

# Kootenay Cup



# Teck



## **Race Notice**

**Teck Kootenay Cup #6 & #7:**

**Saturday, February 5<sup>th</sup>, and Sunday, February 6<sup>th</sup>, 2022**

**Free Technique Sprints and Interval Start Classic Technique**



**Host Club:** Nelson Nordic Ski Club

**Event Website:** [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

**Date:** Saturday February 5th – 6<sup>th</sup>, 2022

**Race Events:** Teck Kootenay Cup # 6  
Saturday, Feb 5th, 9:30am  
Free Technique, Individual Sprints (King's Court)

Teck Kootenay Cup # 7  
Sunday, Feb 6<sup>th</sup>, 9:30am  
Classic Technique, Interval Start

**Rules:** Nordiq Canada Rules and Regulations

**Race Organizing** Chief of Race: Louise Poole

Chief of Course: Jay McKimm

**Committee:** Race Secretary: Andrew Chewter

Chief of Timing: Mike Knapik

Chief of Stadium: George Edney

**Eligibility:** Skiers must be a member in good standing of a Nordiq Canada club.

**Covid Vaccine Guidelines:** All athletes (ages 12 and over), support staff and volunteers MUST be double vaccinated with a Canadian Government approved Covid Vaccine. Wherever possible, please keep a 2 metre distance from others outside and wear a mask when in close contact with others, such as during awards or as spectators.

**Covid Vaccine Protocols:** All athletes (ages 12 and over), support staff and volunteers will be required to confirm their vaccine status before entering the venue on race day.

The event is designed to appeal to all levels, ages 4-85.

- Race Location:** Nelson Nordic Ski Club, Hwy 6, 10 km south of Nelson, BC  
Parking is limited at the trails, so please restrict the number of vehicles your team brings to the Apex parking lot on Saturday and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6. Sunday's race will be out of the Busk parking lot – no power available so bring a generator if you want power.
- Registration Deadline:** **11:00 p.m. (PST) on Wednesday February 2nd**  
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 #6 and #7 to register.  
Fees are payable by credit card only, and there is an additional Zone4 processing fee.  
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 Race Secretary, Andrew Chewter at [blackmtn@gmail.com](mailto:blackmtn@gmail.com) before noon on Thursday, February 3rd, if there are any corrections required.  
Coaches are required to register through Zone 4, providing both email and phone numbers. No fees are required.
- Race Fees:** As listed in the chart below plus Zone4 fee.  
All payments must be made online. Credit cards only.  
**\*free for NNSC Bunnies & Jack Rabbits with discount code – see your coach.**
- Event Waiver:** The Event Participation Waiver is completed as part of the online registration.
- Licenses:** No race license is required.
- Start Lists/Maps:** Start lists will be posted by noon Friday Feb 4<sup>th</sup>. Maps will be posted race day at 8:30 a.m. on the board outside the Nelson Nordic warming hut. Maps will also be posted on [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca) by Feb. 2nd.
- Bib Pickup:** Team and Individual Bib pickup at Apex side by 8:30 a.m. on Saturday Feb 5<sup>th</sup> and at Busk trailhead Feb 6<sup>th</sup>.
- Water:** There is no running water so bring enough **water** for the day. We will have water on site while quantities last.
- Food:** Post race drinks and a light snack will be offered to racers in the finishing chute. No lunch will be served so bring your own lunches. Race fees will help to cover the cost of bag lunches for volunteers.

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

## COMPETITION SCHEDULE

**DAY 1 COMPETITION: Saturday, Feb. 5th, 2022**  
**Freestyle Technique, King's Court Sprints**

**START LISTS:** There will be no qualification rounds. Genders will be mixed for all categories.  
U6 will do a 75m race  
U10 and U12 may be combined depending on numbers.

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

9:30 – Mass start for U6 (Ribbons provided after the race)  
9:45 – Kings Court for U8 categories  
10:15 – Kings Court for U10 categories (depends on numbers)  
10:45 – Kings Court for U12 categories (depends on numbers)  
11:45 – Awards for U8, U10, U12 (by gender and age category)  
12:15 - Kings Court for U14 categories (depends on numbers)  
12:45 – Kings Court for U16 and Older  
2:00 – Awards for U14 and Older (by gender and age category)

- U6 will race 1 heat. **Start area is different for this age group.**
- U8 will race King's Court format (2-3 heats depending on numbers – **start area different for this age group**).
- All other categories will have 3 heats depending on numbers in category
- 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
- Depending upon the level of participation, categories may be combined.

