



## Race Notice

### Western Canadian Cross Country Skiing Championships

February 2-5, 2023

*Version 2.0*

- Events:** Thursday, February 2 Official Training  
Friday, February 3 Interval Start – Free  
Saturday, February 4 Individual Sprint – Free, plus Para categories  
Sunday, February 5 Mass Start – Classic Mass Start, plus Para distance
- Location:** Kimberley Nordic Club, Kimberley, B.C. We respectfully acknowledge that this event will take place on the traditional and unceded territory of the Ktunaxa Nation.
- Directions:** From Highway 93/95, head west on Gerry Sorenson Way. Turn left onto North Star Drive, and follow it to its end.
- Hosted by:** [Kimberley Nordic Club](#) Facebook: [Kimberley Nordic Club](#)
- Sanctioned by:** [Cross Country B.C.](#) (CCBC) and [Nordiq Canada](#) (NC) and FIS
- Event Website:** [skiwesterns2023.ca](http://skiwesterns2023.ca)



**Registration:** Registration and fee payment (credit card only) is online at [Zone4.ca](http://Zone4.ca). Be sure to follow through to the confirmation list to confirm accuracy of your registration.

If you have any difficulty registering, please contact the **Competition Secretary:** [kncracesecretary@gmail.com](mailto:kncracesecretary@gmail.com)

**Coach Registration:** Coaches/Team Managers must register (no fee) in order to receive email/WhatsApp notices, and to be issued a ski pass for the KNC trails. Parking passes are also issued only to one registered coach/club. There will be 2 coach bibs available per team, which can be signed out at the Race Office. A \$20.00 refundable deposit will be required for each bib.

**Entry deadline:** Regular deadline: Thursday, January 26<sup>th</sup>, 2023 at midnight MST.  
Late deadline: Tuesday, January 31<sup>st</sup>, 2023 at midnight MST.

After January 31st, at Jury discretion, with a \$50 penalty.

\*\*\* LATE REGISTRATIONS WILL INCUR AN EXTRA FEE OF \$10/RACE. LATE REGISTRANTS MAY NOT BE SEEDED. \*\*\*

**Rules:** [Cross-Country Competition Rules](#)

[Para-Nordic International Competition Rules](#)

**Organizing Committee:**

Head of Competition:	Frank Ackermann & Jeannie MacDonald
Competition Secretary:	Jeannie MacDonald <a href="mailto:kncracesecretary@gmail.com">kncracesecretary@gmail.com</a>
Head of Timing:	Heather Lamson
Head of Course:	Rich Pettit
Head of Stadium:	Chris Bullock
Head of Controllers:	Yvonne Keyzer
Head of Marshalls:	Nicole Demars
Head of Media:	Daniel Childress
Volunteer Coordinator:	Jodi Eskelin
Head of Start:	Rob MacDonald
Head of Finish:	Johanna Ferrie
Head of Parking:	Angela Hurd

**Jury:** The Jury will consist of the Heads of Competition, Technical Delegate (TD), and Assistant TD. At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

Technical Delegate: Ian Sibbald  
Assistant TD: Mike Thomas

**Licenses:** All skiers in the **U14 and older categories**, must have a current NC, FIS or other National Ski Federation racing license to register OR purchase a Supporting Member Day License upon registering at a cost of \$5 per race. U12 and younger competitors must be members of a NC-registered club but do not require a license if they are affiliated with a Canadian club. Non-Canadians of all ages must buy a Supporting Member Day License.



To participate in the Open category of a Canada Cup event, a skier must have a valid racing license issued by FIS, NC, or a Supporting Member Day License (SMDL) issued by NC. Non-Canadian skiers without a FIS license can buy a NC Associates license to earn Canadian points. For other NC-sanctioned races below this level, skiers must hold a NC and/or FIS license or purchase a SMDL to compete. Biathletes and athletes from other Nordic disciplines must have a valid NC license or SMDL to compete.

**Para Nordic:**

Para-Nordic Skiers Licenses for Para-Nordic guides are the responsibility of the visually impaired athlete. Although guides do not pay registration fees, they need to register on Zone4 and must sign the NC Waiver form at the Competition Office unless they hold a valid NC license. Multiple guides can be used by visually impaired competitors during a competition. The starting positions of the Para-Nordic racers will be determined by double blind draw.

