

Cross County Yukon

Don Sumanik and Yukon Championship Technical Guidelines

Sanctioning

Don Sumanik and the Yukon Championships will be Cross Country Yukon sanctioned events.

Age Categories

The age categories for all events for the 2023-2024 race season

Category	Year of Birth
U8 B/G	2016 - 2017
U10 B/G	2014 - 2015
U12 B/G	2012 - 2013
U14 B/G	2010 - 2011
U16 B/G	2008 - 2009
U20 M/W	2004 - 2005
Senior M/W*	2003 - and earlier
Masters M/W	1993 and earlier

*Open and U23 M/W has been combined with Senior to increase competitive field

Note

Racing up an age category is permitted

Technical Delegate

- The Technical Delegate (TD) for each event will be delegated by Cross Country Yukon (CCY) and is the guarantor that the competition will be run according to Nordiq Canada (NC) Rules and Regulations.
- The TD will monitor and advise the event on preparation and organization of the competition, including previewing the course and survey the stadium layout together with

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the Chief of Competition, Chief of Course and Chief of Stadium on the day preceding the race and can make recommendations for changes as needed.

- The TD may submit a report on activities and areas that need improvement.

Race Notice

- Race Notice should be available eight (8) week in advance for the event for the purposes of feedback and finalizing. It should be finalized six (6) weeks prior to the event and will be posted on Zone4 and available in pdf for publicizing.
- In general, the following items will be included:
 - Date(s) and location of the event
 - Alternate date(s) and site(s) in the event of cancellation
 - Itinerary of significant dates/events vi. Planned order in which categories will be racing for each day's races (subject to change)
 - Registration dates and fees
 - Cancellation Policy and Procedures on fees and informing registrants
 - Food and beverage services
 - Waxing Services
 - Events by technique and distances for each age category
 - Awards
 - Registration and Waiver Form (Zone4)

Fees

Entry fees are as the following table.

Categories*	Don Sumaniks		Yukon Championship
	Classic	Free	
U8 – U12	\$15	\$15	\$15
U14 – U18	\$15	\$15	\$15
U20, Senior & Masters	\$15	\$15	\$15
Sport Category	TBD		

*Registration and Race fees for CCY Squad and WCCSC Junior Development Program will be facilitated through the programs.

Registrants will be responsible for the processing fees applied at the time of payment by Zone4.

- Entries after the registration deadline are recommended to be handled by the Organizing Committee.

Race Cancellation

- Event cancellations will be according to the following conditions and procedures:
- Lack of snow or unsafe conditions: if there is a lack of snow or unsafe conditions the TD, Chief of Course and CC can make the decision as early as three (3) days in advance of the event
- Weather conditions: cancellation of an event due to forecasted cold may be made as early as three (3) days before the start of the event by the TD and CC.
- It is recommended that if the forecast does not appear to improve the, the cancellation should be made prior the distribution of race bibs on the race day.
- The TD and CC may delay the start time or shorten the race distances.

Cold Temperature

- -15.0°C cut off for U8, U10, U12
- -20.0°C for all other categories as per NC rule 303.2.2. With air temperature below - 20.0°C, (temperature measured at the coldest point of the course and without wind factor), and competition distances less than or equal to 15 km, the race must postponed or cancelled. With competition distances greater than 15 km and temperature less than -18.0°C without wind factor, the race must postpone or cancel the competition.

Communication to Racers

- Event/ Race updates will be sent from the Competition Secretary to registered races 5 days, 3 days and 24 hours in advance of each event.
- For Squad and JDP the updates will be provided to the CCY Assistant and JDP Coaches for distribution.

Race Techniques

- Don Sumanik will include a Classic Technique and Free Technique
- Traditionally the Classic race is scheduled for the Saturday followed by the Free on Sunday
- Either or both can be interval or mass starts
- If safety conditions warrant, a last-minute race technique and / or distance change is acceptable with the approval of the TD.

Course Selection

The FIS homologated courses are the preferred options for U14 and older categories, while skills based courses for U12 and under are encouraged. However, creating courses that are dynamic and creative are encouraged.

Distances

The distances below reflect [Nordiq Canada's LTAD-aligned Competitor Model](#) for developing athletes. The core notion of the LTAD concept is that competition organizers recognize that young and growing athletes have very specific needs of skiers from infancy to adulthood.

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Category	Classic / Free - km
U8 B/G	0.5 to 1.0*
U10 B/G	1.0 to 1.5*
U12 B/G	1.5 to 3.0*
U14 B/G	3.0 to 5.0
U16 B/G	5.0 to 10
U20 M/W	5.0 to 15
Senior (Open / U23) M/W	3.0 to 20
Masters M/W	7.5 to 15

*Categories may not have numbered bibs and may not have individual timed results.

Notes

- Consideration should be given to gender-equal race distances whenever it makes sense and where safe and fair competition can be assured.
- The U20 Women, U23 Women and Senior Women categories should always ski the same distance to allow for comparison of athletes at the College/University racing level. The same applies to U20 Men/U23 Men/Senior Men.

Starting and Seeding

- Chiefs of Timing and Competition will work to draft start list for interval start and review with CCY and JDP coaches 48 hours in advance of the interval race.
- Start list will be finalised 24 hours in advance of a race and posted on Zone 4
- Mass starts are self-seeded, however, coaches will support and guide U-8 through U14 categories.
- Bibs will not be issued without fees being paid and race entry form (Zone 4 registration) being paid.
- U8, U10 and U12 categories will start in the middle of the day when the temperatures are the warmest.

Timing

- Zone 4 Summits should be used with reliable redundancy but managed against the capacity of the timing team.

Results / Posting

- Results will be posted in NC format

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- Official results are to be posted with YoB
- TD and Competition Secretary should review and sign off on final official results

Awards

As per Whitehorse Cross Country Ski Club (WCCSC) Policy Manual, the WCCSC is responsible for awarding the following:

Award	Awarded to	When
Don Sumanik Cup	Fastest Open (Sr) Male and Female Skier on the first Day of the races, skiing a common distance	Don Sumanik
Gordon Taylor Memorial Trophy	Fastest Open (Sr.) Male and Female on the first race on a common distance	Yukon Championships
Schiffkorn Trophy	Fastest Female and Male time for U14 category	Yukon Championships