

Kootenay Cup



Teck

Race Notice

Teck Kootenay Cup #5 & #6

February 17th - February 18th, 2024



Host Club: Nelson Nordic Ski Club

Event Website: www.nelsonnordicski.ca

Race Events: **Teck Kootenay Cup # 5**
Saturday, Feb 17th, 10:00 am
Individual Sprints (King's Court format)
Free Technique

Teck Kootenay Cup # 6
Sunday, Feb 18th, 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
	Race Secretary:	Pascale Boyer
	Head of Course:	Jay McKimm
	Head of Timing:	Mike Knapik
	Head of Stadium:	Hans Davina
	Head of Volunteers :	Selena Davis
	Technical Advisor:	Hans Davina

Registration Deadline:	11:00 p.m. (PST) on Wednesday February 14th, 2024 Please note, there will be <u>no registration on race day.</u>
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:	As of the 2023-24 race season, Nordiq Canada requires that all skiers purchase a Tier 3 Event Licence for every event (\$3/race), regardless of other racing licences a racer may have. Zone4 will add this fee automatically during your registration. This fee is in addition to the NNSC registration fees listed below.
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 <u>Teck Kootenay Cup #5 and #6</u> to register or follow the direct link to the Event page just above. Fees are payable by credit card only, and <u>there is an additional Zone4 processing fee.</u> Racers and coaches must check the confirmation list on Zone4 as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the Race Secretary, Pascale Boyer at pascale.boyer.4 at gmail dot com before noon on Thursday February 15th 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 and licence fee (as described above). 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 16 th and 7pm Saturday Feb 17 th Maps will be posted to the race website by 5pm Thursday Feb 15 th 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 17th and at Busk Feb 18th.
- Water:** There is no running water so bring enough **water** for the day. We will have some water on site while quantities last.
- Food:** Lunch is available for pre-order via the Zone4 registration form for Saturday, comprising vegetarian chilli and corn bread. Cost is \$8.
- Baked goods will be available for cash purchase at the event.
- 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 wax of any kind is now 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 on Sunday according to the timing schedules provided.
- Volunteering:** If you are able to volunteer, please contact **Selena Davis** at **selenadavis at telus dot net** or check out the following website for a list of positions and to sign up! volunteersignup.org/HRWDF

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.

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Feb. 17th, 2024

Free Technique, King's Court Sprints

START LISTS: There will be no qualification rounds. Genders will be mixed for all categories. U14 racers and up will be seeded according to the latest Sprint CPL where available. Seeding will otherwise be completed randomly.

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)

10:10 – Kings Court for U8 to U12

ASAP – Awards for U8, U10, U12

Approximately 11 to 11:30 start – Kings Court for U14 and up

ASAP – Awards for U14 and up

- U6 will race 50 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.
- Categories below are per CCBC's [YOB, Ages and Categories](#) document

Category	Age	Year of Birth (YOB)	Distance	Fee	Prizes
U6/Bunnies	4-5	2018-2019	50 m	\$5	All will receive Teck ribbons
U8	6-7	2016-2017	150 m	\$10	All will receive Teck ribbons
U10	8-9	2014-2015	150 m	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U12	10-11	2012-2013	250 m	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U14	12-13	2010-2011	400 m	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U16	14-15	2008-2009	550 m	\$20	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U18	16-17	2006-2007	800 m	\$20	Top 3: Custom Edible medals
Senior	18-29	1994-2005	800 m	\$25	Top 3: Custom Edible medals
Masters	30-49	1974-1993	800 m	\$25	Top 3: Custom Edible medals
Masters	50+	Up to 1973	800 m	\$25	Top 3: Custom Edible medals

DAY 2 COMPETITION: Sunday, Feb 18th, 2024

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	2018-2019	250 m	\$5	All will receive Teck ribbons
U8	6-7	2016-2017	750 m	\$10	All will receive Teck ribbons
U10	8-9	2014-2015	1.6 km	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U12	10-11	2012-2013	1.6 km	\$10	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U14	12-13	2010-2011	1 x 3.5 km	\$15	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U16	14-15	2008-2009	2 x 3.5 km	\$20	Top 3: Teck medals, 4 th /5 th ribbons - by YOB
U18	16-17	2006-2007	3 x 3.5 km	\$20	Top 3: Custom Edible medals
Recreational	18+	Up to 2005	2 x 3.5 km	\$20	Top 3: Custom Edible medals
Senior	18 - 29	1994-2005	3 x 3.5 km	\$25	Top 3: Custom Edible medals
Masters	30-49	1974-1993	3 x 3.5 km	\$25	Top 3: Custom Edible medals
Masters	50+	Up to 1973	3 x 3.5 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](#) and nearby live weather station (Hall Siding)

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 at nelsonnordicski dot ca no later than February 12th. 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