**Seeding:**

Seeding will be in accordance with Nordiq Canada’s Technical Package. Competitors in the Senior and U20 categories will be combined for seeding purposes and will compete as a single Open competition for each gender. The categories will be separated into Open and U20 for results and awards. Where feasible, younger age groups doing the same distances as the U20/Open categories will be combined in the seed list. Seeding will be done according to section 5.7 of the Canada Cup Race Program Technical Package. Seeding distance and sprint lists will be distributed on February 2nd, 2023 at noon for review by the coaches. Please contact the [race secretary](#) before 17:00 MST, February 2nd, 2023, should any corrections be required.

**Race Fees and Entry Deadlines:**

	<i>To midnight January 26, 2023</i>	<i>Late to midnight January 31, 2023</i>
U10 B/G	\$25.00	\$35.00
U12 B/G	\$25.00	\$35.00
U14 B/G	\$40.00	\$50.00
U16 B/G	\$40.00	\$50.00
U18 M/W	\$50.00	\$60.00
U20 M/W	\$50.00	\$60.00
Open M/W	\$50.00	\$60.00
Masters 30+	\$50.00	\$60.00
Para Any age	\$40.00	\$50.00

**CCUNC:**

CCUNC racers who wish to be counted as part of their institution team must indicate that they are a college or university skier in the registration form on Zone4. CCUNC awards will be presented based on information provided in the Zone4 registration.



**Additional Fees:** NC Day licenses if purchased (U14 +) \$5.00/race (through Zone4 Registration)

**Start Lists:** Start lists will be posted online at Zone4.ca and the event website. Preliminary Seeding Lists will be sent in advance via email to coaches who are registered. All feedback on the preliminary start/seed lists must be provided to [kncsecretary@gmail.com](mailto:kncsecretary@gmail.com) by 3pm on the day of the TCM. No changes will be allowed during or after the TCM.

**Team Captains Meetings:** TCMs will be held at 7pm or earlier each evening Thursday, February 2nd through Saturday February 4th by Zoom link. One team captain or coach from each team is requested to attend. Communication will be through WhatsApp groups and email.

**Race Office Hours:**

Thurs 2nd	Fri 3rd	Sat 4th	Sun 5th
11:00-3:00	7:30-4:00	7:30 – 4:00*	7:30–4:00

\*Heat bib pick up time(s) will be announced at the Friday night TCM.

**Sprints:** Sprint qualifier rounds will be held starting at 9:00am on Saturday, February 4th. Kings Court format sprints may be held based on the number of registrants for younger categories. U10 skiers will race a Mass Start Free Technique obstacle course. Masters will race with U20 and Open on Saturday.

**Timing Chips:** There will be a \$75 replacement fee for transponder chips not returned to Zone4.

**Awards:** Awards will be presented once or twice per day. If not in person, awards will be given to coaches to distribute within teams.

When U20 athletes enter combined categories (Open), their results will be identified within the combined result list and sub-ranks provided for their category. U20 men and women are permitted to compete for and accept the medals and awards in their official entry category. They are also eligible to receive the medals and awards including cash prizes provided for the Open category.

Cash prizes will be awarded to the top 3 finishers in the Open categories. There will be medals presented to the top 3 finishers in all categories. Merchandise prizes will also be available.

**Points:** CPL points will be awarded for all three race days.

**Protest Procedure:** Protest forms will be available in the Race Office. Protests must be made in writing, submitted to the Competition Secretary within 15 minutes of posting of unofficial results and accompanied by a \$100 CAD fee. Protests for sprint races are only allowed for the qualifier and the finals.



