

Kootenay Cup



Cross Country BC

Teck

Teck Kootenay Cup #5: Saturday March 4th, 2017 Mass Start Free Technique



Host Club: Nelson Nordic Ski Club Teck Kootenay Cup #5

Event Website: www.nelsonnordicski.ca

Date: Saturday, March 4th, 2017

Start Times: Bunnies 10:00 a.m.
Atoms 10:15 a.m.
PeeWees 10:30 a.m. Progressively older age groups to follow in sequence.

Race Location: Nelson Nordic Ski Club, Hwy 6, 10 km south of Nelson BC

Rules: Cross Country Canada rules and regulations

Information: Chief of Race: Lauren Heckley 403-679-8530
Race Secretary: Jennie Barron 250-352-5740
Chief of Timing: Leo Degroot
Chief of Course: George Edney

Registration Deadline: 11:59pm on **March 2nd**
- Please note, there will be **no registration on race day.**

How to Enter: Registration and fee payment are online at www.zone4.ca
Click on Teck Kootenay Cup #5 to register.
Fees are payable by credit card only, and there is an additional Zone4 processing fee.

Event Waiver: The Event Participation Waiver is completed as part of the online registration.

Start Lists/Maps: Start lists and maps will be posted race day at 9 a.m. on the board outside the Nelson Nordic warming hut. Maps will also be posted on www.nelsonnordicski.ca by March 1.

Depending upon the level of participation, categories may be combined.

Bib Pickup: Bib pickup at the Nelson Nordic warming hut by 9:30 a.m. March 4th.

Food: A free lunch buffet and hot drinks will be provided at the warming hut after the race (for racing participants only). Racers and two coaches will receive a ticket with their bib for their lunch. All race volunteers will receive a ticket for a free lunch. There are no options to buy food or beverages at the warming hut, so bring enough food and **water** for the day.

Facilities: There is a warming hut and first aid kit near the course start. Outhouses are located nearby. No waxing facilities are available at the race site.

Trail Passes: Race entry fees include use of trails for the day of the race. Trail passes must be purchased at the kiosk for skiing on non-race days. Up to two coaches per team will be given free day passes. All extra coaches and parents will need to purchase day passes if they ski.

WARM UP/ WAX TESTING: The race courses will be clearly marked and marshalled. The race course will be open for inspection 8:30 – 9:30 a.m. March 4.

No wax testing allowed on the course during the various races.

*****IMPORTANT***** The Nelson Nordic Ski Club is hosting a **No High-Fluoro wax event**. We request that skiers in all categories refrain from using high-fluoro waxes (and powders) at this event due to health, financial, and environmental concerns.

Awards: Awards will be presented outside the Nelson Nordic warming hut following the races. Bunny and Atom awards will be given directly after their races. Draw prizes will also be available.

Other Racing Opportunities: The Nelson Nordic Ski Club and Gerick Cycle and Ski are presenting the *Clearwater Challenge Hill Race* on March 5, 2017 from 9:00am to 11:00am. For more information please visit <http://gericks.com>, or nelsonnordicski.ca

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Category	Age*	Year of Birth	Distance	Race Fee
Bunnies	5 & under	2012 or later	0.4 km	\$5.00**
Atoms	6-8	2009, 2010, 2011	0.8 km	\$10.00**
Peeweews	9-10	2007-2008	1 km	\$10.00
Bantams	11-12	2005-2006	2 km	\$10.00
Midgets	13-14	2003-2004	3 km	\$10.00
Juveniles	15-16	2001-2002	7.5 km	\$20.00
Junior Girls	17-18	1999-2000	7.5 km	\$20.00
Junior Boys	17-18	1999-2000	11 km	\$20.00
Junior M/W	19-10	1998-1997	11 km	\$20.00
Open M/W	21-30	1996-1987	11 km	\$20.00
Masters A	31-49	1967-1986	11 km	\$20.00
Masters B	50+	1966 & earlier	11 km	\$20.00
Recreational	18+	1998 & earlier	7.5 km	\$20.00

* as of Dec 31, 2017

** free for NNSC Bunnies and Jackrabbits with password (ask your coach)