

Kootenay Cup



Teck

Teck Kootenay Cup #7 & #8



Race Events: **Sat February 23rd 10am Individual Skate Sprints Kings Court**
 Sun February 24th 10am Individual Start Classic Technique

Host Club: Nelson Nordic Ski Club

Event Website: www.nelsonnordicski.ca

Rules: Cross Country Canada Rules and Regulations

Race Organizing Committee:

Chief of Race:	Richard Marchand
Race Secretary:	Kim Poole
Chief of Course:	Jay McKimm
Chief of Stadium:	George Edney
Chief of Timing:	Mike Knapik
Volunteers:	Louise Poole

COMPETITION SCHEDULE

DAY 1 COMPETITION: Saturday, Feb. 23rd, 2019: Apex side of highway

Skate Technique, Individual Sprints Modified Kings Court

START LISTS: Start times will be posted on line by the evening prior to both events.
 There will be no individual qualifiers.

Predicted order of events for the Saturday King's Court Sprints:

10:00 - Mass Start for Bunnies and Atoms
Heats for Pee Wees
Heats for Bantams
Heats for Midgets
Heats for Juvenile to Masters (depends on numbers)
Awards (by gender and age category)

- Bunnies and Atoms will race 1 heat. **Start area is 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	Age	Sub Categories/ Year of Birth	Distance
Bunnies	3-4	2014 and more recent	50 m
Atoms	5-7	2011, 2012, 2013	100 m
Peeweews	8-9	2009 & 2010	200 m
Bantam	10-11	2007 & 2008	200 m
Midget	12-13	2005 & 2006	300 m
Juvenile Boys/Girls	14-15	2003 & 2004	800 m
Junior Boys/Girls	16-17	2001 & 2002	800 m
Junior, Men/Women, Open, Recreational Masters	18+	2000 and older	800 m

DAY 2 COMPETITION: Sunday, Feb 24th, 2019: Busk side of highway

Classic Technique, Individual Start by age categories

Start times: 10:00AM

Category	Age	Year Born, Male and Female	Distance
Bunnies	3-4	2014 and more recent	200 m
Atoms	5-7	2011, 2012, 2013	800 m
Peeweews	8-9	2009 & 2010	1.5 km
Bantams	10-11	2007 & 2008	3.3 km
Midgets	12-13	2005 & 2006	5 km
Juvenile girls/boys	14-15	2003 & 2004	7 km
Junior boys/girls	16-17	2001 & 2002	7 km
Recreational	Any age		
Junior women, men	18-19	1999-2000	12 km
Open		1989-1998	12 km
Masters		1988 and older	

Age as of December 2018

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 main parking lot, and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6.

- Registration Deadline:** **10:00 p.m. (PST) on Thursday, February 21stth**
Please note, there will be **no registrations on race day.**
- How to Enter:** Click on **<https://zone4.ca/reg.asp?id=20324>** 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/**) as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the Race Secretary (**klpoole@shaw.ca**) before 10 a.m. on Friday Feb 22nd if there are any corrections required.
- Event Waiver:** The Event Participation Waiver is completed as part of the online registration.
- Dinner Tickets:** **Burger and Beverage event at Finley's from 6-8pm. \$15 Tickets available through Zone4.ca when you register. 50/50 draw too!!!**
- Race Fees:** \$5.00 (plus GST and Zone4 fees) per race for Bunnies.
\$10.00 (plus GST and Zone4 fees) per race for Atoms, Peewees, and Bantams.
\$20.00 (plus GST and Zone4 fees) per race for all other age categories.
Payment must be made online. Credit cards only.
Race fees will include a meal ticket for soup and a bun on each day.
**Free for NNSC Bunnies and Jackrabbits with password (ask 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 and kiosk. Maps will also be posted on **www.nelsonnordicski.ca** by Feb. 15th.
On race days, skiing on the race course is allowed up to 15 minutes prior to the start of the races, but there will be no skiing backwards on any of the race courses at any time.
Skiers are responsible for knowing their course prior to the race.
- Bib Pickup:** Bib pickup at the Nelson Nordic warming hut at Apex 8:30-9:30am each day.
- Facilities:** There is a warming hut and first aid kit near the course start on Saturday. No warming hut at Sunday's start. Outhouses are located at both race locations. No indoor waxing facilities are available at the race site. No power for waxing on Busk side on Sunday.
- 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. Group discounts are available at the kiosk for non-race days. Up to 2 coaches/team will be given complimentary trail passes for race days, but ONLY if they have pre-registered on Zone4 as a "coach". All extra coaches and parents will need to purchase day passes. Day passes may be purchased at the Nelson Nordic trailhead kiosk.

Warm-up/Wax Testing:	The race courses will be clearly marked and marshalled. The race course will be open for inspection 8:30 – 9:45 a.m. Feb 23 rd and 24 th . No wax testing allowed on the course during the various races.
Waxing:	Uncovered, outdoor waxing is available, with several plug-ins available on the Apex side. There is no power on the Busk side for Sunday's race. You may want to bring a generator or wax on Apex side. 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). The recommended glide waxing protocol is as follows: <ul style="list-style-type: none"> • 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 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 athlete, coaches, parents and wax technicians
Water:	There is no running water and no other food to purchase except the soup and bun, so bring enough food and water for the day. We will have water on site while quantities last.
Food and Drinks:	Post-race drinks and light snacks will be offered to racers in the finishing chute. Warm lunch will be provided to all racers and volunteers both Saturday and Sunday in our Apex hut. Please be green and bring your own bowl and spoon for both days. Meal tickets will be distributed with the bibs in the morning. Each registered athlete will receive one complimentary meal ticket/day. Additional meal tickets will be available for purchase on Zone4 for \$5 each, or on site while quantities last.
Awards:	Awards will be presented outside the Nelson Nordic warming hut following the races. Ages 7 and under receive Teck participant ribbons as they cross the finish Age 8-15: Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers Age 16 and up: Edible medals for top three men and women finishers in each category
Volunteers:	If you are able to volunteer, please visit www.volunteersignup.org/MBY4Q to view volunteer roles and to sign up. If you have questions about volunteer opportunities available, please contact info@nelsonnordicski.ca
Trail Conditions:	Visit http://nelsonnordicski.ca/?page_id=26
Cancellation Policy:	50% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Feb. 18 th . 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.

Accommodation: Prestige Lakeside Resort is pleased to offer guests 15% off their Best Available Rate on any room type available for the dates of Feb 22-24, 2019. These rates will be available to book until Feb 15, 2019, after which rooms will be offered at their Best Available Rate.

<https://www.prestigehotelsandresorts.com/locations/nelson-lakeside-resort/overview/>