| Category   | Age   | Year Born  | Distance | Fee  | Prizes   |
|------------|-------|------------|----------|------|--|
| U6/Bunnies | 4-5   | 2016-2017  | 75m      | \$5  | All will receive Teck ribbons                                |
| U8         | 6-7   | 2014-2015  | 100m     | \$10 | All will receive Teck Ribbons                                |
| U10        | 8-9   | 2012-2013  | 200m     | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U12        | 10-11 | 2010-2011  | 200m     | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U14        | 12-13 | 2008-2009  | 300m     | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U16        | 14-15 | 2006-2007  | 800m     | \$20 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U18        | 16-17 | 2004-2005  | 800m     | \$20 | Top 3: Custom Edible medals                                  |
| Senior     | 18-29 | 1992-2003  | 800m     | \$25 | Top 3: Custom Edible medals                                  |
| Masters    | 30-49 | 1972-1991  | 800m     | \$25 | Top 3: Custom Edible medals                                  |
| Masters    | 50+   | Up to 1971 | 800m     | \$25 | Top 3: Custom Edible medals                                  |

## DAY 2 COMPETITION: Sunday, Feb 6<sup>th</sup>, 2022

### Classic Technique, Interval Start by age categories

Start times: 9:30 AM (Intervals are 15 seconds)

| Category     | Age     | Year Born  | Distance | Fee  | Prizes   |
|--------------|---------|------------|----------|------|--|
| U6/Bunnies   | 4-5     | 2016-2017  | 200m     | \$5  | All will receive Teck ribbons                                |
| U8           | 6-7     | 2014-2015  | 800m     | \$10 | All will receive Teck ribbons                                |
| U10          | 8-9     | 2012-2013  | 1.6km    | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U12          | 10-11   | 2010-2011  | 3.5km    | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U14          | 12-13   | 2008-2009  | 5km      | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U16          | 14-15   | 2006-2007  | 7.5km    | \$20 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons |
| U18          | 16-17   | 2004-2005  | 7.5km    | \$20 | Top 3: Custom Edible medals                                  |
| Recreational | 18+     | Up to 2003 | 7.5km    | \$20 | Top 3: Custom Edible medals                                  |
| Senior       | 18 - 29 | 1992-2003  | 14km     | \$25 | Top 3: Custom Edible medals                                  |
| Masters      | 30-49   | 1972-1991  | 14km     | \$25 | Top 3: Custom Edible medals                                  |
| Masters      | 50+     | Up to 1971 | 14km     | \$25 | Top 3: Custom Edible medals                                  |

### Facilities Due to Covid Distancing Indoor Rules:

Outhouses will be the only facilities available except in the case of an emergency as our hut is too small to allow for distancing. Clubs are welcome to bring a pop-up tent for cover.

### Trail Passes:

Race entry fees include use of trails for the day of the race for racers and coaches only. 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 each day for inspection 8:30 – 9:20 a.m.  
No wax testing allowed on the course during the various races.

### Waxing:

Uncovered, outdoor waxing is available, with several plug-ins available at Apex. Teams are welcome to set up their own tents for waxing. At Busk there is no power so please bring your own generator. Areas will be marked off in the parking lot for tents.

The Nelson Nordic Ski 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).

[CCBC Protocol regarding use of Fluorinated Waxes](#)

### Awards:

Awards will be presented outside the Nelson Nordic warming hut following the races, according to the timing schedules provided. U6 awards will be given directly after their races. **Please note that, due**

**to Covid, awards ceremonies may be cancelled and medals given to coaches to distribute individually.**

**Cancellation** In the event of cancellation by race organizers due to health advisory or extreme weather/road conditions/closures, a refund of 75% of registration fees will be provided (covers cost of admin fees). Zone4 online booking fees are non-refundable.

**Policy:** A refund of individual registration fees will only be provided for medical reasons (medical documentation required) provided notice of withdrawal is emailed to [info@nelsonnordicski.ca](mailto:info@nelsonnordicski.ca) no later than January 29th.). The Host Club is not liable for any costs incurred as a result of cancellation of this event.

**Volunteering:** If you are able to volunteer, please visit [volunteersignup.org/YTBTT](http://volunteersignup.org/YTBTT) to view volunteer roles and to sign up. If you have questions about volunteer opportunities available, please contact [kimhorrocks@hotmail.com](mailto:kimhorrocks@hotmail.com).

**Trail Conditions:** [Conditions & Weather | Nelson Nordic Ski Club](#)

**Team Aggregate Awards:**

Club points are accumulated for each skier who successfully completes each race. CCBC will post the aggregate points earned by participating clubs as they accumulate points over the season. At the end of the season, at our Nelson Kootenay Cup, the winner of the Teck Kootenay Cup Series Aggregate Award will be the club with the most points.

- 1 point per participant in an interval start race
- Top 5 placing in each category: 7 (for first place), 6,5,4,3, points
- If there are less than 5 competitors in a category the points will still begin with 7 points for 1<sup>st</sup> place, etc.