

# Kootenay Cup



Cross Country BC

# Teck



**Black Jack Ski Club**  
ROSSLAND, BC

## Race Notice

### TECK KOOTENAY CUP #1 & #2

**January 14<sup>th</sup> – 15<sup>th</sup>, 2023**

**RACE EVENTS:**

**Teck Kootenay Cup #1:**

Saturday, Jan 14th, 11:00 AM  
Classic Technique, Interval Start

**Teck Kootenay Cup #2:**

Sunday, Jan 15th, 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 the 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:**

[Nordiq Canada](#) Rules

**TECHNICAL GUIDELINES:** [2022/2023 Teck Kootenay Cup Series Technical Guidelines.](#)

**RACE ORGANIZING  
COMMITTEE:**

**Race committee chairs:**

Chief of Competition

Mike Heximer

Chief of Timing

Linda Merlo

Chief of Course

Fred Bushell / Sven Svenson

Chief of Stadium

Dave Reynolds

Competition Secretary

Doreen Taylor

## **COMPETITION SCHEDULE**

**DAY 1 COMPETITION: Saturday, Jan 14th, 2023**

**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>
U8	Girls and boys, YOB 2015 & 2016	500m
U10	Girls and boys, YOB 2013 & 2014	1 km
U12	Girls and boys, YOB 2011 & 2012	2.5 km
U14	Girls and boys, YOB 2009 & 2010	3 km
U16	Girls and boys YOB 2007 & 2008	5 km
U18	Females and males YOB 2005 & 2006	7.5 km
U20	Females and males YOB 2003 & 2004	10 km
U23	Females and males YOB 2000-2002	10 km
Senior	Females and Males Age 23 - 29	10 km
Masters	Females and Males Age 30+	10 km
Recreational	Females and Males Age 16+	9 km

## **DAY 2 COMPETITION: Sunday, Jan 15th, 2023**

### **Skate Technique, Mass Start by age categories**

**Start times: 9:30 AM, youngest categories first**

A classic track will be provided for U6 and U8 athletes only.

<b>Category</b>	<b>Sub Categories/ Year of Birth</b>	<b>Distance</b>
U6	Girls and boys, YOB 2017 and more recent	150 m
U8	Girls and boys, YOB 2015 & 2016	500 m
U10	Girls and boys, YOB 2013 & 2014	1 km
U12	Girls and boys, YOB 2011 & 2012	2.5 km
U14	Girls and boys, YOB 2009 & 2010	5 km
U16	Girls and boys YOB 2007 & 2008	7.5 km
U18	Females and males YOB 2005 & 2006	10 km
U20	Females and males YOB 2003 & 2004	15 km
U23	Females and males YOB 2000-2002	15 km
Senior	Females and Males Age 23 - 29	15 km
Masters	Females and Males Age 30+	15 km
Recreational	Females and Males Age 16+	9 km

#### **RACE**

#### **REGISTRATION:**

Registration and fee payment is online at <https://zone4.ca/event/2023/EAF86DE>.

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 (doreentaylor1@hotmail.com) before 9AM on Friday, Jan 13th if there are any corrections required.

#### **RACE ENTRY**

#### **DEADLINE:**

The entry deadline for all races is:

**Wednesday, Jan 11th, 11:59 PM (PST), 2023**

#### **RACE FEES:**

\$5 per race for U6, \$15 per race for U8 to U12, \$25 per 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 current members of a Nordiq Canada or US Ski Association registered club.

#### **WAIVER FORMS:**

Waivers will be accepted online via the Zone 4 registration.

#### **START LISTS:**

Start times for each race will be posted at the race office and online by 11:00 PM

on both Friday, Jan 13<sup>th</sup> (Classic Technique Individual Starts) and on Saturday, Jan 14<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 trailhead 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 trailhead 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 snacks will be available in the trailhead cabin to all racers and volunteers on Saturday. A contribution to the Black Jack Skier Development program donation jar would be greatly appreciated.

**WAXING:** An area is available to set up waxing tents to the east 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 self-governed [CCBC Waxing Protocol](#) while waxing skis for all athletes (this includes all age groups and recreational skiers). Note that fluorinated glide wax, including Low-Fluoro (LF) is prohibited.

**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:** [The Josie Hotel](#) is offering a special rate of \$249/night. The [Nowhere Special Hostel](#) is offering 20% for anyone coming to Rossland for the race. Please call them and reference “the Black Jack Kootenay Cup” to gain your discount when booking.

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

**VOLUNTEERING:** Volunteers are very welcome. Anyone wanting to volunteer please contact Adele Pratt at [adelepratt@hotmail.com](mailto:adelepratt@hotmail.com)

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



## MOUNTAIN NUGGET CHOCOLATE COMPANY

