

Kootenay Cup



Teck



Race Notice

TECK KOOTENAY CUP #1 & 2

January 14th – 15th, 2017

RACE EVENTS:

Teck Kootenay Cup #1:
Saturday, Jan. 14th, 11:00 AM
Mass start (by age groups)
Skate technique race, distances to 10 km

Teck Kootenay Cup #2:
Sunday, Jan. 15th, 9:00 AM
Individual start (by age groups)
Classic technique event, distances to 20 km

Competitors can participate in one or both events.

RACE LOCATION:

KIMBERLEY NORDIC CLUB
840 North Star Drive, Kimberley BC
4.5 km from downtown Kimberley
Parking is limited at the trails, so please restrict the number of vehicles your team brings to the main parking lot, and park any extra vehicles on the road just below the Nordic Hut, on Deer Run Drive.

HOST CLUB:

KIMBERLEY NORDIC CLUB
www.kimberleynordic.org

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE:

Race committee chairs:
Chiefs of Competition Keith King and Frank Ackermann
Chiefs of Course Wayne Gilbert
Chief of Timing Corrinne DeZoete
Chiefs of Stadium Chris Bullock and Keith King

Competition Secretary
 Chiefs of Promotion
 Chiefs of Start/Finish
 Chief of Athlete Services
 Chief of Computer Ops
 Chief of Marshalls

Jeannie MacDonald (jeanmacd439@gmail.com)
 Christine Chatten and Dan Clark
 Chris Bullock and Malcolm Sargent
 Kim Miller
 Heather Lamson
 Bill Green

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Jan. 14th, 2017

**Skate technique race, mass start by ages
 Start times: 11:00 AM, youngest categories first**

Categories may be combined for the mass start races, based on the number of entries in each category.

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2012 and later	150 m
Atoms	Girls and boys, YOB 2009, 2010, 2011	700 m
Peewees	Girls and boys, YOB 2007 & 2008	1.4 km
Bantam	Girls and boys, YOB 2005 & 2006	2.2 km
Midgets	Girls and boys, YOB 2003 & 2004	3.2 km
Juvenile boys and girls	Girls and boys, YOB 2001 & 2002	5 km
Junior boys and girls	Males and females, YOB 1999 – 2000	5 km
Junior, open, and master men and women	Males and females, YOB 1998 and earlier	10 km
Recreational men and women	Males and females, YOB 1998 and earlier	10 km

Skiers will be responsible for knowing their course prior to the race, as each separate race course will not be closed. There will be open intersections with signs directing traffic.

DAY 2 COMPETITION: Sunday, Jan. 15th, 2017

**Classic technique distance race, individual start by ages
 Start times: 9:00 AM**

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2012 and later	150 m
Atoms	Girls and boys, YOB 2009, 2010, 2011	900m
Peewees	Girls and boys, YOB 2007 &	2 km

	2008	
Bantams	Girls and boys, YOB 2005 & 2006	3 km
Midgets	Girls and boys, YOB 2003 & 2004	3.2 km
Juvenile girls/boys & junior girls/boys	Males YOB 1999-2002, and Females, YOB 1999 – 2002	6.5 km
Junior women, recreational men and women	Females YOB 1997-1998; Recreational men and women YOB 1998 and earlier	13 km
Junior men, open and master men and women	Males YOB 1998 and earlier, women YOB 1996 and earlier	20 km

RACE REGISTRATION:

Registration and fee payment is ON-LINE only at www.zone4.ca.

If you experience any difficulties registering online please contact the Race Secretary.

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 (jeanmacd439@gmail.com) before 12 noon on Thursday, Jan. 12th if there are any corrections required.

Through zone4, you will be able to pay for registration, register up to 2 coaches for free, and purchase your dinner tickets for the Dinner Event on Saturday, Jan. 14th, 2017. A one-stop shopping convenience!

