
**2010 POWER SMART MANITOBA WINTER GAMES
TECHNICAL PACKAGE
SPORT: CROSS COUNTRY SKI**

AGE CATEGORY

Cross Country Ski Association of Manitoba individuals and residents of Manitoba as of December 31, 2009 born between the years 1999 – 1994 inclusive.

ELIGIBILITY

Participants must meet eligibility rules as outlined in the [General Rules of the 2010 Power Smart Manitoba Games](#).

COACHES & MANAGER ELIGIBILITY

Coaches and manager must be 18 years of age or older as of December 31, 2009.

At least one coach should be a certified NCCP Level 1 or a trained Community Coach with NCCP Level 2 or Competitive Coach (Introduction) recommended.

All staff must complete the online Respect in Sport program prior to the start of the Games.

TEAM COMPOSITION*

Category	Male	Female	Coaches**	Manager**
Mini Midget Girl/Boy – born 1999 or 1998	2	2		
Midget Girl/Boy – born 1997 or 1996	2	2		
Juvenile Girl/Boy – born 1995 or 1994	2	2		
TOTAL	6	6	2	1

* The number of competitors per Regional team may increase or decrease – see Fill Policy below.

** At least 1 adult coach and/or manager must be of the opposite gender. In the case a Regional team has 10 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 should be interval start format. The regional qualifier events must not exceed the recommended distances of the Provincial Final event (see below). Contact Regional representatives or the CCSAM for a schedule of regional events.

The 1st and 2nd place finishers in each of the 6 race categories automatically qualify for a position on their Regional team. If, after a regional qualifying event, a regional team has less than the maximum team members then those empty team positions may be filled with 3rd place finishers (from the same region or another region) or other selected athletes as per the Athlete Fill Policy (see below).

COMPETITION RULES

Rules and regulations for cross country ski racing as put forth by [Cross Country Canada](#) will apply.

OFFICIALS

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

PROVINCIAL FINAL COMPETITION SITES

Race Venue: [Birch Ski Area](#), near Roseisle, MB

Race Course: [South trail network](#)

PROVINCIAL FINAL COMPETITION DATES

Monday March 8, 2010

Tuesday March 9, 2010

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 TECHNICAL ADVISOR ROLES AND RESPONSIBILITIES

1. Provide sport technical knowledge to all aspects of the Games.
2. Assist in the development and understanding of the 2010 Power Smart Manitoba Winter Games Sport Technical Package and sport schedules.
3. Meet with all Games partners as required.
4. Work with Sport Manitoba Regional staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.

PROVINCIAL FINAL MEDALS

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

Recommended Race Distances*

Category	Interval Start - Classic Technique		Team Relay - Free Technique	
	Male	Female	Mixed gender/category teams	
	Race distance	Race Distance	Course length	# of laps
Mini Midget	2K – 4K	2K – 4K	1 – 2.5K	1 or 2
Midget	2.5K – 5K	2.5K – 5K	1 – 2.5K	2 or 3
Juvenile	5K – 7.5K	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.

ATHLETE FILL POLICY

The Cross Country Ski Association of Manitoba (CCSAM), in conjunction with the Regional managers will regulate fills. Each Region will forward to the CCSAM office no later than February 8th, 2010 a list of qualifying athletes – 1st and 2nd place finishers – in all 6 categories (age group and gender). Plus a list of all 3rd 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 (eg, more than 2 competitors for Mini-Midget females) **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 2 (Mini Midget / Midget / Juvenile) athletes by gender within a Category if other Regional teams are not able to fill their compliment.
4. After the February 8, 2010 deadline the CCSAM office will determine the number of positions available for the 2010 Power Smart Manitoba Winter Games fills.
5. The Cross Country Ski Association of Manitoba will take the Manitoba Games rosters submitted by February 8, 2010 and rank the fills based on the results submitted. The extra skiers will be ranked equally for each regional team, i.e. all 3rd 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 96 athletes** competing **if** all categories are completely filled.

For further explanation on the Fill Policy procedure, contact the CCSAM office or your Sport MB – Regional Manager.

Additional information may be obtained from the Provincial Technical Advisor:

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