<b>Courses/ Maps:</b>	All Friday courses will be marked and tracks set on Thursday, February 2nd. Course maps will be posted to the event website as soon as they are available. Courses are subject to change. The courses will close 5 minutes prior to race start times.
<b>Weather:</b>	<a href="#">The Weather Network</a> <a href="#">Norwegian Weather Network</a> <a href="#">KNC Weather Station</a>
<b>Warm up/ Wax testing:</b>	Warm up/cool down and glide testing areas are located near the stadium. Wax testing on course is permitted up to 5 minutes before the start of competition. Coach bibs will be available (up to 2 coach bibs/team). Coaches with bibs can ski on the courses on Friday and Sunday (in the direction of travel only) throughout the day. A \$20 refundable deposit per bib will be collected in the Race Office.
<b>Waxing Facilities:</b>	Power outlets will be available. Wax tents can be set up in and around the stadium and the parking lot area. One coach/club will need to request a waxing area (specifying the size of the tent) during the online Zone4 registration. If your team does not have a tent, there will be two 20 x 20 foot tents available for teams to wax under, but you will need to request access to this area on the Zone4 registration for coaches, first come, first served.
<b>Glide Waxing Protocol:</b>	Kimberley Nordic Club respectfully requests all coaches, wax technicians and parents of skiers abide by a self-governed protocol while waxing skis. The glide waxing protocol follows the NC policy for waxing, which includes a fluoro glide-wax ban at Westerns: <ul style="list-style-type: none"> <li>● Structure tools <b>ARE</b> permitted</li> <li>● <b>Glide waxes</b> containing fluoro compounds in any form <b>are NOT</b> permitted</li> <li>● Fluorinated <b>kick wax is permitted.</b></li> </ul>
<b>Facilities:</b>	The Kimberley Nordic Club Lodge has accessible washrooms for those requiring them. For all others, there will be portable toilets near the stadium and main parking lot. There will be trailers available for warming up and changing, one trailer for females and one trailer for males.
<b>Parking:</b>	The KNC parking lot has limited parking. Each registered team will receive one parking pass to leave one vehicle in the KNC Parking Area. A free shuttle bus will run from Thursday, Feb 2nd from 10AM-4PM; and then on race days (Friday, Feb 3rd to Sunday, Feb 5th) from 7AM to 4PM. This shuttle will be running continuously between the Kimberley Alpine Resort south parking lot (our designated Westerns Overflow parking lot) to the KNC trailhead. It is a 3 minute drive between these 2 parking lots.
<b>Food Services:</b>	Finish line snacks and beverages will be provided for racers only. <i>There may be food available for purchase on site (TBD).</i>



**Cancellation:** Decisions about cancellation will be carried out in accordance with the Nordiq Canada Technical Package; and are at the discretion of the Jury.

**Refunds:** Refunds will comply with the Technical Package

**Accommodation:** [The Larix Hotel](#)

[North Star Motel](#)

[Tourism Kimberley](#)

[Tourism Cranbrook](#)

**Schedule:** Thursday, February 2, 2023 will be an official training day. Registered racers and coaches will be exempt from trail fees. Trail fees will apply on any unofficial training day.

**Races & Distances – Note: Males and Females are skiing the same distances**

		Interval Start Free	Sprint Free	Mass Start Classic
Category	YOB	February 3	February 4	February 5
U10	2013-14	1 km	Obstacle Course	1 km
U12	2011-12	1.3 km	400 m	2 km
U14	2009-10	2 km	400 m	3.75 km
U16	2007-08	5 km	1 km	7.5 km
U18	2005-06	5 km	1.3 km	11 km
U20	2003-04	5 km	1.3 km	11 km
U23	2000-02	5 km	1.3 km	11 km



Open/ Masters	1999 & earlier	5 km	Open 1.3 km	11 km
CCUNC	Open	5 km	1.3 km	11 km
Para Nordic Standing	Open	N/A	1.3 km	11 km
Para Nordic Sit Ski	Open	N/A	1 km	6.6 km

Our aim on the Saturday sprint day is to allow as many sprint heats as possible, whilst respecting the FIS rules for sprints. The following format will be used:

- All U18, U20, and Open will do the FIS-homologated 1.3km sprint qualifier.
- The top 30 fastest qualifying times per gender in the 1.3km course will move onto timed, knock-out sprints. U18's that qualify for the top 30 will have the option during their Zone4 registration process to decide if they want to be placed into the Open Heats or remain with their U18 cohort.
- U18 skiers will either have a King's Court ladder or timed knock-out heats, depending on the number of registrants and heats that we can safely complete that day.
- Those U20 and Open skiers that don't make the top 30 will not have any further heats for the day.
- U12/14/16 skiers will race a qualifier, and then race a King's Court ladder sprint (3 heats). U12 and U14 skiers will be combined into a single ladder.

Further combination of ages and how heat brackets will be run will be at the discretion of the Jury and discussed at the TCM.



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