



Race Notice

TECK KOOTENAY CUP #1 & 2 BC Winter Games Trials Kootenay Zone January 2nd-3rd, 2016

RACE EVENTS: Teck Kootenay Cup #1 and BC Winter Games Trials Kootenay Zone:
Saturday, Jan. 2nd, 11:00 AM
Individual start (by age groups)
Classic technique race, distances to 20 km

Teck Kootenay Cup #2:
Sunday, Jan. 3rd, 9:00 AM
Mass start (by age groups)
Skate technique event, distances to 15 km

Competitors can participate in one or both events.

RACE LOCATION: KIMBERLEY NORDIC CLUB
840 North Star Drive, Kimberley BC
4.5 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.

HOST CLUB: KIMBERLEY NORDIC CLUB
www.kimberleynordic.org

REGISTERED BY: CROSS COUNTRY BC (CCBC)

RULES: CCC RULES AND REGULATIONS and BC Winter Games Rules

RACE ORGANIZING COMMITTEE:

Race committee chairs:	
Chiefs of Competition	Keith King and Frank Ackermann
Chiefs of Course	Chris Bloch-Hansen and Wayne Gilbert
Chief of Timing	Corrinne DeZoete
Chiefs of Stadium	Chris Bullock and Keith King

Competition Secretary
 Chiefs of Promotion
 Chiefs of Start/Finish
 Chief of Athlete Services
 Chief of Computer Ops
 Chief of Marshalls

Jeannie MacDonald (jeanmacd439@gmail.com)
 Gail Rousseau and Randy Moody
 Chris Bullock and Malcolm Sargent
 Kim Miller
 Heather Lamson
 Bill Green

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Jan. 2nd, 2016

Classic technique race, individual start by ages
Start times: 11:00 AM, youngest categories first

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2011 and later	150 m
Atoms	Girls and boys, YOB 2008, 2009, 2010	580 m
Peewees	Girls and boys, YOB 2006 & 2007	900 m
Bantams	Girls and boys, YOB 2004 & 2005	1.5 km
Midgets	Girls and boys, YOB 2002 & 2003	3 km
Juvenile boys and girls	Girls and boys, YOB 2000 & 2001	5 km
Junior boys and girls	Males and females, YOB 1998 - 1999	6.5 km
Junior, open, and master men and women	Males and females, YOB 1997 and earlier	20 km
Recreational men and women	Males and females, YOB 1997 and earlier	13 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.

DAY 2 COMPETITION: Sunday, Jan. 3rd, 2016

Free technique distance race, mass start by ages
Start times: 9:00 AM

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2011 and later	150 m
Atoms	Girls and boys, YOB 2008, 2009, 2010	900m
Peewees	Girls and boys, YOB 2006 & 2007	1.5 km
Bantams	Girls and boys, YOB 2004 &	3 km

	2005	
Midgets	Girls and boys, YOB 2002 & 2003	5 km
Juvenile girls/boys & junior girls	Males YOB 2000-2001, and Females, YOB 1998 – 2001	5 km
Junior boys, junior women, recreational men and women	Males YOB 1998-1999, and Females YOB 1996-1997; Recreational men and women YOB 1997 and earlier	10 km
Junior men, open and master men and women	Males YOB 1997 and earlier, women YOB 1995 and earlier	15 km

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

RACE REGISTRATION: Registration and fee payment is ON-LINE 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 Friday, Jan. 1st if there are any corrections required.

Through zone4, you will be able to pay for registration, register coaches for free, buy multi-day ski passes for visitors, and purchase your dinner tickets for the Dinner Event on Saturday, Jan. 2nd, 2016. A one-stop shopping convenience!

ELIGIBILITY: Ski licenses are not required. Athletes trying out for the Winter Games must be born in 2001 (Juvenile1) or 2002 (Midget2) and must be a member in good standing of a CCBC club in the Kootenay Zone.

