

# Kootenay Cup



Cross Country BC

# Teck



## Race Notice

### TECK KOOTENAY CUP 3 & 4

**January 25 & 26, 2020**

**RACE EVENTS:**

Teck Kootenay Cup 3 & 4:  
Saturday, Jan. 25, 11:00 AM  
Classic technique event, distances 1 km to 30km  
Mass Start by categories

Sunday, Jan. 26<sup>th</sup>, 11:00 AM  
Free technique event, distances 1 km to 20 km  
Mass Start by categories

**RACE LOCATION:**

Nipika Mountain Resort  
9200 Settlers Road, Radium Hot Springs BC  
Head out of Radium towards Banff and turn off highway

**HOST CLUB:**

Toby Creek Nordic Ski Club  
[info@tobycreeknordic.ca](mailto:info@tobycreeknordic.ca)

Nipika Mountain Resort  
[marni@nipika.com](mailto:marni@nipika.com)

**REGISTERED BY:**

CROSS COUNTRY BC (CCBC)

**RULES:**

CCC RULES AND REGULATIONS  
<http://www.cccski.com/getmedia/70ccf5f3-730e-4e0d-9d4b-cba29a1b3778/2019-ICR-CCR-with-Precisions-Oct-2019.pdf.aspx>

**TECHNICAL GUIDELINES:**

<http://www.crosscountrybc.ca/sites/default/files/documents/2019-20%20Teck%20RC%20TG%20-%20Kootenay.pdf>

**RACE ORGANIZING COMMITTEE:**

**Race committee chairs:**

|                       |                            |
|-----------------------|----------------------------|
| Chiefs of Competition | Marni Kreutzer             |
| Chiefs of Course      | Steve Wilson               |
| Chief of Timing       | Marni Kreutzer             |
| Chiefs of Stadium     | Steve Wilson & Lyle Wilson |
| Competition Secretary | Marni Kreutzer             |
| Chiefs of Promotion   | Jed Cochrane               |

Chiefs of Start/Finish  
 Chief of Athlete Services  
 Chief of Computer Ops  
 Chief of Marshalls

Lyle Wilson  
 Karen Nickurak  
 Marni Kreutzer  
 Lyle Wilson

## **COMPETITION SCHEDULE**

### **DAY 1 COMPETITION: Saturday January 25<sup>th</sup>, 2020**

#### **Classic technique race, mass start by categories**

**Start times: 11:00 AM, Loppet distance first, then youngest to oldest categories.**

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

| <b>Category</b>            | <b>Sub Categories/ Year of Birth</b>       | <b>Distance</b> |
|----------------------------|--------------------------------------------|-----------------|
| U6 (Bunnies)               | Girls and boys, YOB 2015, 2014             | 1 km            |
| U8                         | Girls and boys, YOB, 2013 & 2012           | 1.5 km          |
| U10                        | Girls and boys, YOB 2011 & 2010            | 3 km            |
| U12                        | Girls and boys, YOB 2009 & 2008            | 3 km            |
| U14                        | Girls and boys, YOB 2007 & 2006            | 3 km            |
| U16                        | Girls and boys, YOB 2005 & 2004            | 7.5 km          |
| U18                        | Males and females, YOB 2003 – 2002         | 7.5 km          |
| U20 female                 | Female YOB 2001& 2000                      | 7.5 km          |
| U20 Male                   | Males YOB 2001& 2000                       | 15 km           |
| U23                        | Males and females, 1999-1997               | 15km            |
| Recreational men and women | Males and females, YOB 1996 and earlier    | 15km            |
| Loppet Distances           | Categories 20-29, 30-39, 40-49, 50-59, 60+ | 30 km           |

### **DAY 2 COMPETITION: Sunday January 28<sup>th</sup>, 2018**

#### **Skate technique race, mass start by categories**

**Start times: 11:00 AM, Loppet distance first, then youngest to oldest categories.**

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

| <b>Category</b> | <b>Sub Categories/ Year of Birth</b> | <b>Distance</b> |
|-----------------|--------------------------------------|-----------------|
| U6 (Bunnies)    | Girls and boys, YOB 2015, 2014       | 1 km            |
| U8              | Girls and boys, YOB, 2013 & 2012     | 1.5 km          |
| U10             | Girls and boys, YOB 2011 &           | 3 km            |

|                            |                                            |        |
|----------------------------|--------------------------------------------|--------|
|                            | 2010                                       |        |
| U12                        | Girls and boys, YOB 2009 & 2008            | 3 km   |
| U14                        | Girls and boys, YOB 2007 & 2006            | 3 km   |
| U16                        | Girls and boys, YOB 2005 & 2004            | 7.5 km |
| U18                        | Males and females, YOB 2003 – 2002         | 7.5 km |
| U20 female                 | Female YOB 2001& 2000                      | 7.5 km |
| U20 Male                   | Males YOB 2001& 2000                       | 10 km  |
| U23                        | Males and females, 1999-1997               | 10km   |
| Recreational men and women | Males and females, YOB 1996 and earlier    | 10 km  |
| Loppet Distances           | Categories 20-29, 30-39, 40-49, 50-59, 60+ | 20 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.**

**RACE REGISTRATION:**

Registration and fee payment is ON-LINE only at [www.zone4.ca](http://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](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 (marni@nipika.com) before 12 noon on Thursday, Jan. 23<sup>th</sup> if there are any corrections required.

**RACE ENTRY DEADLINE:**

The entry deadline for all races is:  
**Thursday, Jan. 23<sup>th</sup>, 11:00 PM (MST)**  
**Price increase: January 17<sup>th</sup>, 12:00 PM (MST)**

**RACE FEES:**

\$10 (plus HST and zone4 fees) per race for U6, U8  
\$20 (plus HST and zone4 fees) per race for U10 – U18 distances  
\$30 (plus HST and zone4 fees) per race for U20, U23 & Open 15km & 10km races  
\$50 (plus HST and zone4 fees) 30km and 20km loppet distances  
Payment must be made on-line. Credit cards only.

**CANCELATION POLICY:**

Refunds and cancelation will be dealt with on a case by case basis.

**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:**

Mass start for all races

**BIB PICKUP:**

Saturday: 8:30AM – 10:30 AM, in the race office.

Sunday: 8:30 AM – 10:00 AM, in the race office.

The Race Office will be located in the Nipika Mountain Resort day use area, in the barn. 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.
- FOOD & DRINKS:** Post-race BBQ burger lunch will be offered to racers, registered coaches and volunteers both Saturday and Sunday outside our day 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. There are no restaurants at the resort, please bring other food for the day.
- WAXING:** A waxing area is available outside the day lodge. There are no plugins available for waxing. 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 Toby Creek 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.nipika.com](http://www.nipika.com) or <https://www.facebook.com/nipikamountainresort/> Will be posted on our website and facebook page the day before and morning of competitions.
- COURSE MAPS:** Course maps will be available morning of event posted around registration area.

**TRAIL PASSES:** Race entry fees include full use of trails for the race days only. You will need to buy trail passes if you come pre-ski the course on Friday. Trails will be marked Friday.

**SPONSORS:** Teck, Kicking Horse Coffee, A&W, Life Sport, Fisher, Swix, Cleanline Automotive.