

Kootenay Cup



Teck

Race Notice

TECK KOOTENAY CUP #4 and Toby Creek Nordic Loppet Weekend

Saturday/Sunday, January 30/31, 2016

RACE EVENTS: Teck Kootenay Cup #4
Saturday, January 30, 11:00 AM
Mass start (by age groups)
Classic technique race

Toby Creek Nordic Ski Club
Sunday, January 31, 11:00 am
Mass Start (by age groups)
Free Technique race

RACE LOCATION: Nipika Mountain Resort is located 9200 Settlers Road, 14 kms off of highway 93 east of Radium Hot Springs BC.

HOST CLUB: Toby Creek Nordic Ski Club & Nipika Mountain Resort
www.tobycreeknordic.ca

REGISTERED BY: CROSS COUNTRY BC (CCBC)

RULES: CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE:

Chief of Competition:	Lyle Wilson
Chief of Course:	Steve Wilson
Chief of Timing:	Laine Wilson
Chiefs of Stadium:	Darren Tamelin
Competition Secretary:	Marnie Wilson
Chief of Security:	Steve Wilson
Sponsor & Media:	Andrea Rainbow
Awards Coordinator:	Andrea Rainbow
Volunteers Coordinator:	Beva Kirk

For additional race information contact: Lyle Wilson at 250 342-6516

COMPETITION SCHEDULE

COMPETITION: Saturday, January 30, 11:00 AM
Sunday, January 31, 11:00 am

Saturday: Classic technique race, Mass start by age groups

Sunday: Skate technique race, Mass start by age groups

Start time: 11:00 AM with oldest categories starting first

Category	Sub Categories/ Year of Birth	January 30, Distance	January 31, Distance
Bunnies	Girls and boys - YOB 2012 & 2011	0.3 km	0.3 km
Atoms	Girls and boys- YOB 2008 2009 2010	1.5 km	1.5 km
Pee Wee	Girls and boys-YOB 2006 & 2007	3 km	3 km
Bantam	Girls and boys- YOB 2004 & 2005	3 km	3 km
Midget	Girls and boys- YOB 2002 & 2003	3 km	3 km
Juvenile boys and girls	Girls and boys- YOB 2000 & 2001	7.5 km	7.5 km
Junior boys and girls	Girls and boys- YOB 1998 & 1999	7.5 km	7.5 km
Junior men and women	Males and females-YOB 1996 & 1997	7.5 km women 15 km men	7.5 km women 10 km men
Open women	Females- YOB 1986 – 1995	30 km	20 km
Open men	Males- YOB 1986 – 1995	30 km	20 km
Masters women	Females- YOB 1985 or earlier	30 km	20 km
Masters men	Males YOB 1985 or earlier	30 km	20 km
SuperRec men and women	Males and females- YOB 1985 or earlier	15km	10 km

RACE REGISTRATION:

Registration and fee payment is ONLINE by Credit Card only at www.zone4.ca

ELIGIBILITY and LICENSES:

This race is designed to appeal to racers of all levels. Races licenses are not required for this event. Racers must be paid-up members of a Cross Country Canada or US Ski Association registered club.

RACE ENTRY DEADLINE: The entry deadline for all races is:
Thursday, January 28th at 12:00 PM (MST)
Please note that late entries will **not** be accepted

RACE FEES:

\$10 per race for Bunnies
\$10 per race for Atoms, Pee Wees, Bantams, Midgets.
\$20 per race for Juvenile, Junior, Open Rec.
\$40 per race for all other categories
Note that GST and Zone4 fee will be added to this amount.
Payment must be made online. Credit cards only.

WAIVER FORMS:

Waivers must be accepted online at the time of registration.

START LISTS:

Start times (by category) for each race will be posted the race office

BIB PICKUP:

Saturday and Sunday: 9:00 AM – 10:00 AM, in the Barn. All bibs must be picked up by 10 AM

AWARDS:

Awards will be presented on site at intervals after a few race categories have been completed.

WARM UP/ WAX TESTING:

The course will be open until 10:15 at which time all skiers need to be off the course.

FACILITIES:

There will be outhouses located close to the parking and stadium areas. First Aid attendants will be present on site.

FOOD & DRINKS:

Post-race complimentary drinks and BBQ burgers & wieners will be offered to racers and volunteers. Family members, spectators and coaches may purchase lunch tickets at the site for \$5

WAXING:

An area is available near the barn for waxing but without any facilities. The area is in the open with no cover. Note that **NO** power outlets will be available at the site. Teams are welcome to set up their own tents for waxing.

The **CCBC Glide Waxing Protocol** will apply to all categories: Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

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 coaches, parents and wax technicians.

SNOW AND TRAIL Visit <http://nipika.com/>
CONDITIONS:

COURSE MAPS: Course maps will be available on site prior to race time.

TRAIL PASSES:

Race entry fees include full use of trails for the race day only. Trail passes for all other skiers must be purchased at the trailhead kiosk or online for skiing on the trails.

ACCOMMODATION: Hotels are available in nearby Radium Hot Springs.