

# Kootenay Cup



Cross Country BC

# Teck



## Race Notice

### TECK KOOTENAY CUPS #3 & 4 in FERNIE, BC

**Saturday, January 5<sup>th</sup> and Sunday January 6<sup>th</sup> 2019**

**RACE EVENTS:**

Teck Kootenay Cup #3  
Saturday, Jan 5<sup>th</sup>, 11:00 AM  
Interval start (by age groups)  
Free technique race, distances up to 7.7 km

Teck Kootenay Cup #4  
Sunday, Jan 6<sup>th</sup>, 10:00 AM  
Interval start (by age groups)  
Classic technique race, distances up to 10.3 km

**RACE LOCATION:**

ELK VALLEY NORDIC CENTRE  
3 km SW from West Fernie bridge on Highway 3  
Located on Mount Fernie Provincial Park road  
Parking is very limited at the trails. More parking is provided on the streets of the adjacent The Cedars development. Walking trails link parking with the Nordic Centre.

**HOST CLUB:**

FERNIE NORDIC SOCIETY  
<http://www.fernienordic.com/kootenaycupraces>

**REGISTERED BY:**

CROSS COUNTRY BC (CCBC)

**RULES:**

CCC RULES AND REGULATIONS

**RACE ORGANIZING  
COMMITTEE:**

**Race committee chairs:**

Chief of Competition	Virginia Robinson
Chief of Course	Helen McAllister
Chief of Timing	Matthieu Corriveau
Chief of Stadium	John Shaw
Competition Secretary	Fiona Fait
Chief of Security/FirstAid	Jennifer Heath
Sponsor & Media Liaison	Madeleine Bragg
Awards Coordinator	Scott Dressler

## **COMPETITION SCHEDULE**

**COMPETITION: Teck Kootenay Cup #3  
Saturday, January 5<sup>th</sup>, 2019**

**Free technique race, Interval start by age groups**

**Start time: 11:00 AM with youngest categories starting first**

<b>Category</b>	<b>Sub Categories/ Year of Birth</b>	<b>Distance</b>
Bunnies	Girls and boys, YOB 2014 & 2015	175 m
Atoms	Girls and boys, YOB 2011, 2012, 2013	0.7 km
Pee Wee	Girls and boys, YOB 2009 & 2010	1.2 km
Bantam	Girls and boys, YOB 2007 & 2008	2 km
Midget	Girls and boys, YOB 2005 & 2006	3.4 km
Juvenile boys and girls	Girls and boys, YOB 2003 & 2004	5 km
Junior boys and girls	Girls and boys, YOB 2001 & 2002	5 km
Junior men and women	Males and females, YOB 1999 & 2000	7.7 km
Open women	Females, YOB 1979 - 1998	7.7 km
Open men	Males, YOB 1979 - 1998	7.7 km
Masters 1 women	Females, YOB 1969 - 1978	7.7 km
Masters 1 men	Males, YOB 1969 - 1978	7.7 km
Masters 2 women	Females, YOB 1968 and earlier	7.7 km
Masters 2 men	Males, YOB 1968 and earlier	7.7 km
SuperRec men and women	Males and females, YOB 1988 or earlier	7.7 km

Results from all categories over 4yo will be sorted by gender

**COMPETITION: Teck Kootenay Cup #4  
Sunday, January 6<sup>th</sup>, 2019**

**Classic technique race, Interval start by age groups**

**Start time: 10:00 AM with youngest categories starting first**

<b>Category</b>	<b>Sub Categories/ Year of Birth</b>	<b>Distance</b>
Bunnies	Girls and boys, YOB 2014 & 2015	175 m
Atoms	Girls and boys, YOB 2011, 2012, 2013	0.7 km
Pee Wee	Girls and boys, YOB 2009 & 2010	1.2 km
Bantam	Girls and boys, YOB 2007 & 2008	2 km
Midget	Girls and boys, YOB 2005 & 2006	3.4 km
Juvenile boys and girls	Girls and boys, YOB 2003 & 2004	5 km
Junior boys and girls	Girls and boys, YOB 2001 & 2002	7.7 km
Junior men and women	Males and females, YOB 1999 & 2000	7.7 km
Open women	Females, YOB 1979 - 1998	10.3 km
Open men	Males, YOB 1979 - 1998	10.3 km
Masters 1 women	Females, YOB 1969 - 1978	10.3 km
Masters 1 men	Males, YOB 1969 - 1978	10.3 km
Masters 2 women	Females, YOB 1968 and earlier	10.3 km
Masters 2 men	Males, YOB 1968 and earlier	10.3 km
SuperRec men and women	Males and females, YOB 1988 or earlier	7.7 km

Results from all categories over 4yo will be sorted by gender

**RACES**

**REGISTRATION:**

Registration and fee payment is ONLINE by Credit Card only at [www.zone4.ca](http://www.zone4.ca) until **Wednesday Jan 2<sup>nd</sup> at 11:00 PM (MST)**

Note that the online registration at Zone4.ca is now open. Racers need to include the name and contact info of their coach if part of a group. This is so that race organizers can reach everyone about any last minute changes to the schedule, etc.

