

# Kootenay Cup



Cross Country BC

# Teck

## Teck Kootenay Cup #3: Sunday January 17th, 2016 Mass Start Free Technique



**Host Club:** Nelson Nordic Ski Club      [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

**Event Website:** Teck Kootenay Cup #3

**Date:** Sunday, January 17<sup>th</sup>, 2016

**Start Times:** Bunnies 10:30 a.m.  
Atoms 10:45 a.m.  
PeeWees 11:00 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: Kaj Gyr      250-352-4662  
Race Secretary: Jennie Barron 250-352-5740  
Chief of Timing: Leo Degroot  
Chief of Course: George Edney

**Registration Deadline:** Friday, January 15<sup>th</sup>, 8 p.m.  
- Please note, there will be **no registration on race day.**

**How to Enter:** Registration and fee payment are online at [www.zone4.ca](http://www.zone4.ca)  
Click on Teck Kootenay Cup #3 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. They will also be posted on [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca) by January 14.

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

**Bib Pickup:** Bib pickup at the Nelson Nordic warming hut by 10 a.m. January 17th.

**Food:** A free lunch buffet and hot drinks will be provided at the warming hut after the race (for participants only). All race volunteers also get 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.

**Accommodation:** We have special rates (for two queen beds) of \$139.95 at the Prestige Lakeside (250-352-7222) and \$99.95 at the Nelson Prestige Inn (250-352-3595). Reference the Kootenay Cup for these special rates.

**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 9 -10 a.m. January 17th.  
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 (ski frisbees for Midget and younger categories) will be given outside the Nelson Nordic warming hut following the races. Bunnie and Atom awards will be given directly after their races. Draw prizes will also be available.

## Teck Kootenay Cup #3 – Sunday January 17<sup>th</sup>, 2016

### Mass Start Free Technique

| Category     | Age       | Year of Birth    | Distance | Race Fee                       |
|--------------|-----------|------------------|----------|--------------------------------|
| Bunnies      | 5 & under | 2011 or later    | 0.4 km   | Free (with password for Zone4) |
| Atoms        | 5,6,7     | 2008, 2009, 2010 | 0.8 km   | \$10.00                        |
| Peewees      | 8-9       | 2006-2007        | 1 km     | \$10.00                        |
| Bantams      | 10-11     | 2004-2005        | 2 km     | \$10.00                        |
| Midgets      | 12-13     | 2002-2003        | 3 km     | \$10.00                        |
| Juveniles    | 14-15     | 2000-2001        | 7.5 km   | \$20.00                        |
| Junior Girls | 16-17     | 1998-1999        | 7.5 km   | \$20.00                        |
| Junior Boys  | 16-17     | 1998-1999        | 11 km    | \$20.00                        |
| Junior M/W   | 18-19     | 1996-1997        | 11 km    | \$20.00                        |
| Open M/W     | 20-29     | 1986-1995        | 11 km    | \$20.00                        |
| Masters A    | 30-49     | 1966-1985        | 11 km    | \$20.00                        |
| Masters B    | 50+       | 1965 & earlier   | 11 km    | \$20.00                        |
| Recreational | All ages  |                  | 7.5 km   | \$20.00                        |