogrowinfo.ca/guesthouses

The Prairie Dog Lodge www.abnb.me/28GYfiodu3

La Casa Tortuga www.abnb.me/BAfM6xzdu3

Killarney Farm Home www.abnb.me/JGihY6Rdu3

MEALS:

Friday eve: Potluck – contact Pauline to coordinate variety

Sat & Sun Lunches \$7.00

\$5.00 for kids under 10

5 & younger, free

Lunches served at Adam Lake (race site)

Saturday: Chili & Bun

Sunday: Beef stew & French bread

Post race snacks will be provided.

You may bring your own food; however, kitchen facilities are not provided.

Saturday Awards BANQUET: \$25.00

\$15 for kids under 10

5 & younger, free

Banquet served at International Peace Garden Interpretive Centre/Conservatory. **Bring photo ID** for border crossing, birth certificates for kids.

Traditional Ethiopian/Israeli food by local chef, Felemon Debesay.

Banquet is unlicensed. No alcohol available for purchase. However, you may BYOB. Please drink responsibly.

Barista Kaya Nadlersmith plans to be on site with an espresso machine to satisfy the café crowd.

CONTINGENCY PLAN: Monday Feb 17th will be used as an alternate race day in case of adverse weather or trail conditions on Saturday or Sunday.

See **CCSAM Event Cancellation Guidelines** here:
<https://www.ccsam.ca/competitive-skiing/event-information/event-cancellation-policy-2/>

WEATHER: For current conditions visit: http://weather.gc.ca/city/pages/mb-66_metric_e.html

RACE DISTANCES & FEES

Non CCSAM Club members add \$5 for each race

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 15 Classic technique Mass wave starts	SUNDAY Feb 16 Interval starts Free technique	START TIMES
Under 8	2012-2013	\$10	1 km	1 km	Sat 12:00 Sun 11:00
Under 10	2010-2011	\$20	2.8 km	2.8 km	Sat 12:00 Sun 11:00
Under 12	2008-2009	\$20	2.8 km	2.8 km	Sat 12:00 Sun 11:00
Under 14	2006-2007	\$25	5.6 km	5.6 km	Sat 12:00 Sun 11:00
Under 16	2004-2005	\$35	8.2 km	11 km	Sat 12:00 Sun 11:00
Under 18	2002-2003	\$35	8.2 km	11 km	Sat 12:00 Sun 11:00
Under 20	2000-2001	\$35	8.2 km	11 km	Sat 12:00 Sun 11:00
Senior	1990-1999	\$35	8.2 km	11 km	Sat 12:00 Sun 11:00
Masters 1-9 (4-year categories starting with 30-34)	1989 & earlier	\$35	10 km	10 km	Sat 12:00 Sun 11:00
Recreational Adult (15+)	2004 & earlier	\$25	5.6 km	5.6 km	Sat 12:00 Sun 11:00
Recreational Youth (14 and younger)	2005 & later	\$15	1.4 km	2.8 km	Sat 12:00 Sun 11:00

SCHEDULE:

Subject to change. Please refer to CCSAM website for updates.

DATE	TIME	EVENT
Sunday February 9th	23:59	Registration deadline. No on-site registrations accepted. (Atoms & Recreational skiers may register on site however pre-registration is encouraged)
Friday February 14 th	18:00 – 22:00	Race office open for bib pickup Interpretive Centre (IPG). Potluck dinner.
Saturday February 15 th	11:00 – 11:30	Bib pick up in Toboggan hut at Adam Lake (race site)
	11:30	Pre-race meeting (Toboggan hut)
	12:00	Wave starts – race schedule to be posted on ccsam.ca
	17:30	Banquet (Interpretive Centre)
	19:30	Awards (Interpretive Centre)
Sunday February 16 th	10:00	Bib pick up in Toboggan hut at Adam Lake (race site)
	10:30	Pre-race meeting (Toboggan hut)
	11:00	Interval starts begin
	~14:00	Awards (immediately post race)

REFUND POLICY:

Race fees are not refundable in the event of postponement. Race fees will be refunded, minus an administration fee, if the race is cancelled outright.

A refund of registration fees will only be provided for medical reasons prior to the registration deadline of Feb 9, 2020.

Meal fees are not refundable but accommodations fees may be refunded, at the discretion of the organizing committee, on a case by case basis.

WAXING:

We suggest you arrive with your skis glide waxed.

The Peace Garden has graciously given use of a heated shop for waxing purposes.

Upon arrival, please check in at the Interpretive Centre – left turn after entering IPG.

The heated shop is the first right after entering IPG with a second right to the shop.

Please come self-sufficient for waxing – BYO wax form/table, extension cord etc.

WAXING PROTOCOL:

CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (e.g. club races including Wed Night Series, Manitoba Cup races, Manitoba Provincial Championships and the MB Winter Games).

This protocol is applicable to ALL age/race categories.

This protocol also applies to ALL athletes traveling to Manitoba from out-of-province or out-of-country.

Low-Fluoro glide waxing protocol:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted
- Structure tools ARE permitted

The adherence to this protocol is self-governed and is the responsibility of the athletes, coaches, parents and wax technicians.

AWARDS:

Provincial medal ceremony will take place during Banquet on Saturday.

Sunday medal ceremony will take place immediately after racing at Adam Lake.

