

# Kootenay Cup



# Teck



Race Notice  
**TECK KOOTENAY CUP #3 & #4**  
March 8 – 9, 2025

**Teck Kootenay Cup #3**  
Saturday, March 8, 11:00 AM  
Classic Technique, Interval Start

**Teck Kootenay Cup #4**  
Sunday, March 9, 9:30 AM  
Free Technique, Mass Start

Athletes can participate on one or both dates.  
**Sunday's event coincides with the 41<sup>st</sup> annual Al Fisher Black Jack Loppet.**



Hosted by [Black Jack Ski Club](#)

**LOCATION:** Black Jack Ski Club, 310 Campbell Road, Rossland BC  
Directions from 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 on Mann Road, turn left onto Campbell Road
- Black Jack parking lot and trailhead are on the right

**TECHNICAL GUIDELINES:** [2024/2025 Teck Kootenay Cup Series Technical Guidelines](#)

**RACE COMMITTEE:**

Chief of Competition	Mike Heximer
Chief of Timing	Linda Merlo
Chief of Course	Fred Bushell and Sven Svenson
Chief of Stadium	Michael Kyle
Competition Secretary	Kerri Webb (RaceSecretaryBJSC@gmail.com)

**ATHLETE REGISTRATION:** [Registration 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, March 7 if corrections are required.

**COACH REGISTRATION:** [Coaches are required to register on Zone4](#). There is no fee for coach registration.

**DEADLINE:** Registration closes **Wednesday, March 5, 2025 at 11:59 PM (PST)**.

**LICENSES:** All participants except U6 (Bunnies) 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 lists will be at the Race Office and online. Lists for Saturday events will be posted on Friday March 7. Lists for Sunday events will be posted on Saturday March 8.

**RACE OFFICE:** The Race Office is in the grooming shed, adjacent to the trailhead cabin.

**BIB & CHIP PICKUP:** Saturday bib pickup: 9:30 AM -10:30 AM in the Race Office  
Sunday bib pickup: 8:00 AM - 9:00 AM, in the Race Office  
Chip pickup: 15 minutes before start time, by the Timing Hut in Upper Stadium  
*No bib pickup within 30 minutes of the start of races.*  
Kootenay Cup Teams are asked to designate one person to pick up all bibs.  
**A \$100 replacement fee is charged to any skier not returning their bib or chip.**

**TECK KOOTENAY CUP AWARDS:** U6 and U8 – Participant ribbons  
U10 to U16 – Teck Medals for top three finishers, Teck Ribbons for 4<sup>th</sup> and 5<sup>th</sup>  
U18 and up – Local Medals

Awards for U10 athletes will be presented as soon as results are available.  
Awards for all other age groups in the Teck Kootenay Cup will be approximately 30 minutes after the final racer has finished.

- FACILITIES:** A heated trailhead cabin is available with outhouses located nearby. A first aid attendant will be on site. There are no dogs allowed on the trails, except for the [designated dog trails](#).
- FOOD & DRINKS:** Gatorade and cookies will be offered to racers in the finishing chute.
- WAXING:** Waxing tents can be set up to the east of the finish line, near the sea cans. Limited power is available (six duplex outlets). Teams are encouraged to bring portable generators and tents.
- Cross Country BC has adopted a No-Fluoro Policy for all competitions held in BC. [Click here for CCBC's Wax Protocol](#).
- TRAIL CONDITIONS:** [Black Jack Grooming Report](#)
- COURSE MAPS:** Course maps will be 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:** [Red Mountain Resort Lodging](#) is offering a 30% discount for March bookings with the code MARCHMADNESS2025. Visit [tourismrossland.com](#) for a variety of other local accommodations.
- VOLUNTEERS:** Volunteers are very welcome. See the [sign-up sheet on our website](#) for a list of opportunities.
- CANCELLATIONS:** In the circumstances of event cancellation, 50% of race fees will be refunded. Registration fees are otherwise non-refundable.
- NOTES:** Black Jack is a *pack in pack out* facility. Teams and participants are asked to take their garbage with them after the event. There is **no running water** on site. Parking is limited. Carpooling is encouraged.
- SPONSORS:** Thank you to our local businesses and organizations for their support of the Teck Kootenay Cup and Al Fisher Loppet. Participants are encouraged to support these businesses.



# SCHEDULE: DAY 1

Saturday March 8, 2025

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

<b>KOOTENAY CUP #3</b>			
<b>Category</b>	<b><u>Year of Birth (YOB)</u></b>	<b>Distance</b>	<b>Race Fee*</b>
U8 Girls U8 Boys	YOB 2017 & 2018	500m	\$15
U10 Girls U10 Boys	YOB 2015 & 2016	1 km	
U12 Girls U12 Boys	YOB 2013 & 2014	2.5 km	
U14 Girls U14 Boys	YOB 2011 & 2012	2 x 2.5 km	\$25
U16 Girls U16 Boys	YOB 2009 & 2010		
U18 Girls U18 Boys	YOB 2007 & 2008	2 x 5km	
U20 Women U20 Men	YOB 2005 & 2006		
U23 Women U23 Men	YOB 2002 & 2003 & 2004		
Senior Women Senior Men	YOB 1995 to 2001		
Masters Women Masters Men	Age 30+		
Recreational Women Recreational Men	Age 16+		

\*Credit card fees (2.4%), Zone4 fees, and the Nordiq Canada Tier 3 Event Day License (\$3) are in addition to the Race Fee.

# SCHEDULE: DAY 2

Sunday March 9, 2025

Free Technique

Mass Start waves begin at 9:30. Details to follow once registration closes.

A classic track will be provided for Bunnies, U8, and Loppet participants.

<b>KOOTENAY CUP #4</b>				
<b>KC Category</b>	<b><u>Year of Birth (YOB)</u></b>	<b>Distance</b>	<b>Race Fee*</b>	
U6 (Bunnies)	YOB 2019 & younger	150 m	\$5 (no Day License)	
U8 Girls U8 Boys	YOB 2017 & 2018	1 km	\$15	
U10 Girls U10 Boys	YOB 2015 & 2016			
U12 Girls U12 Boys	YOB 2013 & 2014	3 km		
U14 Girls U14 Boys	YOB 2011 & 2012	6 km	\$25	
U16 Girls U16 Boys	YOB 2009 & 2010			
U18 Girls U18 Boys	YOB 2007 & 2008	10 km		
U20 Women U20 Men	YOB 2005 & 2006			
U23 Women U23 Men	YOB 2002 & 2003 & 2004			
Senior Women Senior Men	YOB 1995 to 2001			
Masters Women Masters Men	Age 30+			
 <b>AL FISHER BLACK JACK LOPPET</b> Loppets are mass participation events for skiers of all abilities. All Loppet finishers receive a chocolate medal. Chip timing results will be available for participants' information.				
<b>Category</b>	<b>Distance(s)</b>			<b>Loppet Fee</b>
All ages	10 km, 20 km, 30 km		\$25	

\*Credit card fees (2.4%), Zone4 fees, and the Nordiq Canada Tier 3 Event Day License (\$3) are in addition to the Race Fee / Loppet Fee.