

Kootenay Cup



Cross Country BC

Teck



Race Notice

TECK KOOTENAY CUP #5

January 28, 2018

RACE EVENTS:

Teck Kootenay Cup #5:
Sunday, Jan. 28th, 10:00 AM
Mass Start by categories
Free technique event, distances to 20 km

RACE LOCATION:

Nipika Mountain Resort
9200 Settlers Road, Radium Hot Springs BC
Head out of Radium towards Banff and turn off highway

HOST CLUB:

Toby Creek Nordic Ski Club
info@tobycreeknordic.ca
Nipika Mountain Resort
info@nipika.com

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE:

Race committee chairs:

Chiefs of Competition	Trish Blackstock
Chiefs of Course	Steve Wilson
Chief of Timing	Marni Kreutzer
Chiefs of Stadium	Steve Wilson & Lyle Wilson
Competition Secretary	Marni Kreutzer
Chiefs of Promotion	Marni Kreutzer
Chiefs of Start/Finish	Lyle Wilson
Chief of Athlete Services	Karen Nickurak
Chief of Computer Ops	Marni Kreutzer
Chief of Marshalls	Lyle Wilson

COMPETITION SCHEDULE

DAY 1 COMPETITION: Sunday January 28th, 2018

**Skate technique race, mass start by categories
Start times: 11:00 AM, youngest categories first**

Categories may be combined for the mass start races, based on the number of entries in each category.

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2012 and later	1 km
Atoms	Girls and boys, YOB 2009, 2010, 2011	1.5 km
Peewees	Girls and boys, YOB 2007 & 2008	3 km
Bantam	Girls and boys, YOB 2005 & 2006	3 km
Midgets	Girls and boys, YOB 2003 & 2004	3 km
Juvenile boys and girls	Girls and boys, YOB 2001 & 2002	7.5 km
Junior boys and girls	Males and females, YOB 1999 – 2000	7.5 km
Junior women	Female YOB 1998	7.5 km
Junior men	Males YOB 1998	10 km
Recreational men and women	Males and females, YOB 1998 and earlier	10 km
Loppet Distances	Categories 20-29, 30-39, 40-49, 50-59, 60+	20 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: Registration and fee payment is ON-LINE only at www.zone4.ca.

If you experience any difficulties registering online please contact the Race Secretary.

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 secretary (marni@nipika.com) before 12 noon on Thursday, Jan. 25th if there are any corrections required.

RACE ENTRY DEADLINE: The entry deadline for all races is:
Thursday, Jan. 25th, 11:00 PM (MST)

- RACE FEES:** \$10 (plus HST and zone4 fees) per race for bunnies, atoms, peewee, bantams, midget
 \$20 (plus HST and zone4 fees) per race for juvenile, junior, recreational
 \$40 (plus HST and zone4 fees) 30km and 20km loppet distances
 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.
- START LISTS:** Mass start for all races
- BIB PICKUP:** Saturday: 9:00AM – 10:30 AM, in the race office.
 Sunday: 7:30 AM – 8:30 AM, in the race office.
 The Race Office will be located in the Waxing Hut, adjacent to the Main Lodge. There will be no bib-pick-up allowed after 30min prior to the start of all races. All athletes who haven't had their bibs picked up by then will be marked as DNS (Did Not Start) for that event.
- AWARDS:** Awards for the Saturday and Sunday races will be presented approximately 30 minutes (or ASAP) after the last racer finishes on each day, along with a selection of draw prizes. Ribbons and awards provided by Teck will be given to participants aged 14 and younger. Older age groups will be given local medals.
- FACILITIES:** There is a heated day lodge. In addition, there will be outhouses located close to the parking and stadium areas. Search and Rescue first aid attendants will be present on site. Seating and
- FOOD & DRINKS:** Post-race BBQ burger lunch will be offered to racers, registered coaches and volunteers both Saturday and Sunday outside our day lodge. Meal tickets will be distributed with the bibs in the morning. Each athlete and registered coach will receive one complimentary meal ticket/day. Additional meal tickets will be available for purchase on site for \$5 each. Cold and warm water will be available at all times.
- WAXING:** A waxing area is available outside the day lodge. There are no plugs available for waxing. Waxing in the parking lot is allowed, but not while being plugged into the electrical outlets of the lodge deck. Teams may bring and use their own generators for waxing purposes. The area is not under cover. Teams are welcome to set up their own tents for waxing. There is no waxing on the decks of the main day lodge.
- The Toby Creek Nordic 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
- The adherence to this protocol is self-governed and is the responsibility of the athlete, coaches, parents and wax technicians.

SNOW AND TRAIL CONDITIONS: Visit www.nipika.com or <https://www.facebook.com/nipikamountainresort/>
Will be posted on our website and facebook page the day before and morning of competitions.

COURSE MAPS: Course maps will be available morning of event posted around registration area.

TRAIL PASSES: Race entry fees include full use of trails for the race days only.

SPONSORS: Teck Resources Limited, Kicking Horse Coffee, A&W, Life Sport, Fisher, Swix, Maxwell, Cleanline Automotive.