Provincial medals are awarded to CCSAM Club members in U10 through Master age categories for each race day.

Recreational skiers, U8 & non-CCSAM members are not eligible for Provincial medals.

All participants are eligible for draw prizes, provided by our sponsors, awarded during the Banquet on Saturday.

VOLUNTEERS:

Many volunteers are needed! Please sign up on the Zone4 registration site. Thank you!

FIRST AID:

Canadian Nordic Ski Patrol – Red River Division (or other qualified medical personnel will be in attendance.

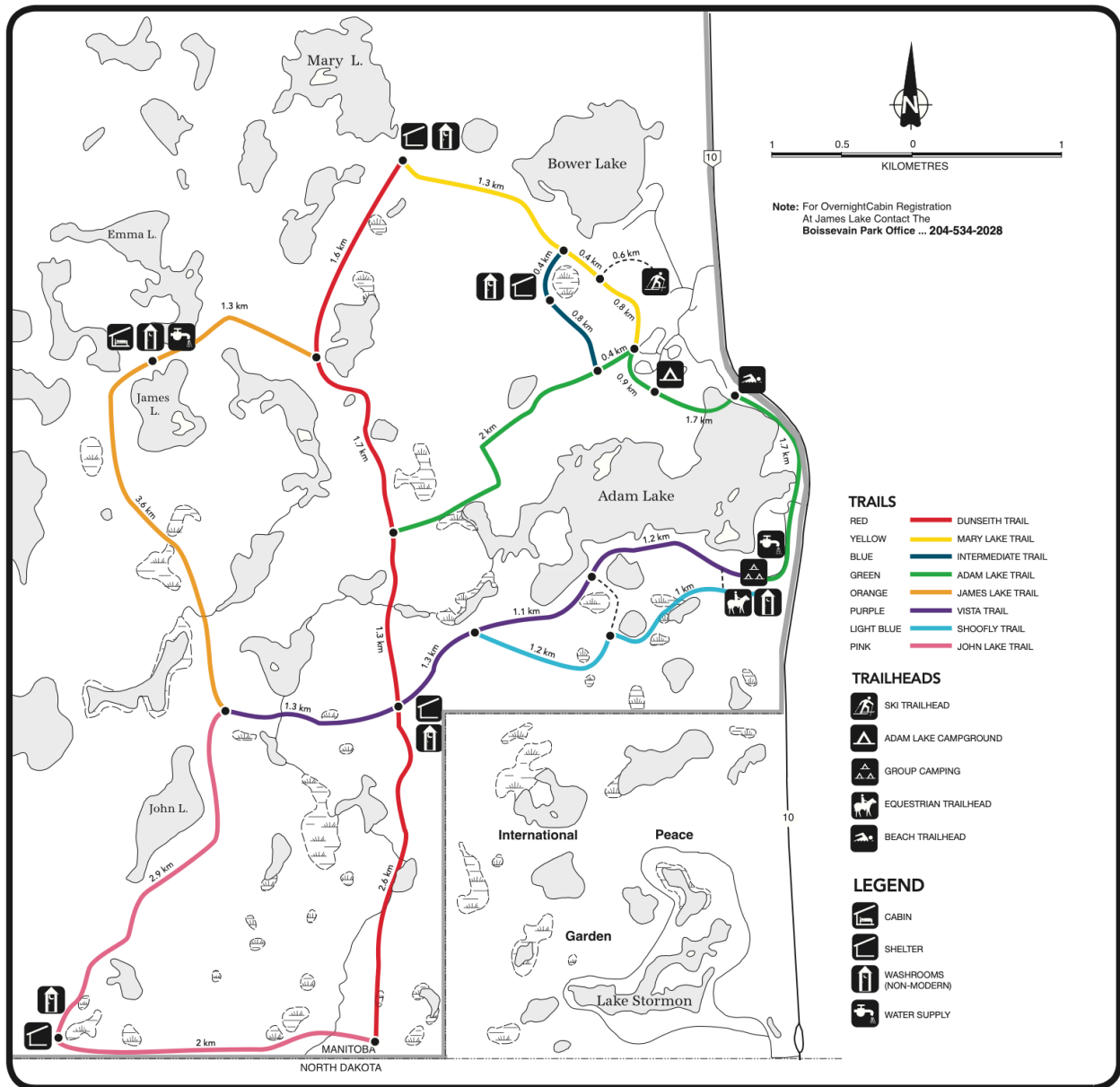
COURSE:

2.8 km = 1 lap Intermediate trail (loop)

5.6 km = 2 laps Intermediate trail (loop)

8.2 km = Mary Lake-Dunseith-Adam Lake loop + Intermediate loop

11 km = Mary Lake-Dunseith-Adam Lake loop + 2 Intermediate loops



SPECIAL THANKS

Alter Ego Sports, Winnipeg

Boissevain Recorder

Casey Guenther Designs

Country Cycle, Winkler

Fresh Air Experience, Thunder Bay

International Peace Garden Staff

Laughing Magpie Woodworks, Boissevain

Olympia Cycle & Ski, Portage Ave, Winnipeg

Stream & Wood, Brandon

Sunrise Credit Union, Boissevain

Turtle Mountain Physiotherapy, Boissevain

Turtle Mountain Provincial Park Staff

We look forward to a great time and successful Manitoba Provincial Championships weekend.
Please drive safely!