

# Kootenay Cup



# Teck

## Race Notice

### Teck Kootenay Cup #3 & #4

February 14<sup>th</sup> - February 15<sup>th</sup>, 2026



**Host Club:** Nelson Nordic Ski Club

**Event Website:** [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

**Race Events:** **Teck Kootenay Cup # 3**  
Saturday, Feb 14<sup>th</sup>, 10:00 am  
Individual Sprints (King's Court format)  
Free Technique

**Teck Kootenay Cup # 4**  
Sunday, Feb 15<sup>th</sup>, 10:00 am  
Interval Start  
Classic Technique

**Rules:** Nordiq Canada - [Canadian Competition Rules](#)

**Technical Guidelines:** [Teck Kootenay Cup Series Technical Guidelines](#)

**Title Sponsor:** Teck Resources Limited

|                                   |                      |                   |
|-----------------------------------|----------------------|-------------------|
| <b>Race Organizing Committee:</b> | Head of Competition: | Karen Redfern     |
|                                   | Race Secretary:      | Pascale Boyer     |
|                                   | Head of Course:      | Jon Francis       |
|                                   | Head of Timing:      | Mike Knapik       |
|                                   | Head of Stadium:     | Hans Davina       |
|                                   | Head of Volunteers:  | Gabriele Sinclair |
|                                   | Technical Advisor:   | Dennis Paradine   |

- Registration Deadline:** 11:00 p.m. (PST) on Wednesday February 11<sup>th</sup>, 2026  
Please note, there will be **no registration on race day**.
- Eligibility:** The Teck Kootenay Cup Series offers affordable, accessible competitive opportunities for skiers of all ages living in the Kootenays. Para Nordic will be included on Sunday if requested.
- Licenses:** As of the 2024-2025 race season, Nordiq Canada requires that all skiers purchase a Tier 3 Event Licence for every event (\$3/race), regardless of other racing licences a racer may have. Zone4 will add this fee automatically during your registration. This fee is in addition to the NNSC registration fees listed below.
- 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 [Apex](#) ("Nelson Nordic" on Google Maps) parking lot on Saturday and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6.  
The Sunday race will take place at [Busk](#) ("Clearwater" on Google Maps).
- How to Enter:** Registration and fee payment are online at [www.zone4.ca/](http://www.zone4.ca/)  
Search for **2026 Teck Kootenay Cup 3 and 4** to register or follow the direct link to the Event page just above.  
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 as soon as possible after they complete their registration to ensure that they are registered in the correct categories.  
**Please contact the Race Secretary, Pascale Boyer at [pascale.boyer.4@gmail.com](mailto:pascale.boyer.4@gmail.com) before noon on Thursday February 12<sup>th</sup> if there are any corrections required.**  
**Coaches** are required to register through Zone 4, providing both email and phone numbers. No fees are required.
- Race Fees:** As listed in the chart below plus Zone4 fee and licence fee (as described above).  
All payments must be made on-line. Credit cards only.  
**\*free for Nelson Nordic Bunnies & Jack Rabbits with discount code – see your coach\***
- Event Waiver:** The Event Participation Waiver is completed as part of the online registration.
- Start Lists/Maps:** Start lists will be posted by 5pm Friday Feb 13<sup>th</sup> and 7pm Saturday Feb 14<sup>th</sup>  
Maps will be posted to the race website by 5pm Thursday Feb 12<sup>th</sup> and at the venue each morning. The courses will have signage by 4pm Friday and Saturday to assist racers to preview the courses.  
**Skiers will be responsible for knowing their course prior to the race.**

- Bib Pickup:** Team and Individual Bib pickup 8:30 - 9:15 a.m. at Apex on Saturday Feb 14<sup>th</sup> and at Busk Feb 15<sup>th</sup>.
- Water:** There is no running water so bring enough **water** for the day. We will have some water on-site while quantities last.
- Food:** Lunch is available for pre-order via the Zone4 registration form for Saturday. Cost is \$10.
- Baked goods will be available for cash purchase at the event.
- Post race drinks and a light snack will be offered to racers in the finishing chute.
- Facilities:** Outhouses are located nearby. A **small** heated hut is available, but please be prepared to be outside regardless of the weather. Clubs are welcome to bring a pop-up tent for cover.
- Public Health:** The event will follow applicable Public Health Guidelines related to public indoor and outdoor spaces if any are in effect at the time of the event.
- Warm-up/Wax Testing:** The race courses will be clearly marked and marshalled on race days. The course will be open for inspection 8:30 – 9:45 a.m. each morning. No wax testing allowed on the course during the various races.
- Waxing:** **Saturday:** At Apex, uncovered, outdoor waxing is available, with several plug-ins available. Teams are welcome to set up their own tents for waxing.  
**Sunday:** At Busk there is no power so please bring your own generator, if required. An area will be marked in the parking lot for tents.
- 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). Note that fluorinated wax of any kind is now prohibited.  
[CCBC Protocol regarding use of Fluorinated Waxes](#)
- Awards:** Awards will be presented outside the Apex Warming Hut following the Saturday races and in front of the Busk Kiosk on Sunday according to the timing schedules provided.
- Volunteering:** If you are able to volunteer, please contact Gabriele Sinclair (gabriele.sinclair@gmail.com) or check out that [sign-up sheet](#) or the [Nelson Nordic Ski Club website](#) for a list of positions and to sign up!

