

Kootenay Cup



Teck



Host Club: Nelson Nordic Ski Club www.nelsonnordicski.ca

Event Website: Teck Kootenay Cup #7

Date: Sunday, March 1.

Start Times: Bunnies 10:30 a.m.
Atoms 10:45am
PeeWees 11:00 a.m. Progressively older age groups to follow in sequence.

Race Location: Nelson Nordic Ski Club, Hwy 6, 10 km south of Nelson BC

Rules: Cross Country Canada Rules and Regulations

Information: Chief of Race: Kaj Gyr 250-352-4662
Race Secretary: Jennie Barron 250-352-5740
Chief of Timing: Leo Degroot
Chief of Course: George Edney

Registration Deadline: Thursday, February 26th 8 p.m.

How to Enter: Registration and fee payment are online at www.zone4.ca
Click on the Teck Kootenay Cup #7 to register.
Fees are payable by Credit Card only, and include the Zone4 processing fee.

Event Waiver: The Event Participation Waiver is completed as part of the online registration.

Start Lists/Maps: Start lists and maps will be posted race day at 9 a.m. on the board outside the Nelson Ski Hut.

Depending upon the level of participation, categories may be combined.

Bib Pickup: Bib pickup at the Nelson Nordic Ski Hut by 10 a.m. March 1.

Food: A free lunch buffet and hot drinks will be provided at the lodge after the race (for participants only).

Facilities: Near the course start there is a cabin and first aid kit. Outhouses are located nearby. No waxing facilities are available at the race site.

Accommodation: We have special rates (for two queen beds) of \$139.95 at the Prestige Lakeside (250-352-7222) and \$99.95 at the Nelson Prestige Inn (250-352-3595). Reference the Kootenay Cup for these special rates.

WARM UP/ WAX TESTING: The race courses will be clearly marked and marshalled. The race course will be open for inspection 9 -10 a.m. March 1.
No wax testing allowed on the course during the various races.

***** IMPORTANT ***** The Nelson Nordic Ski Club is hosting a **No High Fluoro wax event**. We ask that skiers in all categories refrain from using high fluoro waxes (and powders) at this event due to health, financial, and environmental concerns.

Awards: Awards will be given outside the Nelson Nordic Hut following the races. Draw prizes will also be available.
(Note: Awards for Bunnies/Atoms will be given immediately after their races.)

1- Ages 8 and under receive Teck participant ribbons

2- **Ages 9-14: Teck medals for top 3 finishers, Teck ribbons for 4th and 5th place finishers**

3- Awards will be given for the top three finishers in all junior, open and masters categories

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Mass Start Free Technique

Category	Age	Year of Birth	Distance	Race Fee
Bunnies	Any age	2010 or later	0.5 km	\$5
Atoms	7 & under	2009 or earlier	0.8 km	\$5
Peeweews	8-9	2005-2006	1 km	\$10
Bantams	10-11	2003-2004	2 km	\$10
Midgets	12-13	2001-2002	3 km	\$10
Juveniles Girls/Boys	14-15	1999-2000	7.5 km	\$12
Junior Girls	16-17	1997-1998	7.5 km	\$12
Junior Boys	16-17	1997-1998	11 km	\$12
Junior M/W	18-19	1995-1996	11 km	\$15
Open M/W	20-29	1986-1995	11 km	\$20
Masters A	30-49	1966-1985	11 km	\$20
Masters B	50+	1965 & earlier	11 km	\$20
Recreational	All ages		7.5 km	\$10