

Kootenay Cup



Teck



Race Notice

TECK KOOTENAY CUP #1 & #2

January 20 – 21, 2024

Teck Kootenay Cup #1

Saturday, January 20, 11:00 AM
Classic Technique, Interval Start

Teck Kootenay Cup #2

Sunday, January 21, 9:30 AM
Free Technique, Mass Start

Athletes can participate in one or both events

Hosted by [Black Jack Ski Club](#)

LOCATION: Black Jack Ski Club, 310 Campbell Road, Rossland BC
From beautiful Rossland BC:

- At the intersection of Hwy 22 with 3B, head north on 3B for 4.5km
- Turn right onto Mann Road
- Drive for 900m, turn left onto Campbell Road
- Parking lot and clubhouse are on the right

TECHNICAL GUIDELINES: [2023/2024 Teck Kootenay Cup Series Technical Guidelines](#)

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|------------------------|-----------------------|--|
| RACE COMMITTEE: | Chief of Competition | Mike Heximer |
| | Chief of Timing | Linda Merlo |
| | Chief of Course | Fred Bushell / Sven Svenson |
| | Chief of Stadium | TBD |
| | Competition Secretary | Kerri Webb (RaceSecretaryBJSC@gmail.com) |

REGISTRATION: Registration and fee payment is [through Zone4](#). Racers and coaches must check the confirmation list on Zone4 to ensure participants are in the correct categories. Email RaceSecretaryBJSC@gmail.com by 9:00 AM on Friday, January 19 if corrections are required.

DEADLINE: Registration deadline is **Wednesday, January 17, 2024 at 11:59 PM (PST)**

LICENSES: All participants must purchase a Nordiq Canada Tier 3 Event Day License. The license is only valid for the competition day for which it is issued and will be automatically added to registrations on Zone4.

START LISTS: Start times will be posted at the race office and online on Friday Jan 19 for the Classic Technique, Interval Starts and on Saturday Jan 20 for the Free Technique, Mass Starts.

BIB PICKUP: Saturday: 9:30 AM -10:30 AM in the Race Office
Sunday: 8:00 AM - 9:00 AM, in the Race Office
Race Office is in the grooming shed, adjacent to the trailhead cabin.
No bib-pick-up within 30 minutes of the start of races.

AWARDS: U8 and U6 – Participant ribbons
U10 to U16 – Teck Medals for top three finishers, Teck Ribbons for 4th and 5th
U18 and up – Local Medals

U6 athletes will receive their ribbons directly after their event.
U8 and U10 athletes will have awards presented as soon as results are available.
All other age groups will have awards presented approximately 30 minutes after the final racer has finished.

FACILITIES: A heated trailhead cabin is available with outhouses located nearby. First aid attendants will be present on site. There are no dogs allowed on the trails, except for the [designated dog trails](#).

FOOD & DRINKS: Post-race drinks and a cookie will be offered to racers in the finishing chute.

WAXING: An area is available to set up waxing tents to the east of the finish line, near the sea cans. Waxing in the parking lot is allowed for wax trailers. Limited power is available (six duplex outlets).

Cross Country BC has adopted a *No-Fluoro Policy for all competitions* held in BC. [Click here for information on the CCBC No-Fluoro Policy](#).

TRAIL CONDITIONS: [Black Jack Grooming Report](#)

COURSE MAPS: Course maps are on the [Black Jack Ski Club event website](#) and the [Zone4 Event page](#). Skiers are responsible for knowing their course prior to the race.

TRAIL PASSES: Race entry fees include full use of trails for the race day only. Trail passes are required for skiing on non-race days and can be [purchased online](#) or at the trailhead kiosk.

ACCOMMODATION: [Nowhere Special Hostel](#) is offering a discount for Teck Kootenay Cup participants. Contact jane.patterson@redresort.com for details. Visit tourismrossland.com for a variety of other local accommodations.

VOLUNTEERS: Volunteers are very welcome; many volunteers are needed. Anyone able to volunteer, please contact Adele Pratt at adelepratt@hotmail.com.

CANCELLATIONS: In the circumstances of event cancellation, 50% of race fees will be refunded. Race fees are otherwise non-refundable.



COMPETITION SCHEDULE: DAY 1

Saturday January 20, 2024

Classic Technique, Interval Start by age categories
Start times 11:00 AM, youngest categories first

| Category | Year of Birth (YOB) | Distance | Fee* |
|--|------------------------|------------|------|
| U8 Girls U8 Boys | YOB 2016 & 2017 | 500m | \$15 |
| U10 Girls U10 Boys | YOB 2014 & 2015 | 1 km | \$15 |
| U12 Girls U12 Boys | YOB 2012 & 2013 | 2.5 km | \$15 |
| U14 Girls U14 Boys | YOB 2010 & 2011 | 3 km | \$25 |
| U16 Girls U16 Boys | YOB 2008 & 2009 | 2 x 2.5 km | \$25 |
| U18 Girls U18 Boys | YOB 2006 & 2007 | 2 x 3.3 km | \$25 |
| U20 Women U20 Men | YOB 2004 & 2005 | 2 x 5 km | \$25 |
| U23 Women U23 Men | YOB 2001 & 2002 & 2003 | 2 x 5 km | \$25 |
| Senior Women Senior Men | YOB 1994 to 2000 | 2 x 5 km | \$25 |
| Masters Women Masters Men | Age 30+ | 2 x 5 km | \$25 |
| Recreational Women Recreational Men | Age 16+ | 2 x 5 km | \$25 |

**GST, Zone4 fees, and Nordiq Canada Tier 3 Event Day License fee (\$3) are in addition to the Race Fee*

COMPETITION SCHEDULE: DAY 2

Sunday January 21, 2024

Free Technique, Mass Start by age categories
Start times 9:30 AM, youngest categories first

A classic track will be provided for U6 and U8 athletes only.

| Category | Year of Birth (YOB) | Distance | Race Fee* |
|--|------------------------|------------|-----------|
| U6 Girls U6 Boys | YOB 2018 & younger | 150 m | \$5 |
| U8 Girls U8 Boys | YOB 2016 & 2017 | 500m | \$15 |
| U10 Girls U10 Boys | YOB 2014 & 2015 | 1 km | \$15 |
| U12 Girls U12 Boys | YOB 2012 & 2013 | 2.5 km | \$15 |
| U14 Girls U14 Boys | YOB 2010 & 2011 | 2 × 2.5 km | \$25 |
| U16 Girls U16 Boys | YOB 2008 & 2009 | 2 × 3.3 km | \$25 |
| U18 Girls U18 Boys | YOB 2006 & 2007 | 2 × 5 km | \$25 |
| U20 Women U20 Men | YOB 2004 & 2005 | 3 × 5 km | \$25 |
| U23 Women U23 Men | YOB 2001 & 2002 & 2003 | 3 × 5 km | \$25 |
| Senior Women Senior Men | YOB 1994 to 2000 | 3 × 5 km | \$25 |
| Masters Women Masters Men | Age 30+ | 3 × 5 km | \$25 |
| Recreational Women Recreational Men | Age 16+ | 2 × 5 km | \$25 |

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