**Team Aggregate Awards:**

Club points are accumulated for each skier who successfully completes a Teck Kootenay Cup race. CCBC will post the [aggregate points](#) 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 Club Aggregate Award will be the club with the most points.

- Top 5 placing in each category: 7 (for first place), 6, 5, 4, 3 points
- 2 points per participant otherwise
- If there are less than 5 competitors in a category the points will still begin with 7 points for 1<sup>st</sup> place, etc.

Points are calculated for Kootenay region skiers only.

# **COMPETITION SCHEDULE**

**DAY 1 COMPETITION: Saturday, Feb. 14th, 2026**

**Free Technique, King's Court Sprints**

**START LISTS:** There will be no qualification rounds. Genders will be mixed for all categories.

**Order of events and predicted timing for the Saturday King's Court Sprints (prepare to be flexible!):**

10:00 – Mass start for U6 (Ribbons provided after the race)

10:10 – Kings Court for U8 to U12

ASAP – Awards for U8, U10, U12

Approximately 11 to 11:30 start – Kings Court for U14 and up

ASAP – Awards for U14 and up

- U6 will race 50 metres using the Mass Start format. **The start area is different for this age group.**
- U8 and up will race King's Court format (2-3 heats depending on number of skiers registered)
- King's Court format means no elimination rounds; everyone will race the full number of heats. Each subsequent heat round is determined by the results from the preceding round - by the last round, you should be sorted and skiing with skiers approximately the same speed as you!
- Heats will have up to 6 racers per heat
- Genders will be combined for all age categories during heats, but separated for awards
- Depending upon the level of participation, categories may be combined.
- Categories below are per CCBC's [YOB, Ages and Categories](#) document

| Category   | Age   | Year of Birth (YOB) | Distance | Fee  | Prizes                                                                |
|------------|-------|---------------------|----------|------|-----------------------------------------------------------------------|
| U6/Bunnies | 4-5   | 2020-2021           | 50 m     | \$5  | All will receive Teck ribbons                                         |
| U8         | 6-7   | 2018-2019           | 150 m    | \$10 | All will receive Teck ribbons                                         |
| U10        | 8-9   | 2016-2017           | 150 m    | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U12        | 10-11 | 2014-2015           | 250 m    | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U14        | 12-13 | 2012-2013           | 450 m    | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U16        | 14-15 | 2010-2011           | 600 m    | \$20 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U18        | 16-17 | 2008-2009           | 600 m    | \$20 | Top 3: Chocolate treat                                                |
| Senior     | 18-29 | 1996-2007           | 600 m    | \$25 | Top 3: Chocolate treat                                                |
| Masters    | 30-49 | 1976-1995           | 600 m    | \$25 | Top 3: Chocolate treat                                                |
| Masters    | 50+   | Up to 1975          | 600 m    | \$25 | Top 3: Chocolate treat                                                |

## DAY 2 COMPETITION: Sunday, Feb 15<sup>th</sup>, 2026

**Classic Technique, Interval Start by age categories**  
**Start times: 10:00 AM (Intervals are 15 seconds)**

| Category     | Age     | Year of Birth (YOB) | Distance   | Fee  | Prizes                                                                |
|--------------|---------|---------------------|------------|------|-----------------------------------------------------------------------|
| U6/Bunnies   | 4-5     | 2020-2021           | 250 m      | \$5  | All will receive Teck ribbons                                         |
| U8           | 6-7     | 2018-2019           | 750 m      | \$10 | All will receive Teck ribbons                                         |
| U10          | 8-9     | 2016-2017           | 750 m      | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U12          | 10-11   | 2014-2015           | 1.5 km     | \$10 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U14          | 12-13   | 2012-2013           | 1 x 3.5 km | \$15 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U16          | 14-15   | 2010-2011           | 2 x 3.5 km | \$20 | Top 3: Teck medals, 4 <sup>th</sup> /5 <sup>th</sup> ribbons - by YOB |
| U18          | 16-17   | 2008-2009           | 3 x 3.5 km | \$20 | Top 3: Chocolate treat                                                |
| Recreational | 18+     | Up to 2007          | 2 x 3.5 km | \$20 | Top 3: Chocolate treat                                                |
| Senior       | 18 - 29 | 1996-2007           | 3 x 3.5 km | \$25 | Top 3: Chocolate treat                                                |
| Masters      | 30-49   | 1976-1995           | 3 x 3.5 km | \$25 | Top 3: Chocolate treat                                                |
| Masters      | 50+     | Up to 1975          | 3 x 3.5 km | \$25 | Top 3: Chocolate treat                                                |
| Para Nordic  |         |                     | 5 km       | \$15 | Top 3: Chocolate treat                                                |

**Trail Passes:** Race entry fees include use of trails for the day of the race for racers and coaches only. Trail passes must be purchased at the kiosk for skiing on non-race days. Up to two coaches per team will be given free day passes. All extra coaches and parents will need to purchase day passes if they ski.

Trail conditions can be found [here](#).

### **Cancellation policy:**

In the event of cancellation by race organizers due to health advisory or extreme weather/road conditions/closures, a refund of 50% of registration fees will be provided. Zone4 online booking fees are non-refundable.

A refund of individual registration fees will only be provided for medical reasons (medical documentation required) provided notice of withdrawal is emailed to [info@nelsonnordicski.ca](mailto:info@nelsonnordicski.ca) no later than February 5th.

The Host Club is not liable for any costs incurred as a result of cancellation of this event.