



**CCSAM**  
Cross Country Ski Association of Manitoba

## 2023 PROVINCIAL CHAMPIONSHIPS

Races for all Ages & Abilities

**February 11 & 12, 2023**

Shannondale

Your event Hosts are Boundary Trails Nordic Club



We welcome you to the 2023 CCSAM Provincial Championships which will take place February 11-12, 2023, in beautiful southern Manitoba. Skiing the trails at Shannondale will provide some of the best terrain this 'flat' province has to offer. You will be delighted to ski our trails!! You will pass through the small community of Thornhill as you drive north to Shannondale, you are free to swing by the Thornhill Community Club to drop bags off, change your clothes, relax before and after your race and warm up. There will be a volunteer providing security over your belongings. This is not intended to be child care.

### CONTACT INFORMATION:

General inquiries:

Andrew Vanden Berg, Competition Chair  
[Andrew@641homes.com](mailto:Andrew@641homes.com) call or text 2043626849

Registration information:

Karin McSherry, CCSAM Executive Director  
[info@ccsam.ca](mailto:info@ccsam.ca) 204-791-3195

### LOCATION:

Shannondale Ski Trails

<https://www.google.ca/maps/place/Shannondale+Ski+Area/@49.2176214,-98.2312511,501m/data=!3m2!1e3!4b1!4m5!3m4!1s0x52c25705ce07ded10xcf9767b1cb9d02aa18m2!3d49.2176179!4d-98.2290624?hl=en>

**REGISTRATION:** You MUST register online at Zone4:  
<https://zone4.ca/register.asp?id=31048>

**DEADLINE:** WEDNESDAY FEB 8<sup>th</sup>, MIDNIGHT

Everyone must pre-register online, NO on site registration allowed

**\*\*Early bird registration ends on February 3rd, 11:59pm\*\* price increase after the 3rd**

**RACE FORMAT:** Saturday Feb 11<sup>th</sup>: Skate technique, Mass start grouped by distances

Sunday Feb 12<sup>th</sup>: Classic technique, Mass start grouped by distances

**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:** Local hotels: Best Western in Winkler and Morden, Quality Inn in Winkler. Use code when booking by phone Nordic Ski Provincials to access 'blocked' off rooms

**MEALS:**

**Saturday Awards BANQUET: \$28.00 for 12 years old +**

\$15 for children 11 and under

Thornhill Community Club <https://goo.gl/maps/aR6VSf2zdsapwcG59>

### RACE DISTANCES & FEES

Non CCSAM Club members add \$5 for each race. We encourage all athletes to race in their respective age categories, however, if you prefer a more casual race experience and want to just dip your toes into the race scene you are encouraged to give the Recreational adult or youth race a go!!

**Early bird fees listed add \$10 per race after Feb 3rd**

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 11 Skate technique Mass start	SUNDAY Feb 16 Classic technique Mass start by dst.	START TIMES
Under 8	2015-2016	\$10	1km	1 km	Sat 12:00 Sun 11:00
Under 10	2013-2014	\$20	2.5 km	2.5 km	Sat 12:00 Sun 11:00
Under 12	2011-2012	\$20	2.5 km	2.5 km	Sat 12:00 Sun 11:00
Under 14	2009-2010	\$25	5 km	5 km	Sat 12:00 Sun 11:00

Under 16	2007-2008	\$35	10 km	10 km	Sat 12:00 Sun 11:00
Under 18	2005-2006	\$35	10 km	10 km	Sat 12:00 Sun 11:00
Under 20	2003-2004	\$35	10 km	10 km	Sat 12:00 Sun 11:00
U23	2002-2000	\$35	10 km	10 km	Sat 12:00 Sun 11:00
Senior	1990-1999	\$35	10 km	10 km	
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 km	5 km	Sat 12:00 Sun 11:00
Recreational Youth (14 and younger)	2005 & later	\$15	2.5 km	2.5 km	Sat 12:00 Sun 11:00

**SCHEDULE:** Subject to change. Please refer to CCSAM website for updates.

DATE	TIME	EVENT
<b>February 3rd</b>	23:59	<b>Early Bird Registration deadline.</b> No on-site registrations accepted.
<b>February 8<sup>th</sup></b>	23:59	<b>Registration closes</b> No on-site registrations accepted.
<b>Saturday, February 11<sup>th</sup></b>	11:00 – 11:30	Bib pick up in Trail Head Cabin at Shannondale
	11:50	Pre-race meeting at Chalet near start area
	12:00	Mass start skate begins, start lists coming soon
	18:00	Banquet, Thornhill Community Centre
	19:30	Awards/door prizes/Apres ski times
<b>Sunday February 12<sup>th</sup></b>	10:00	Bib pick up in Trail Head Cabin at Shannondale
	10:50	Pre-race meeting at Chalet near start area
	11:00	Mass start classic begins, start lists coming soon
	~14:00	Awards (immediately post race)

**RACE COURSE MAPS WILL BE AVAILABLE ON ZONE4 BY FEB 8<sup>TH</sup>**

**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 8, 2023.  
Meal fees are not refundable

**WAXING:** We suggest you arrive with your skis glide waxed.  
Shannondale has limited wax space in Quonset/garage in parking lot.  
Please come self-sufficient for waxing – BYO wax form/table, extension cord etc.

## **NO FLUORO 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 is an outright ban on fluorinated waxes because it has been shown they have a negative impact on the health of people working with the wax and on the environment.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (and in all Nordiq Canada &/or FIS sanctioned competitions when applicable).

This protocol is applicable to ALL age and race categories.

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 after Banquet on Saturday at approx. 7:30pm

Sunday medal ceremony will take place immediately after racing using unofficial results

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 and you must be present to win.

## **VOLUNTEERS:**

Many volunteers are needed! Please sign up on the Zone4 registration site. Thank you! Volunteers will be provided with a warm lunch on both days as a Thank You!

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

## SPECIAL THANKS

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

## SPONSORS:



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