RACE ENTRY DEADLINE: The entry deadline for all races is: **Thursday, Dec. 31st, 11:00 PM (MST)**

RACE FEES: \$5 (plus HST and zone4 fees) per race for bunnies.
 \$10 (plus HST and zone4 fees) per race for atoms, peewees, and bantams.
 \$20 (plus HST and zone4 fees) per race for all other age categories.
 Payment must be made on-line. Credit cards only.
 \$5 late fee in addition to above prices for race entries after the 11:00 PM Thursday, Dec. 31st, 2015, deadline.

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: Start times (by category) for each race will be posted at the race office and on-line by 10:00 PM on both Friday, Jan. 1st (classic distance race) and on Saturday, Jan. 2nd (skate distance race).

BIB PICKUP: Saturday: 9:00AM – 10:00 AM, in the race office.

Sunday: 7:30 AM – 8:30 AM, in the race office.

The Race Office will be located in the Kimberley Nordic Club Waxing Hut, adjacent to the Main Lodge.

- AWARDS:** Awards for the Saturday and Sunday races will be presented approximately 30 minutes (or ASAP) after the last racer finishes on each day. Special “Participation Incentive Rewards” will be given to all registrants in the Midget and younger age groups for the Saturday (classic races) only. **These kids will receive a “one size fits all” CCC Black Headband.**
- FACILITIES:** The day lodge is heated and has indoor washrooms. 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. There are no dogs allowed on our trails.
- FOOD & DRINKS:** Post-race drinks and light snacks/warm lunch will be offered to racers and volunteers both Saturday and Sunday in our indoor “FeedZone” in the Main Lodge. Donations are welcome, and all proceeds will be going to the Junior Racing Program.
- WAXING:** A waxing area is available between the day lodge and the small cabin, with several plug-ins available. 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. New for this year, to help protect the environment, to keep the costs down and to make waxing simpler, we are implementing a low-fluoro waxing policy.
Use of any HF (high-fluoro) waxes, powders, topcoats of any kind, or hardeners for all age groups will not be allowed. In fact, to keep things more even, the race committee will post a recommended glide-wax 1-2 days prior to the races on the KNC website and by email communication to all athletes registered on zone4. Having everyone on the same glide-wax evens the playing field and takes out any guesswork for coaches/athletes.
- 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
- TRAIL PASSES:** **PLEASE NOTE THE CHANGE FOR THIS YEAR:**
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. Coaches will be given free day passes. Up to 2 coaches/team will be given trail passes, but ONLY if they have pre-registered on zone4 as a “coach”. All extra coaches and parents will need to purchase day passes. “Visiting” passes will be available on zone4 prior to the Dec. 31st deadline, with a price of \$20 for a 3-day pass, and \$15 for a 2-day pass or a single pass for \$10. Passes may also be purchased at the KNC kiosk.
- ACCOMMODATION:** Visit <http://www.kimberley.ca> or <http://www.tourismkimberley.com> for info.
Inn West Kirkwood Inn is directly adjacent to the start/finish area
<http://www.innwestkirkwood.com/>
- ACTIVITIES:** The KiXS (Kimberley XC Skiers) team has their annual **Torchlight Ski Event on New Years’ Eve** (Thursday, Dec. 31st). This is a wonderful and beautiful way to bring in the New Year. This is an “entry by donation” event that runs from 7PM -10PM. Consider staying in Kimberley a few nights earlier to enjoy in this event!

On **Saturday, Jan. 2nd, 2016**, there will be a dinner event offered by the KiXS team. Door prizes, silent auctions, live band and a 3-course meal for \$20 (16 and under \$15) from 6pm-10pm at Kimberley Centennial Hall. You will be able to pick up your tickets from the race office on Saturday. We were sold out last year, so buy your tickets early through zone4.ca!!

SPONSORS: Teck

BCWG Selection: Qualifying athletes will be contacted by Zone Rep, Fred Bushell. Registration of Zone Teams must be complete by 4pm, January 18th, 2016. Please see the [BCWG Technical Package](#) for more information.

BCWG Technical Guidelines for cross-country skiing:

<http://www.crosscountrybc.ca/sites/default/files/documents/2016%20BC%20Winter%20Games%20Technical%20Guidelines.pdf>