



RACE NOTICE

TECK KOOTENAY CUP#3

GOLDEN NORDIC SKI CLUB

Saturday, December 18, 2021

START TIME: 11 a.m. MST

LOCATION: Dawn Mt. Nordic Centre, Golden, B.C.

HOST CLUB: Golden Nordic Ski Club

RULES: Nordiq Canada Rules and Regulations

COMPETITION LEADERS:

- Chief of Competition: Jeff Dolinsky
- Competition Secretary: Joan Dolinsky
- Chief of Timing: Ross Prather
- Chief of Results: Andrew Caldwell

ELIGIBILITY: Skiers must be a member in good standing of a Nordiq Canada club.

COVID VACCINE GUIDELINES: All athletes (over the age of 12), support staff and volunteers MUST be double vaccinated with a Canadian Government approved COVID Vaccine.

COVID VACCINE PROTOCOLS: All athletes (over the age of 12), support staff and volunteers will be required to confirm their vaccine status before they can access the venue on race day.

This event is designed to appeal to skiers of all levels, age 5-85.

LICENCES: No race licences required

RACE REGISTRATION: All registration and fee payment will take place online, using Zone4 (www.zone4.ca). Check the confirmation list for this event to confirm your registration after you have registered correctly!

DEADLINE: Entries must be received by Wednesday December 15, 2021 at 9PM MST. NO LATE ENTRIES WILL BE ACCEPTED.

START LISTS: will be posted no later than noon on Friday, December 17.

LOCATION: Dawn Mountain Nordic Centre is 15 km from Golden BC, at 1630 Hector Trail. Drive from Golden following signs to Kicking Horse Mountain Resort. Drive up past the resort daylodge, and turn right on Hector Trail and follow it to the end.

BIB PICKUP: Bibs and timing chips will be at the Dawn Mt. Chalet for pickup from 9-10:30 AM MST.

RACE FORMAT: All events will be interval start CLASSIC technique only. The courses used will be 1K, 2 K, 2.5K in multiple laps as per distances. The courses are designed for fun. U6 skiers will ski a 300m course around the stadium and will not be timed.

RACE SCHEDULE: 15 second Interval Start Classic events, in approximate order of ascending age.

Category	Age	Year Born	Distance	Fee	Prizes
U6	4-5	2016-2017	300m	\$5	Teck ribbons for all entrants
U8	6-7	2014-2015	1km	\$15	Top 3: Teck medals, 4th/5th: ribbons
U10	8-9	2012-2013	2km	\$15	Top 3: Teck medals, 4th/5th: ribbons
U12	10-11	2010-2011	2.5km	\$15	Top 3: Teck medals, 4th/5th: ribbons
U14	12-13	2008-2009	2.5km	\$20	Top 3: Teck medals, 4th/5th: ribbons
U16	14-15	2006-2007	5km	\$20	Top 3: Teck medals, 4th/5th: ribbons
U18	16-17	2004-2005	7.5km	\$20	Top 3: Custom edible medallions
U20	18-19	2002-2003	10km	\$20	Top 3: Custom edible medallions
Senior	20-29	1992-2001	10km	\$25	Top 3: Custom edible medallions
Masters	30-49	1972-1991	10km	\$25	Top 3: Custom edible medallions
Masters	50+	up to 1971	10km	\$25	Top 3: Custom edible medallions

TEAM AGGREGATE AWARDS: Club points are accumulated for each skier who successfully completes each race. CCBC will post the aggregate point 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 Aggregate Award will be the club with the most points.

- 1 point per participant in an interval start race

- Top 5 placing in each category: 7(for first place), 6,5,4,3 points

If there are less than 5 competitors in a category, the points will still begin at 7 points for 1st place, 6 points for 2nd place, etc.

FACILITIES: DUE TO COVID DISTANCING INDOOR RULES: Indoor washrooms and an outhouse will be the only facilities available except in case of emergency, as our Dawn Mt. Chalet is too small to allow for distancing. Clubs are welcome to bring a popup tent for waxing. We recommend doing your glide wax before the event. Outdoor power outlets are limited.

WARMUP/WAX TESTING: wax testing and warmup area is available prior to the event starts.

COURSES: course maps will be posted outside the Chalet before the event. The courses will be marked one week before the event.

FOOD AND DRINKS: due to Covid challenges, we don't want to share food. Free post-event snacks and drinks will be provided.

ACCOMODATION AND DINING: Please visit tourismgolden.com for a list of restaurants and accommodators.

CANCELLATION POLICY: IF the event is cancelled due to weather, or if any entrant cannot make it to the event, we are unable to refund fees as we still have expenses to cover. We are keeping our fees as low as possible.

WAXING: Participants should come to the race with skis already waxed as there are limited power outlets available for waxing.

[CCBC Protocol Regarding the Use of Fluorinated Waxes](#): Adherence to this protocol is the responsibility of coaches, parents and wax technicians.