

Kootenay Cup



Teck



TECK KOOTENAY CUP #1 & #2 **December 15th – 16th, 2018**

RACE EVENTS:

Teck Kootenay Cup #1:
Saturday, Dec. 15th, 11:00 AM
Classic Technique, Interval Start

Teck Kootenay Cup #2:
Sunday, Dec. 16th, 9:30 AM
Skate Technique, Mass Start
Competitors can participate in one or both events.

RACE LOCATION: Black Jack Ski Club
310 Campbell Road, Rossland BC

From Beautiful Rossland BC

- At the intersection of Hwy 22 and 3B head north for 4.5km.
- Turn Right onto Mann Road.
- Drive for 900m, turn left on Campbell Road
- Parking lot and Clubhouse are on right.

HOST CLUB: Black Jack Ski Club; www.skiblackjack.ca

TITLE SPONSOR: Teck Resources Limited

REGISTERED BY: CROSS COUNTRY BC (CCBC)

RULES: CCC RULES AND REGULATIONS

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Dec. 15th, 2018

Classic Technique Interval Start by age categories

Start times: 11:00 AM, youngest categories first

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2014 and more recent	150 m
Atoms	Girls and boys, YOB 2011, 2012, 2013	1000m
Peewees	Girls and boys, YOB 2009 & 2010	1.4 km
Bantams	Girls and boys, YOB 2007 & 2008	2.5 km
Midgets	Girls and boys, YOB 2005 & 2006	2.5 km
Juvenile girls/boys	Girls and boys YOB 2003 & 2004	5 km
Junior boys/girls	Females and males YOB 2001 & 2002	7.5 km
Recreational women and men	Recreational men and women YOB 1998 and earlier	7.5 km
Junior men & women, Open and Master men & women	Females YOB 1999-2000; Males YOB 2000 and older, females YOB 1998 and older	10 km

DAY 2 COMPETITION: Sunday, Dec. 16th, 2018

Skate Technique Mass Start by age categories

Start times: 9:30 AM, youngest categories first

Category	Sub Categories/ Year of Birth	Distance
Atoms	Girls and boys, YOB 2011, 2012, 2013	1000m
Peewees	Girls and boys, YOB 2009 & 2010	1.4 km
Bantams	Girls and boys, YOB 2007 & 2008	2.8 km
Midgets	Girls and boys, YOB 2005 & 2006	3 km
Juvenile girls/boys	Girls and boys YOB 2003 & 2004	6 km
Junior boys/girls	Females and males YOB 2001 & 2002	6 km
Recreational men and women	Recreational men and women YOB 1998 and earlier	6 km

Junior women & men, Open and Master men & women Females YOB 1999-2000; Males YOB 2000 and older, females YOB 1998 and older 9 km

Skiers will be responsible for knowing their course prior to the race, as each separate race course will not be closed. There will be open intersections with signs directing traffic.

RACE Registration and fee payment is ON-LINE only at www.zone4.ca.

REGISTRATION:

If you experience any difficulties registering on line, please contact mheximer@icloud.com.

Racers and coaches **must** check the confirmation list on Zone4 (www.zone4.ca) as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the race organizer (mheximer@icloud.com) before 12 noon on Thursday, Dec. 13th if there are any corrections required.

RACE ENTRY The entry deadline for all races is:

DEADLINE: Wednesday, Dec. 12th, 11:59 PM (PST), 2018 – NO EXCEPTIONS

RACE FEES:

\$5.00 (plus GST and Zone4 fees) per race for bunnies.

\$12 (plus GST and Zone4 fees) per race for atoms, peewees, and bantams.

\$20 (plus GST and Zone4 fees) per race for all other age categories.

Payment must be made on-line. Credit cards only.

LICENSES: No race license is required. Racers must be paid-up members of a Cross-Country Canada or US Ski Association registered club.

WAIVER FORMS: Waivers must be accepted on line.

BIB PICKUP: Saturday: 9:30AM – 10:30 AM, in the Race Office.

Sunday: 8:00AM – 9:00 AM, in the Race Office.

WAXING:

Black Jack Ski Club requests that all coaches, wax technicians, and parents abide by the below self-governed protocol while waxing skis for all athletes (this includes all age groups and recreational skiers).

The recommended **glide** waxing protocol is as follows:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

WAXING CONTINUED:

- Structure tools ARE permitted

The adherence to this protocol is self-governed and is the responsibility of the athlete, coaches, parents and wax technicians.

ACCOMMODATION:



www.redreservations.com 1.877.969.SNOW (7669) (toll-free)

# of Rooms	Regular Rate	Black Jack Rate 2018	Max Occ.	Details	Featured Properties
One Bedroom Deluxe	\$295	\$250	2	Private Hot tub	Slalom Creek
Two Bedroom Deluxe	\$410	\$340	4-6	Private Hot tub	Silvertip
Two Bedroom Premium	\$475	\$360	4	Private Hot tub	Slalom Creek Morning Star
Three Bedroom Premium	\$675	\$430	6-8	Private Hot tub	Slalom Creek
Three Bedroom Loft	\$675	\$430	6-8	Private Hot tub Larger Units One bdrm is in the loft	Slalom Creek The Lofts
Four Bedroom Deluxe	\$750	\$485	8-10	Private Hot tub Larger Units	Slalom Creek White Wolf
Four Bedroom Loft	\$775	\$495	8-10	Private Hot tub Larger Units One bdrm is in the loft	Slalom Creek

All rates are subject to change without notice and subject to applicable taxes of 16%. Maximum Occupancy is based on the number of beds in the unit. Rates are based on a two-night minimum. 1 night stays are granted based on availability and are subject to a 20% surcharge. 25% deposit due at the time of booking, with remaining amount due 30 days prior to arrival. All payments are final with no refund. Rates available December 14 to December 18, 2018