If you experience any difficulties registering on-line please contact the Competition Secretary at [info@fernienordic.com](mailto:info@fernienordic.com)

Racers and coaches **must** check the confirmation list on Zone4 ([www.zone4.ca](http://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 competition secretary (Fiona Fait at [info@fernienordic.com](mailto:info@fernienordic.com)) before 12 noon on Friday, Jan 4<sup>th</sup> if there are any corrections required.

Through Zone4, you will be able to pay the race fee and purchase lunch tickets.

There are no refunds of any kind once a racer registers and then subsequently withdraws from the race, or does not show up for the race. If the organizers are required to cancel the race, then a 50% refund of the race fee will be issued, The Zone4 processing fees are not refundable.

**ELIGIBILITY and LICENSES:**

This race is designed to appeal to racers of all levels. Races licenses are not required for these events.

**RACE ENTRY DEADLINE:**

The entry deadline for all races is:  
**Wednesday, Jan 2<sup>nd</sup> at 11:00 PM (MST)**  
Please note that late entries will **not** be accepted

**RACE FEES:**

\$7.50 per race for Bunnies  
\$15 per race for Atoms, Pee Wees and Bantams  
\$25 per race for Midgets, Juveniles and Juniors  
\$30 per race for Open, Masters and SuperRec categories  
Note that the Zone4 online fee will be added to this amount.  
Payment **must** be made online. Credit cards only.

**WAIVER FORMS:**

Waivers must be accepted online at the time of registration.

**START LISTS:**

Start times (by category) for each race will be posted at both the race office and online by 10:00 AM on Friday, Jan 4<sup>th</sup>.

**BIB PICKUP:**

Saturday Race: 9:00 AM – 10:30 AM, Sunday Race: 8:30 AM – 9:30 AM adjacent to the Warming Hut at the Elk Valley Nordic Centre. All bibs must be picked up 30 minutes before the start of the event.

**AWARDS:**

Awards will be presented on site after the races in all categories have been completed.

**WARM UP/ WAX TESTING**

The course will be open until 10:45 (9:45 on Sunday) at which time all skiers need to be off the course.

**FACILITIES:**

There will be portapotties located near the parking and stadium areas. First Aid attendants will be present on site. There are no dogs allowed anywhere at the Elk Valley Nordic Centre.

**FOOD & DRINKS:**

Post-race complimentary hot drinks and lunch will be offered to racers and volunteers. Family members, spectators and coaches may purchase lunch tickets on site for \$10 or [online](#). Going green: the organizers ask everyone to bring their own bowl to lunch.

## WAXING:

An area is available near the hut for waxing but without any facilities. The area is in the open with no cover. Note that **NO** power outlets will be available at the site.

Teams are welcome to set up their own tents for waxing.

The **CCBC Glide Waxing Protocol** will apply to all categories:

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

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 coaches, parents and wax technicians.

## SNOW AND TRAIL CONDITIONS:

Visit [www.fernienordic.com/grooming](http://www.fernienordic.com/grooming)

## COURSE MAPS:

Course maps and the elevation profiles are available at the club website

<http://www.fernienordic.com/kootenaycupraces>

## TRAIL PASSES:

Race entry fees include full use of trails for the race day only. Trail passes for all other skiers must be purchased at the trailhead kiosk or online for skiing on the trails.

## ACCOMMODATION:

Hotel accommodation is available in nearby Fernie.

**IMPORTANT NOTE:** January is an extremely busy tourist period in Fernie. Early booking is highly recommended.

The following hotel/motels are all located along highway 3 in Fernie. Most have an online reservation service as well:

Snow Valley Motel 1-877-696-7669 (3 nights minimum)

East Kootenay Motel 250-423-9266

Travelodge Three Sisters 250-423-4438

Fernie Stanford Resort 1-877-423-5600

Red Tree Lodge 250-423-4622

Fernie Super 8 250-423-6788

Park Place Lodge 1-888-381-7275

Best Western Plus Mountain Lodge 1-866-423-5566

Fernie RV Resort 1-844-343-2233

## LOCAL ACTIVITIES: Check out [www.tourismfernie.com](http://www.tourismfernie.com)

## SPONSORS:

**Teck**

Allan Phillips



**RCR**



i'm lovin' it®

