
2006 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, 2005 born between the years 1995 – 1984 inclusive.

ELIGIBILITY

Excluded from the 2006 Manitoba Winter Games are those individuals who:

- Are members of the Manitoba Cross Country Ski Team in the years 2005 and 2006.
- Are members of the Manitoba Biathlon Team in the years 2005 and 2006.

TEAM COMPOSITION

Categories refer to the athlete's year of birth.

Category	Male	Female	Coach	Manager
1995 or 1994	1	1		
1993 or 1992	1	1		
1991 or 1990	1	1		
1989 or 1988	1	1	2	1
1987 or 1986	1	1		
1985 or 1984	1	1		
TOTAL	6	6	2	1

Total team = 15

Note: If a regional team does not have representation in one or more of the age categories, they may move athletes up one age category. For example, an athlete born in "1993 or 1992" can race in the "1991 or 1990" age category.

Coaching Staff

Coaches and managers must be 18 years of age or older as of December 31, 2005. At least one of the coaching staff must be of the opposite gender.

All coaches must hold at least full certification in NCCP Level 1 or Community Coach with NCCP Level 2 or Competitive Coach (Introduction) recommended.

COMPETITION RULES

Rules and regulations for cross country ski racing as put forth by Cross Country Canada will apply with the exception of the age classification. The 2006 Manitoba Winter Games age classifications will apply in this case.

OFFICIALS

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

PROVINCIAL FINAL COMPETITION SITES

Race Venue: Pinawa Club, Willis Drive, Pinawa MB

Race Course: Ski trails of Whiteshell Cross Country Ski Club

PROVINCIAL FINAL COMPETITION DATES

March 7th & 8th, 2006

COMPETITION FORMAT**Days of Competition**

Day 1: Individual races, Interval start, Classic technique.

Day 2: Individual races, Interval start, Free technique.

Projected 2006 Manitoba Winter Games participation (total number of entries)

Region	Male	Female	Coach/Manager	Total
Central	6	6	3	15
Eastman	6	6	3	15
Interlake	6	6	3	15
Norman	6	6	3	15
Parkland	6	6	3	15
Westman	6	6	3	15
Winnipeg	6	6	3	15
Host Team	6	6	3	15
TOTAL	48	48	24	120

Athlete and Coach Training and Development for the 2006 Manitoba Winter Games

Athlete and coach development for the 2006 Manitoba Winter Games is to be delivered in the regions through the CCSAM member clubs. Contact the CCSAM for club addresses and course conductors.

The Jackrabbit (junior development) program is well represented in all regions of Manitoba. These programs run through the entire ski season and some incorporate a dry land or off-season program as well. Specific regional needs are determined by the resident coaches and addressed by the CCSAM.

The CCSAM supports the NCCP and promotes their standards and codes of conduct. Certification courses are scheduled early in the snow year to ensure that coaches are certified by the end of the season. Should a region have specific needs for a course, they should contact the CCSAM.

Regional and provincial championships as well as School Ski championships are currently used in identifying talent as well as providing access to race experience. Please contact the CCSAM for a schedule of these events and programs.

Recommended Race Distances for the Whiteshell Cross Country Ski Club trails.

Category	Interval Start - Classic Technique		Interval Start - Free Technique	
	Male	Female	Male	Female
10 to 11	5.0 km	5.0 km	2.5km	2.5 km
12 to 13	5.0 km	5.0 km	2.5 km	2.5 km
14 to 15	7.5 km	7.5 km	5.0 km	5.0 km
16 to 17	7.5 km	7.5 km	5.0 km	5.0 km
18 to 19	15.0 km	15.0 km	7.5 km	7.5 km
20 to 21	15.0 km	15.0 km	7.5 km	7.5 km

MEDALS

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

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.

REGIONAL POINT SCORING

Sport points will be awarded as follows:

1st place – 7 points

2nd place – 6 points

3rd place – 5 points

4th place – 4 points

5th place – 3 points

6th place – 2 points

7th place – 1 point

Regional points will be determined by adding the total cumulative sport points and ranking the total.

GENERAL RULES OF 2006 MANITOBA WINTER GAMES

http://manitobagames.ca/Documents/General_Rules.pdf

Additional information may be obtained
by contacting your regional sport organization
or Cross Country Ski Association of Manitoba Inc.