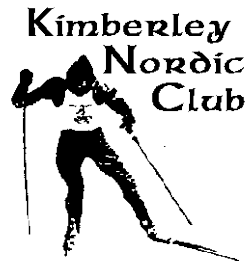


Kootenay Cup



Teck



Race Notice

TECK KOOTENAY CUP #5 & #6

January 12th – 13th, 2019

RACE EVENTS:

Teck Kootenay Cup #5:
Saturday, Jan. 12th, 9:30 AM
Classic Technique, Individual Sprints
King's Court Format

Teck Kootenay Cup #6:
Sunday, Jan. 13th, 9:30 AM
Skate Technique, Mass Start

Competitors can participate in one or both events.

RACE LOCATION:

KIMBERLEY NORDIC CLUB
840 North Star Drive, Kimberley BC
4 km from downtown Kimberley
Parking is limited at the trails, so please restrict the number of vehicles your team brings to the main parking lot, and park any extra vehicles on the road just below the Nordic Hut, on Deer Run Drive. There will be a marked walking trail directly to the lodge from Deer Run.

HOST CLUB:

KIMBERLEY NORDIC CLUB
www.kimberleynordic.org

TITLE SPONSOR:

Teck Resources Limited

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

RACE ORGANIZING

Race committee chairs:

COMMITTEE:

Chiefs of Competition	Keith King and Frank Ackermann
Chiefs of Course	Wayne Gilbert and Frank Ackermann
Technical Delegate	Jacqui Richards
Chief of Timing	Mark Koenig
Chiefs of Stadium	Chris Bullock and Keith King
Competition Secretary	Jeannie MacDonald (jeanmacd439@gmail.com)
Chief of Promotion	Christine Chatten
Chief of Start/Finish	Rob MacDonald
Chief of Athlete Services	Julie St. Jean
Chiefs of Computer Ops	Heather Lamson and Sylvestre Charles
Chief of Marshalls	Chris Bloch-Hansen
Chief of Volunteers	Eileen Charles

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Jan. 12th, 2019

Classic Technique, King's Court Individual Sprints

START LISTS: Start times (by category) for the Individual Sprint Qualifier (Bantams and Older) will be posted at the race office and on line by 11:00 PM on Friday, Jan. 11th

Predicted order of events for the Saturday King's Court Sprints:

- 09:30 - Bantam and Midget: Qualification Round (15s Individual Interval Start)
- 10:00 - Mass Start for Bunnies
- 10:10 - Heats for Atoms
- 10:30 - Heats for PeeWees
- 11:20 - Heats for Bantams
- 12:25 - Heats for Midgets
- 13:25 - Juvenile and older: Qualification Round
- 13:40 - Awards for Bunnies to Midgets (by gender and age category)
- 13:45 - Heats for Juvenile and older athletes
- 15:00 - Awards Juvenile and older athletes (by gender and age category)

- Bantams and older will race a timed sprint qualifier to determine subsequent sprint heats.
- Bunnies will race 1 heat each; all other categories will have 3 heats.
- Heats will have 6 racers per heat (max)
- Top two finishers will move up, bottom two will move down and middle two will remain level
- Genders will be combined for all age categories, but separated for awards

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2014 and more recent	50 m
Atoms	Girls and boys, YOB 2011, 2012, 2013	100 m
Peewees	Girls and boys, YOB 2009 & 2010	200 m
Bantam	Girls and boys, YOB 2007 & 2008	400 m
Midgets	Girls and boys, YOB 2005 & 2006	400 m
Juvenile boys/girls	Girls and boys, YOB 2003 & 2004	900 m
Junior boys/girls	Males and females, YOB 2001 & 2002	900 m
Junior, open, recreational and master men and women	Males and females, YOB 2000 and older	900 m

Skiers will be responsible for knowing their course prior to the race.

DAY 2 COMPETITION: Sunday, Jan. 13th, 2019

Skate Technique, Mass Start by age categories

Start times: 9:30 AM

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	2 km
Bantams	Girls and boys, YOB 2007 & 2008	3.75 km
Midgets	Girls and boys, YOB 2005 & 2006	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 (2 x 3.75km)
Junior women, recreational men and women	Females YOB 1999-2000; Recreational men and women YOB 1998 and earlier	10 km (2 x 5km)
Junior men, open and master men and women	Males YOB 2000 and older, females YOB 1998 and older	15 km (3 x 5km)

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

**RACE
REGISTRATION:**

Registration and fee payment is ONLINE only at www.zone4.ca.

