

# Kootenay Cup



Cross Country BC

# Teck



## Race Notice

### TECK KOOTENAY CUP #1 & #2 BC Winter Games Zone 1 Trials

**December 28<sup>th</sup> – 29<sup>th</sup>, 2019**

#### RACE EVENTS:

**Teck Kootenay Cup #1:** Saturday, Dec 28<sup>th</sup>, 11:00 AM  
Classic Technique, Interval Start

BC Winter Games Zone 1 Trials is included for athletes in birth years 2005 and 2006.

**Teck Kootenay Cup #2:**

Sunday, Dec 29<sup>th</sup>, 9:30 AM

Skate Technique, Mass Start

Competitors can participate in one or both events.

#### RACE LOCATION:

BLACK JACK SKI CLUB  
310 Campbell Road, Rossland BC

From beautiful Rossland BC:

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

#### HOST CLUB:

BLACK JACK SKI CLUB  
[www.skiblackjack.ca](http://www.skiblackjack.ca)

#### TITLE SPONSOR:

Teck Resources Limited

#### REGISTERED BY:

CROSS COUNTRY BC (CCBC)

#### RULES:

CCC RULES AND REGULATIONS

**TECHNICAL GUIDELINES:** The [2020 BC Winter Games Technical Guidelines](#) and the [Teck Kootenay Cup Series Technical Guidelines](#) are found on the CCBC website.

**RACE ORGANIZING  
COMMITTEE:**

**Race committee chairs:**

Chief of Competition	Mike Heximer
Chief of Timing	Linda Merlo
Competition Secretary	Doreen Taylor

## **COMPETITION SCHEDULE**

**DAY 1 COMPETITION: Saturday, Dec 28th, 2019**

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

<b>Category</b>	<b>Sub Categories/ Year of Birth</b>	<b>Distance</b>
U6	Girls and boys, YOB 2014 and more recent	200 m
U8	Girls and boys, YOB 2013, 2012	1 km
U10	Girls and boys, YOB 2011 & 2010	1.4 km
U12	Girls and boys, YOB 2009 & 2008	2.5 km
U14	Girls and boys, YOB 2007 & 2006	3.5 km
U16	Girls and boys YOB 2005 & 2004	5 km
U18	Females and males YOB 2003 & 2002	7 km
U20	Females and males YOB 2001 & 2000	10 km
U23	Females and males YOB 1999-1997	10 km
Senior	Females and Males Age 23 - 29	10 km
Masters	Females and Males Age 30+	10 km
Recreational	Females and Males Age 18+	7 km

## DAY 2 COMPETITION: Sunday, Dec 29th, 2019

### Skate Technique, Mass Start by age categories

Start times: 9:30 AM, youngest categories first

A classic track will be provided for U8 athletes only.

Category	Sub Categories/ Year of Birth	Distance
U8	Girls and boys, YOB 2013, 2012	1 km
U10	Girls and boys, YOB 2011 & 2010	1.4 km
U12	Girls and boys, YOB 2009 & 2008	2.8 km
U14	Girls and boys, YOB 2007 & 2006	3 km
U16	Girls and boys YOB 2005 & 2004	6 km
U18	Females and males YOB 2003 & 2002	6 km
U20	Females and males YOB 2001 & 2000	9 km
U23	Females and males YOB 1999-1997	9 km
Senior	Females and males Age 23 - 29	9 km
Masters	Females and males Age 30+	9 km
Recreational	Females and males Age 18+	6 km

#### **RACE REGISTRATION:**

Registration and fee payment is on line at [www.zone4.ca](http://www.zone4.ca).

Racers and coaches **must** check the confirmation list on Zone4 ([www.zone4.ca](http://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 ([doreentaylor1@hotmail.com](mailto:doreentaylor1@hotmail.com)) before 11AM on Friday, Dec 27th if there are any corrections required.

#### **RACE ENTRY DEADLINE:**

The entry deadline for all races is:  
**Thursday, Dec 26th, 11:59 PM (PST), 2019**

#### **RACE FEES:**

\$5 per race for U6, \$12 per race for U8 to U12, \$20 race for U14 to U23, seniors, masters and recreational. GST and Zone4 fees will be in addition to these race fees.

#### **LICENSES:**

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

#### **WAIVER FORMS:**

Waivers will be accepted on line via the Zone 4 registration.

#### **START LISTS:**

Start times for each race will be posted at the race office and on line by 11:00 PM on both Friday, Dec 27<sup>th</sup> (Classic Technique Individual Starts) and on Saturday, Dec. 28<sup>th</sup> (Skate Technique Mass Start).

**BIB PICKUP:** Saturday: 9:30 AM -10:30 AM in the Race Office.  
Sunday: 8:00 AM - 9:00 AM, in the Race Office.  
The Race Office will be located in the grooming shed, adjacent to the trail head cabin  
There will be no bib-pick-up allowed 30 min prior to the start of all races.

**AWARDS:** The U6 athletes will receive their ribbons directly after their event. U8 and U10 age categories will have an awards ceremony part way through the day as soon as results become available. All other age groups will have awards presented approximately 30 minutes after the last racer finishes.

Ribbons and medals provided by Teck will be given to participants aged 15 and younger, as follows: 1st, 2nd and 3rd place medals for age categories for 8, 9, 10, 11, 12, 13, 14 and 15 year olds – both male and female will be awarded. Ribbons for 4th and 5th placed skiers will be provided for the above age categories, as will participant ribbons for all children 7 years of age and younger. Older age groups will be given local medals.

**FACILITIES:** There is a heated trail head cabin available. In addition, there are outhouses located nearby. First aid attendants will be present on site. There are no dogs allowed on our trails.

**FOOD & DRINKS:** Post-race drinks and a cookie will be offered to racers in the finishing chute. Coffee and a warm lunch will be available in the trail head cabin to all racers and volunteers both Saturday and Sunday. A contribution to the the Black Jack Skier Development program donation jar to would be greatly appreciated.

**WAXING:** An area is available to set up waxing tents to the west of the finish line, near the sea cans. Waxing in the parking lot is also allowed for wax trailers.

All coaches, wax technicians, and parents are requested to abide by the below self-governed protocol while waxing skis for all athletes (this includes all age groups and recreational skiers).

CCBC Low Fluoro Glide waxing protocol is as follows:

- Structure tools ARE permitted
- 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

**SNOW AND TRAIL CONDITIONS:** Visit [www.skiblackjack.ca](http://www.skiblackjack.ca)

**COURSE MAPS:** Course maps will be available on the Black Jack Ski Club website [www.skiblackjack.ca](http://www.skiblackjack.ca)  
Skiers will be responsible for knowing their course prior to the race.

**TRAIL PASSES:** 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.

**ACCOMMODATION:** Visit <http://tourismrossland.com> to find a variety of local accommodations.

**VOLUNTEERING:** Volunteers are very welcome. Anyone wanting to volunteer please contact Tammy McLean at 250-231-0990 or [climb2@telus.net](mailto:climb2@telus.net)

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