RACE ENTRY DEADLINE:

The entry deadline for all races is:
Wednesday, Jan. 11th, 11:00 PM (MST)

RACE FEES:

\$5 (plus HST and zone4 fees) per race for bunnies.
\$10 (plus HST and zone4 fees) per race for atoms, peewees, and bantams.
\$20 (plus HST and zone4 fees) per race for all other age categories.
Payment must be made on-line. Credit cards only.

LICENSES:

No race license is required. Racers must be paid-up members of a Cross-Country Canada or US Ski Association registered club.

WAIVER FORMS:

Waivers must be accepted on line.

START LISTS:

Start times (by category) for each race will be posted at the race office and on-line by 11:00 PM on both Friday, Jan. 13th (skate race) and on Saturday, Jan. 14th (classic distance race).

BIB PICKUP:

Saturday: 9:00AM – 10:30 AM, in the race office.
Sunday: 7:30 AM – 8:30 AM, in the race office.
The Race Office will be located in the Kimberley Nordic Club Waxing Hut, adjacent to the Main Lodge. There will be no bib-pick-up allowed after 30min prior to the start of all races. All athletes who haven't had their bibs picked up by then will be marked as DNS (Did Not Start) for that event.

- AWARDS:** Awards for the Saturday and Sunday races will be presented approximately 30 minutes (or ASAP) after the last racer finishes on each day, along with a selection of draw prizes. Ribbons and awards provided by Teck will be given to participants aged 14 and younger. Older age groups will be given local medals.
- FACILITIES:** There is a heated day lodge. In addition, there will be outhouses located close to the parking and stadium areas. Search and Rescue first aid attendants will be present on site. There are no dogs allowed on our trails.
- FOOD & DRINKS:** Post-race drinks and light snacks/warm lunch will be offered to racers, registered coaches and volunteers both Saturday and Sunday in our indoor “FeedZone” in the Main Lodge. Meal tickets will be distributed with the bibs in the morning. Each athlete and registered coach will receive one complimentary meal ticket/day. Additional meal tickets will be available for purchase on site for \$5 each. Cold and warm water will be available at all times.
- WAXING:** A waxing area is available between the day lodge and the small cabin, with several plug-ins available. Waxing in the parking lot is allowed, but not while being plugged into the electrical outlets of the lodge deck. Teams may bring and use their own generators for waxing purposes. The area is not under cover. Teams are welcome to set up their own tents for waxing. There is no waxing on the decks of the main day lodge.
- The Kimberley Nordic 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).
The recommended **glide** waxing protocol is as follows:
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
 - Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
 - Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
 - Cold weather powder additives and hardeners are NOT permitted
- The adherence to this protocol is self-governed and is the responsibility of the athlete, coaches, parents and wax technicians.
- SNOW AND TRAIL CONDITIONS:** Visit www.kimberleynordic.org and also www.skikimberley.com
- COURSE MAPS:** Course maps will be available on the KNC website www.kimberleynordic.org
- TRAIL PASSES:** **PLEASE NOTE THE CHANGE FOR THIS YEAR:**
Race entry fees include full use of trails for the race days only. Trail passes must be purchased at the trailhead kiosk for skiing on non-race days. Up to 2 coaches/team will be given complimentary trail passes, but ONLY if they have pre-registered on zone4 as a “coach”. All extra coaches and parents will need to purchase day passes. Day passes may be purchased at the KNC trailhead kiosk.

ACCOMMODATION: Visit <http://www.kimberley.ca> or “Simply Kimberley” at www.kimberley.com or <http://www.tourismkimberley.com> for info.
Inn West Kirkwood Inn is directly adjacent to the start/finish area
<http://www.innwestkirkwood.com/>



ACTIVITIES: On **Saturday, Jan. 14th, 2017**, there will be a dinner event offered by the KiXS team. The cost will be \$20 (16 and under \$15), and will be from 6pm-9pm at the Kimberley Elks Hall. Tickets can be purchased on zone4 at the time of registration, and any remaining tickets can be purchased at the race office on Saturday Jan14th, 2017.

SPONSORS: Teck