If you experience any difficulties registering on line, 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 (jeanmacd439@gmail.com) before 12 noon on Thursday, Jan. 10th if there are any corrections required. Coaches are strongly encouraged to sign up on zone4 as a “coach” (up to 2 coaches/club) to receive a free ski pass for the race days, as well as to receive updated race information via emails.

Through zone4, you will be able to pay for registration, register up to 2 coaches for free, and purchase extra meal tickets for Saturday or Sunday lunch, and buy your dinner tickets for the Dinner on Saturday, Jan. 12th, 2019. A one-stop shopping convenience!

**RACE ENTRY
DEADLINE:**

The entry deadline for all races is:
Wednesday, Jan. 9th, 11:59 PM (MST), 2019 – NO EXCEPTIONS

RACE FEES:

\$7.50 (plus GST and zone4 fees) per race for bunnies.
\$15 (plus GST and zone4 fees) per race for atoms, peewees, and bantams.
\$25 (plus GST and zone4 fees) per race for all other age categories.
Payment must be made online. Credit cards only.
Race fees will include a meal ticket for a warm lunch on each day.

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 and Sunday: 7:30AM – 9:00 AM, in the Race Office.
The Race Office will be located in the Kimberley Nordic Club 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 9AM will be marked as DNS (Did Not Start) for that event. If you registered and are not racing, please contact Heather Lamson (Computer Ops) as soon as possible (lamsonh@hotmail.com).

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 medals provided by Teck will be given to participants aged 15 and younger, as follows: 1st, 2nd and 3rd place medals for age categories for 8, 9, 10, 11, 12, 13, 14 and 15 year olds – both male and female will be awarded. Ribbons for 4th and 5th placed skiers will be provided for the above age categories, as will participant ribbons for all children 7 years of age and younger. Older age groups will be given local medals.

FACILITIES:

There is a heated day lodge with limited restroom facilities. In addition, there will be outhouses located immediately beside the day lodge on the north side of the building. Search and Rescue first aid attendants will be present on site. There are no dogs allowed on our trails.

FOOD & DRINKS:

Post-race drinks and light snacks will be offered to racers in the finishing chute. Warm lunch will be provided to all racers and volunteers both Saturday and Sunday in our outdoor “Feed-Zone” under the Teck tent in front of the Main Lodge. Please be green

and bring your own bowl and spoon for both days. Meal tickets will be distributed with the bibs in the morning. Each registered athlete will receive one complimentary meal ticket/day. Additional meal tickets will be available for purchase on zone4 for \$5 each, or on site while quantities last. Cold and warm water will be available at all times.

WAXING:

A waxing area is available between the day lodge and the small cabin, as well as directly in front of the day lodge (to the west of the day lodge up against the race-course fencing) with plug-ins available at both locations for up to 12 plugs in both locations. 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 Kimberley Nordic 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
- Structure tools ARE 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.kimberleynordic.org and also www.skikimberley.com

COURSE MAPS:

Course maps will be available on the KNC website www.kimberleynordic.org. Also, check the Zone4 event page for scheduling, heat information and results. On race days, skiing on the race course is allowed up to 10 minutes prior to the start of the races, but there will be no skiing backwards on any race course for that day up until all races are completed. Warm-up areas and wax-testing areas will be signed.

TRAIL PASSES:

Race entry fees include full use of trails for the race days only. Trail passes must be purchased at the trailhead kiosk for skiing on non-race days. Group discounts are available at the kiosk for non-race days. Up to 2 coaches/team will be given complimentary trail passes for race days, but ONLY if they have pre-registered on zone4 as a "coach". All extra coaches and parents will need to purchase day passes. Day passes may be purchased at the KNC trailhead kiosk.

ACCOMMODATION: Visit <http://www.kimberley.ca> or "Simply Kimberley" at www.kimberley.com or <http://www.tourismkimberley.com> for info.

Inn West Kirkwood Inn is directly adjacent to the start/finish area
<http://www.innwestkirkwood.com/>

VOLUNTEERING:

To volunteer please sign up online using the following links:

Saturday January 12th : <https://www.volunteersignup.org/37PT9>
Sunday January 13th : <https://www.volunteersignup.org/FTKXQ>

CANCELLATION POLICY:

50% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Jan 7th. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. Under circumstances of event cancellation, the Host club will refund 50% of race fees. Zone4 online booking fees are non-refundable.