

Kootenay Cup



Teck

Race Notice

Teck Kootenay Cup #3 & #4

February 25th - February 26th, 2023



Host Club: Nelson Nordic Ski Club

Event Website: www.nelsonnordicski.ca

Race Events:
Teck Kootenay Cup # 3
Saturday, Feb 25th, 10:00 am
Individual Sprints (King's Court format)
Free Technique

Teck Kootenay Cup # 4
Sunday, Feb 26th, 10:00 am
Interval Start
Classic Technique

Rules: Nordiq Canada - [Canadian Competition Rules](#)

Technical Guidelines: [Teck Kootenay Cup Series Technical Guidelines](#)

Title Sponsor: Teck Resources Limited

Race Organizing Committee:

Head of Competition:	Andrew Chewter
Head of Course:	Jay McKimm
Race Secretary:	Andrew Chewter
Head of Timing:	Mike Knapik
Head of Stadium:	George Edney
Volunteer Coordinator:	Andrew Earnshaw

Registration Deadline: **11:00 p.m. (PST) on Wednesday February 22nd, 2023**
Please note, there will be **no registration on race day.**

- Eligibility:** The Teck Kootenay Cup Series offers affordable, accessible competitive opportunities for skiers of all ages living in the Kootenays. Para Nordic will be included on Sunday if requested.
- Licenses:** No race license is required.
- 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](#) ("Nelson Nordic" on Google Maps) parking lot on Saturday and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6. The Sunday race will take place at [Busk](#) ("Clearwater" on Google Maps).
- How to Enter:** Registration and fee payment are online at www.zone4.ca/
Search for Teck Kootenay Cup #3 and #4 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/) 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 andrew@nelsonnordicski.ca before noon on Thursday February 23rd 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 on-line. Credit cards only.
free for Nelson Nordic Bunnies & Jack Rabbits with discount code – see your coach
- Event Waiver:** The Event Participation Waiver is completed as part of the online registration.
- Start Lists/Maps:** Start lists will be posted by 5pm Friday Feb 24 and 7pm Saturday Feb 25
Maps will be posted to the race website by 5pm Thursday Feb 23 and at the venue each morning.
Skiers will be responsible for knowing their course prior to the race.
- Bib Pickup:** Team and Individual Bib pickup 8:30 - 9:15 a.m. at Apex on Saturday Feb 25 and at Busk Feb 26.
- Water:** There is no running water so bring enough **water** for the day. We will have some water on site while quantities last.
- Food:** Post race drinks and a light snack will be offered to racers in the finishing chute.
- Facilities:** Outhouses are located nearby. A **small** heated hut is available, but

please be prepared to be outside regardless of the weather. Clubs are welcome to bring a pop-up tent for cover.

Public Health: The event will follow applicable Public Health Guidelines related to public indoor and outdoor spaces if any are in effect at the time of the event.

Warm-up/Wax Testing: The race courses will be clearly marked and marshalled on race days. The course will be open for inspection 8:30 – 9:45 a.m. each morning. No wax testing allowed on the course during the various races.

Waxing: **Saturday:** At Apex, uncovered, outdoor waxing is available, with several plug-ins available. Teams are welcome to set up their own tents for waxing.
Sunday: At Busk there is no power so please bring your own generator, if required. An area will be marked 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). Note that fluorinated glide wax (including LF) is prohibited.

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

Awards: Awards will be presented outside the Apex Warming Hut following the Saturday races and in front of the Busk Kiosk according to the timing schedules provided.

Team Aggregate Awards:

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

- Top 5 placing in each category: 7 (for first place), 6, 5, 4, 3 points
- 2 points per participant otherwise
- If there are less than 5 competitors in a category the points will still begin with 7 points for 1st place, etc.

Points are calculated for Kootenay region skiers only.

Volunteering: If you are able to volunteer, please contact [acearnshaw 'at' gmail.com](mailto:acearnshaw@gmail.com)

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Feb. 25th, 2023

Free 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

Order of events and predicted timing for the Saturday King's Court Sprints (prepare to be flexible!):

10:00 – Mass start for U6 (Ribbons provided after the race)

10:15 – Kings Court for U8

10:20 – Kings Court for U10

11:00 – Kings Court for U12

11:30 – Awards for U8, U10, U12 (by gender and age category)

12:00 – Kings Court for U14

12:10 – Kings Court for U16

12:45 – Kings Court for U18 and up

1:30 – Awards for U14 and up (by gender and age category)

- U6 will race 75 metres using the Mass Start format. **Start area is different for this age group.**
- U8 and up will race King's Court format (2-3 heats depending on number of skiers registered)
- King's Court format means no elimination rounds; everyone will race the full number of heats. Each subsequent heat round is determined by the results from the preceding round - by the last round, you should be sorted and skiing with skiers approximately the same speed as you!
- Heats will have up to 6 racers per heat
- 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 of Birth (YOB)	Distance	Fee	Prizes
U6/Bunnies	4-5	2017-2018	75 m	\$5	All will receive Teck ribbons
U8	6-7	2015-2016	150 m	\$10	All will receive Teck ribbons
U10	8-9	2013-2014	150 m	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U12	10-11	2011-2012	250 m	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U14	12-13	2009-2010	450 m	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U16	14-15	2007-2008	600 m	\$20	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U18	16-17	2005-2006	800 m	\$20	Top 3: Custom Edible medals
Senior	18-29	1993-2004	800 m	\$25	Top 3: Custom Edible medals
Masters	30-49	1973-1992	800 m	\$25	Top 3: Custom Edible medals
Masters	50+	Up to 1972	800 m	\$25	Top 3: Custom Edible medals

DAY 2 COMPETITION: Sunday, Feb 26th, 2022

Classic Technique, Interval Start by age categories
Start times: 10:00 AM (Intervals are 15 seconds)

Category	Age	Year of Birth (YOB)	Distance	Fee	Prizes
U6/Bunnies	4-5	2017-2018	250 m	\$5	All will receive Teck ribbons
U8	6-7	2015-2016	700 m	\$10	All will receive Teck ribbons
U10	8-9	2013-2014	1.6 km	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U12	10-11	2011-2012	3.5 km	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U14	12-13	2009-2010	5 km	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U16	14-15	2007-2008	7.5 km	\$20	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U18	16-17	2005-2006	7.5 km	\$20	Top 3: Custom Edible medals
Recreational	18+	Up to 2004	5 km	\$20	Top 3: Custom Edible medals
Senior	18 - 29	1993-2004	14 km	\$25	Top 3: Custom Edible medals
Masters	30-49	1973-1992	14 km	\$25	Top 3: Custom Edible medals
Masters	50+	Up to 1972	14 km	\$25	Top 3: Custom Edible medals
Para Nordic			5 km	\$15	Top 3: Custom Edible medals

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.

Trail Conditions: http://nelsonnordicski.ca/?page_id=26

Cancellation policy: In the event of cancellation by race organizers due to health advisory or extreme weather/road conditions/closures, a refund of 50% of registration fees will be provided. Zone4 online booking fees are non-refundable.

A refund of individual registration fees will only be provided for medical reasons (medical documentation required) provided notice of withdrawal is emailed to andrew@nelsonnordicski.ca no later than February 20th. The Host Club is not liable for any costs incurred as a result of cancellation of this event.

Accommodation: With mention of Nelson Nordic Kootenay Cup:
Prestige Lakeside Resort - 20% off - 250-352-7222
Best Western Hotel - 10% off - 250-352-3525
Adventure Hotel - 10% off - 250-1-866-306-0942