

Kootenay Cup



Cross Country BC

Teck



Race Notice

TECK KOOTENAY CUP #5 & 6 FEBRUARY 14TH – 15TH, 2015

PLEASE NOTE: THIS IS A REVISED RACE NOTICE (POSTED FEBRUARY 12TH). DUE TO WEATHER CONDITIONS AND SNOW CONDITIONS, THE COURSES AND RACE FORMATS HAVE HAD TO BE CHANGED. START TIMES FOR SATURDAY ARE EARLIER THAN ORIGINALLY POSTED. RACE DISTANCES MAY NEED TO BE CHANGED UP TO THE DAY OF THE RACE. THE CLASSIC RACE ON SUNDAY MAY BE CONVERTED TO A SKATE FORMAT IF WE ARE UNABLE TO SET A TRACK ON SATURDAY EVENING. THE SUNDAY RACE IS AN INDIVIDUAL START AS WELL. PLEASE BE AWARE THAT OUR SNOW CONDITIONS ARE MARGINAL, BUT WE ARE WORKING VERY HARD TO ENSURE THAT THE RACE COURSES ARE EXCELLENT FOR THE DAY OF THE RACE. WALKING ANYWHERE ALONG THE RACE COURSE IS STRONGLY DISCOURAGED AS IT DESTROYS THE LIMITED SNOW THAT WE HAVE. THE PARKING LOT IS PARTIALLY UNUSABLE, AND WE STRONGLY RECOMMEND YOU PARK ON THE STREET IMMEDIATELY BELOW THE LODGE (DEER RUN) AND WALK UP TO THE LODGE.

RACE EVENTS:

Teck Kootenay Cup #5: Sat., Feb. 14th, 11:00 AM
Individual start (by age groups)
Free technique race, distances up to 10 km.

Teck Kootenay Cup #6: Sun., Feb. 15th, 9:00 AM
Individual start (by age groups)
Classic technique event, distances up to 20 km.

Competitors can participate in one or both events

RACE LOCATION:

KIMBERLEY NORDIC CLUB
840 North Star Drive, Kimberley BC

4.5 km. from downtown Kimberley
 Parking is limited at the trails, so please limit vehicles your team brings to the main parking lot, and park any extra vehicles on the road just below the Nordic Hut, on Deer Run Drive.

HOST CLUB: KIMBERLEY NORDIC CLUB
 www.kimberleynordic.org

REGISTERED BY: CROSS COUNTRY BC (CCBC)

RULES: CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE

Race committee chair:	Frank Ackermann
Chiefs of course	Wayne Gilbert and Randy Moody
Chiefs of Timing	Corrinne DeZoete
Chief of Stadium	Chris Bullock and Heather Lamson
Competition Secretary	Frank Ackermann frankackermann@me.com
Chiefs of Promotion	Gail Rousseau and Randy Moody
Chief of Start/Finish	Chris Bullock and Heather Lamson
Chief of Athlete Services	Ali Wilson
Chief of Computer Ops	Jeannie MacDonald
Chief of Marshalls	Derm Kennedy and Michael Meinig

COMPETITION SCHEDULE

DAY 1 COMPETITIONS Feb. 14th, 2015

Free technique (skate) race, individual start by ages
Start times: 11:00 AM, youngest categories first

Category	Sub Categories/ Year of Birth	Distance
Atoms	Girls and boys, YOB2007, 2007, 2009 and later	580 m
Peewees	Girls and boys, YOB 2005 & 2006	900 m
Bantams	Girls and boys, YOB 2003 & 2004	1.5 km
Midgets	Girls and boys, YOB 2001 & 2002	3 km
Juveniles & junior boys and girls	Males and females, YOB 1997 - 2000	5 km
Junior, open and master men and women,	Males and females, YOB 1996 and earlier	10 km
Recreational men and women	Males and females, YOB 1996 and earlier	5 km

Classic technique distance race, mass start by ages

Start times: 9:00 AM

Category	Sub Categories/ Year of Birth	Distance
Atoms	Girls and boys, YOB2007, 2007, 2009 and later	900m
Peewees	Girls and boys, YOB 2005 & 2006	1.5 km
Bantams	Girls and boys, YOB 2003 & 2004	3 km
Midgets	Girls and boys, YOB 2001 & 2002	5 km
Juvenile girls/boys & junior girls	Males YOB 1999-2000, and Females, YOB 1997 - 2000	6.5 km
Junior boys, junior women, recreational men and women	Males YOB 1997-1998, and Females YOB 1995-1996; Recreational men and women YOB 1996 and earlier	13 km
Junior men, open and master men and women	Males YOB 1996 and earlier, women YOB 1994 and earlier	20km

Please note: Part of the race-course for the 6.5km loop on Sunday may be on a one-way trail (Landsem). This is clearly marked on our trails. Please do not ski backwards on this short section of the race loop during any training sessions prior to, or after the race.

RACE REGISTRATION:

Registration and fee payment is ON-LINE only at www.zone4.ca.

If you experience any difficulties registering on-line please contact the Race Secretary.

Racers and coaches **must** check the confirmation list on Zone4 (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 (frankackermann@me.com) before 12 noon on Friday, Feb. 13th if there are any corrections required.

RACE ENTRY DEADLINE

The entry deadline for all races is:
Thursday, Feb. 12th 11:00 PM (MST)

RACE FEES:

\$10 (plus HST and zone4 fees) per race for atoms, peewees, and bantams
\$20 (plus HST and zone4 fees) per race for all other age categories
Payment must be made on-line. Credit cards only.
\$5 late fee in addition to above prices for race entries after the 11:00 PM Thursday, Feb. 12th deadline.

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** Start times (by category) for each race will be posted at the race office and on-line by 9:00 PM on Friday, Feb. 13th (skate distance race) and on Saturday, Feb. 14th (classic distance race).
- BIB PICKUP:** Saturday: 09:00 – 10:00 AM, outside of lodge
Sunday: 7:30 AM – 8:30 AM, outside of lodge
The Race Office is located in the Kimberley Nordic Club main lodge
- AWARDS:** Awards for the Saturday and Sunday races will be presented approximately 30 min. after the last racer finishes on each day.
- FACILITIES** The day lodge is heated and has indoor washrooms. 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 drinks and light snacks will be offered to racers and volunteers both Saturday and Sunday in our outside “Feedzone”. The Saturday races will not include a warm lunch. The Sunday race will include a warm lunch served in the clubhouse for the racers, families and volunteers. Donations are welcome and all proceeds will be going to the Junior Racing Program.
- WAXING:** A waxing area is available between the day lodge and the small cabin, with many plug-ins available. 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.
- SNOW AND TRAIL CONDITIONS** Visit www.kimberleynordic.org and also www.skikimberley.com
- COURSE MAPS:** Course maps will be available on the KNC website www.kimberleynordic.org
- TRAIL PASSES** Race entry fees include full use of trails for the race days. Trail passes must be purchased at the trailhead kiosk for skiing on non-race days. Coaches will be given free day passes.
- ACCOMMODATION** Visit <http://www.kimberley.ca> or <http://www.tourismkimberley.com> for info. Inn West Kirkwood Inn is directly adjacent to the start/finish area <http://www.innwestkirkwood.com/>
- SPONSORS:** Teck Resources Limited