



**2018 MANITOBA WINTER GAMES  
DRAFT TECHNICAL PACKAGE  
SPORT: CROSS COUNTRY SKI**

**AGE CATEGORY**

Cross Country Ski Association of Manitoba individuals and residents of Manitoba as of December 31, 2017 born between the years 2002 – 2006 inclusive.

**ELIGIBILITY**

Participants must meet eligibility criteria as outlined in the General Rules of the 2018 Power Smart Manitoba Games.

**COACHES & MANAGER ELIGIBILITY**

Coaches and Managers must be 18 years of age or older as of December 31, 2017.

Coaches must be a trained Community Coach. Ideally, coaches will have some training in the Competitive Coach Introduction (Learn to Train) module.

Coaches and Managers are subject to Criminal Record and Child Abuse Registry checks must complete the online Respect in Sport program prior to the start of the Games.

**TEAM COMPOSITION**

Category	Year of Birth	Male	Female	Coaches	Manager
Pee Wee (Learn to Train)	2006	2	2		
Midget (Train to Train 1)	2004 & 2005	2	2		
Juvenile (Train to Train 2)	2002 & 2003	2	2		
<b>TOTAL</b>		<b>6</b>	<b>6</b>	<b>2</b>	<b>1</b>

**NOTES:**

- The number of competitors per Regional team may increase or decrease – see Fill Policy below.
- At least 1 of the adult coach/manager support team must be of the opposite gender. In the case a Regional team has 8 or less competitors the region will be allocated a minimum of 2 coaches or 1 coach and 1 manager.

**REGIONAL TEAM SELECTION FORMAT**

One race per region will serve as the qualifier for each regional team. The race format must be classic technique and interval start format. The regional qualifier events must not exceed the recommended distances of the Provincial Final event (see below).

The CCSAM Technical Advisor and the regional ski clubs will coordinate a schedule of regional qualifiers jointly. Contact your Sport Manitoba Regional Manager or the CCSAM for a schedule of regional events.

The 1<sup>st</sup> and 2<sup>nd</sup> place finishers in each of the six race categories automatically qualify for a position on their



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Regional team. The Athlete Fill Policy (see below) will determine how vacant regional team positions may be filled.

**COMPETITION RULES**

Rules and regulations for cross country ski sanctioned by Cross Country Canada will apply.

**OFFICIALS**

The Cross Country Ski Association of Manitoba shall approve all officials.

**PROVINCIAL FINAL COMPETITION SITE**

Thompson Community Trails, Thompson, MB

**PROVINCIAL FINAL COMPETITION DATES**

Phase 1: March 4 – 7, 2018

Cross Country Ski events: March 5, 6 & 7 2018

**TIE BREAKING RULE – COMPETITION**

If two or more competitors have the same time (truncated to nearest tenth of second), they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

**PROVINCIAL FINAL MEDALS**

Gold, silver and bronze medals will be awarded to the first, second and third place finishers, respectively.

**Recommended Race Distances\***

Category	Classic & Free Technique events		Team Relay**	
	Male	Female	Mixed regional teams	
	Race distance	Race Distance	Course length	# of laps
<b>L2T (Pee Wee)</b>	2K – 3K	2K – 3K	1 – 2.5K	1 or 2
<b>T2T1 (Midget)</b>	3K – 5K	3K – 5K	1 – 2.5K	2 or 3
<b>T2T2 (Juvenile)</b>	5K – 10K	5K – 7.5K	1 – 2.5K	3 or 4

\*Regional and Final race distances will be subject to conform to the established trail system at the regional and final event venues but should fall within the range indicated above per age category.

\*\*Team Relay: 4 athletes per team, 4 legs (2 classic, 2 skate), teams will consist of mixed race category/region based on individual times from previous day race(s). Teams to be determined by Technical Delegate.



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**ATHLETE FILL POLICY**

The Cross Country Ski Association of Manitoba (CCSAM), in conjunction with the Regional managers will regulate fills. Immediately following their qualifier, each Region will forward to the CCSAM office a list of qualifying athletes – 1<sup>st</sup> and 2<sup>nd</sup> place finishers – in all 6 categories (age group and gender). Plus a list of all 3<sup>rd</sup> place finishers (in all 6 categories) and a list of additional athletes who may desire to attend the Games. These last 2 lists are potential “Fill” athletes.

Fill spots will be distributed equally and fairly among regional teams. Only eligible athletes from their respective categories, (age and gender), will be used as fills. The intent is to fill by gender and category first, if positions are still vacant then cross category and cross gender fills will be assigned based on CCSAM approval.

1. **Fill Athletes** will compete in their own category, (age and gender), for their respective regional team.
2. **A Regional team** may have more than the standard number of competitors for a category (e.g. more than 4 Pee Wees) only if other regional teams have fewer than the allocated numbers for that same category.
3. **A Regional team** may have more than the allotted # of athletes by gender within a Category (e.g. more than 2 Juvenile Girls) if other Regional teams are not able to fill their compliment.
4. Immediately following the final regional qualifier the CCSAM office will determine the number of positions available for the 2018 Power Smart Manitoba Winter Games fills.
5. The Cross Country Ski Association of Manitoba will take the Manitoba Games rosters submitted by [date TBD] and rank the fills based on the results submitted. The extra skiers will be ranked equally for each regional team, i.e. all 3<sup>rd</sup> place competitors from their regional qualifiers will be randomly drawn to fill the available category spots.
6. Once all category and gender fill positions have been assigned to qualified category and gender athletes, leftover fill positions will then be drawn by qualified category and alternate gender athletes still on the qualified list.

There will be a maximum of 72 athletes competing (36 girls + 36 boys) if all categories are completely filled.

For further explanation on the Fill Policy procedure, contact the Provincial Technical Advisor.

**PROVINCIAL TECHNICAL ADVISOR**

Karin McSherry, Executive Director  
Cross Country Ski Association of Manitoba  
145 Pacific Ave.  
Winnipeg, MB R3B 2Z6  
Office: 204-925-5639  
Mobile: 204-791-3195  
Email: info@ccsam.ca Web: www.ccsam.ca