

# Kootenay Cup



# Teck



## Race Notice

**Teck Kootenay Cup #7 & #8:**

**Saturday February 15th and Sunday, February 16<sup>th</sup>, 2020  
Individual Freestyle Sprint and Individual Start Classic Technique**



**Host Club:** Nelson Nordic Ski Club

**Event Website:** [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

**Date:** Saturday February 15th – 16<sup>th</sup>, 2020

**Race Events:** Teck Kootenay Cup # 7  
Saturday, Feb 15th, 9:30am  
Freestyle Individual Sprints (King's Court)

Teck Kootenay Cup # 8  
Sunday, Feb 16<sup>th</sup>, 9:30am  
Classic Technique, Individual Start

**Rules:** Cross Country Canada rules and regulations

**Race Organizing** Chief of Race: Jaime Frederick  
Chief of Course: Jason Rusu/Jay McKimm

**Committee:** Race Secretary: Jaime Frederick  
Chief of Timing: Mike Knapik  
Chief of Stadium: George Edney

## **COMPETITION SCHEDULE**

**DAY 1 COMPETITION: Saturday, Feb. 15th, 2020**

**Classic Technique, King's Court Individual Sprints**

**START LISTS:** Start times will be posted online by the evening prior to both events. There will be no qualification rounds. Genders will be mixed for all categories. U10 and U12 may be combined depending on numbers.

## Predicted order of events and timing for the Saturday King's Court

### Sprints:

- 9:30 – Mass start for Bunnies (Ribbons provided after the race)
- 9:45 – Kings Court for U8 categories
- 10:15 – Kings Court for U10 categories (depends on numbers)
- 10:45 – Kings Court for U12 categories (depends on numbers)
- 11:45 – Awards for U8, U10, U12 (by gender and age category)
- 12:15 - Kings Court for U14 categories (depends on numbers)
- 12:45 – Kings Court for U16 and Older
- 2:00 – Awards for U14 and Older (by gender and age category)

- Bunnies will race 1 heat. **Start area is different for this age group.**
- Atoms will race King's Court format (2-3 heats depending on numbers – start area different for this age group.
- All other categories will have 3 heats depending on numbers in category
- Heats will have 6 racers per heat (max)
- Top two finishers will move up, bottom two will move down and middle two will remain level
- Genders will be combined for all age categories, but separated for awards
- Depending upon the level of participation, categories may be combined.

Category	Sub Categories/ Year of Birth	Distance
Bunnies Girls and Boys	YOB 2015 and more recent	75m
U8 Girls/Boys	YOB 2012, 2013, 2014	100m
U10 Girls/Boys	YOB 2010 & 2011	200m
U12 Girls/Boys	YOB 2008 & 2009	200m
U14 Girls/Boys	YOB 2006 & 2007	300m
U16 Girls/Boys	YOB 2004 & 2005	800m
U18 Males/Females	YOB 2002 & 2003	800m
U20 and Older	YOB 2001 and Older	800m

**Skiers will be responsible for knowing their course prior to the race.**

## DAY 2 COMPETITION: Sunday, Feb 16<sup>th</sup>, 2020

### Classic Technique, Individual Start by age categories

Start times: 9:30 AM

Category	Sub Categories/ Year of Birth	Distance
U6	YOB 2014 and younger	200 m
U8	YOB 2012, 2013	800m
U10	YOB 2010 & 2011	1.5 km
U12	YOB 2008 & 2009	3.3 km
U14	YOB 2006 & 2007	5 km
U16	YOB 2004 & 2005	6.8 km
U18	YOB 2002 & 2003	6.8 km
U20 and recreational men and women	YOB 2000 & 2001; Recreational men and women YOB 1999 and older	12 km
Open and master men and women	YOB 1999 and older	12 km

**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 parking lot on Saturday and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6.  
Sunday race will be out of Busk parking lot – no power available so bring a generator if you want power.

**Registration Deadline:** **11:00 p.m. (PST) on Wednesday February 12<sup>th</sup>**  
Please note, there will be **no registration on race day.**

**How to Enter:** Registration and fee payment are online at [www.zone4.ca/](http://www.zone4.ca/)  
Click on Teck Kootenay Cup #7 and #8 to register.  
Fees are payable by credit card only, and there is an additional Zone4 processing fee.

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, Jaime Frederick at [jaime@nelsonnordicski.ca](mailto:jaime@nelsonnordicski.ca) before noon on Thursday February 13<sup>th</sup> if there are any corrections required.

**Event Waiver:** The Event Participation Waiver is completed as part of the online registration.

**Race Fees:** \$7.50 (plus GST and zone4 fees) per race for U8. \*\*  
\$15 (plus GST and zone4 fees) per race for U10 and U12.  
\$20 (plus GST and zone4 fees) per race for all other age categories.

Payment must be made online. Credit cards only.

\*\* free for NNSC Bunnies/Jack Rabbits with password – see your coach

**Licenses:** No race license is required.

**Start Lists/Maps:** Start lists and maps will be posted race day at 9 a.m. on the board outside the Nelson Nordic warming hut. Maps will also be posted on [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca) by Feb. 12th.

Depending upon the level of participation, categories may be combined.

**Skiers are responsible for knowing their course prior to the race.**

**Bib Pickup:** Team Bib pickup at the Nelson Nordic warming hut by 8:45 a.m. Feb 15<sup>th</sup>.

**Water:** There is no running water so bring enough **water** for the day. We will have water on site while quantities last.

**Food:** Post race drinks and a light snack will be offered to racers in the finishing chute. Meal tickets for the Saturday and Sunday meals will be available for purchase on Zone4 for \$6 or on site for \$7 each while quantities last. Saturday menu is Coconut Curry Butternut Squash Soup with a bun or bread. Sunday menu is Vegetarian Chili with a bun or bread.

Race volunteers will receive a ticket for a free lunch – available in hut.

**There are no other options to buy food or beverages at the warming hut, so bring enough food and **water** for the day.**

**Facilities:** There is a warming hut and first aid kit near the course start at Apex. No warming hut at Busk. Outhouses are located nearby. No indoor waxing facilities are available at the race site.

**Trail Passes:** Race entry fees include use of trails for the day of the race. 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.

**Warm-up/Wax Testing:** The race courses will be clearly marked and marshalled. The race course will be open for inspection 8:30 – 9:30 a.m. Feb 15th. No wax testing allowed on the course during the various races.

**Waxing:** Uncovered, outdoor waxing is available, with several plug-ins available at Apex. Teams are welcome to set up their own tents for waxing.

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).

**CCBC Low Fluoro Glide Waxing Protocol:**

- 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 liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted

**Awards:** Awards will be presented outside the Nelson Nordic warming hut following the races according to the timing schedule above. Bunny awards will be given directly after their races.

**Cancellation Policy:** **50% refunds will be provided to participants who wish to withdraw** provided notice of withdrawal is emailed to [info@nelsonnordicski.ca](mailto:info@nelsonnordicski.ca) no later than Feb. 1st. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. Under circumstances of event cancellation, the Host club will refund 50% of race fees. ZONE4 online booking fees are non-refundable.

**Volunteering:** If you are able to volunteer, please visit <https://volunteersignup.org/9QFTP> to view volunteer roles and to sign up. If you have questions about volunteer opportunities available, please contact [jaime@nelsonnordicski.ca](mailto:jaime@nelsonnordicski.ca)

**Trail Conditions:** [http://nelsonnordicski.ca/?page\\_id=26](http://nelsonnordicski.ca/?page_id=26)