

RACE NOTICE



Teck Kootenay Cup #3 & #4
February 3rd & 4th, 2024



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| Race Events | Friday February 2nd Saturday February 3rd Sunday February 4th | Official Training Day Classic Sprints - King's Court Format Free Technique Mass Start |
| Race Location | Kimberley Nordic Club, 840 Northstar Drive, Kimberley, B.C. | |
| Host Club | Kimberley Nordic Club | |
| Race sanctioned by | Cross Country BC - Tier 3 Nordiq Canada Sanctioned | |
| Rules | Nordiq Canada Rules and Regulations are available here . | |
| Technical Guidelines | Teck Kootenay Cup Series Technical Guidelines are available here . | |

Event Website: <https://www.kimberleynordic.org/kootenay-cup>

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| Race Entry Deadline | Wednesday January 31st, 2024– 23:59 MST |
| Race Organizing Committee | <p>Head of Competition: Frank Ackermann Head of Course: Colin Ferrie Head of Timing: Heather Lamson Head of Stadium: Chris Bullock Head of Start/Finish: Rob MacDonald and Katherine Madsen Head of Marshalls and Controllers: Yvonne Keyzer and Nicole DeMars Head of Venue/SAM Coordinator: Daniel Childress Head of Volunteers: Anna Malvin Competition Secretary: Cristina Borgogelli kncracesecretary@gmail.com Technical Advisor: Jeannie MacDonald</p> |
| Registration & Entry Fees | <p>Registration for all categories will take place online at Zone4 Registration payable by Visa or MasterCard. Coaches must register on Zone4 (no fee). Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.</p> <p>Regular Registration: Until Jan. 19, 2024. For regular registration entry fees see “Competition Schedule” for Saturday or Sunday.</p> <p>Late Registration: Jan. 20 - Jan. 31 (noon) - \$5 surcharge</p> <p>Racers and Coaches must check the confirmation list on Zone4 to ensure they are registered in the correct age and gender categories. Please contact the Competition Secretary at kncracesecretary@gmail.com with any registration corrections or questions.</p> |
| Licences: | <p>As of the 2023-24 race season, Nordiq Canada requires that all skiers purchase a Nordiq Canada Tier 3 Event Licence for every race (\$3/race), regardless of other racing licences a racer may have. Zone4 will add this \$3 fee/race automatically during your registration. This is in addition to the KNC registration fees listed below.</p> |
| Waivers: | Waivers must be accepted at online registration on Zone4. |
| Seeding: | Seeding for categories U14 and up will be completed using Distance CPL points, if available. Seeding for the younger categories will be done randomly. |
| Volunteer Sign-Up | <p>Saturday Volunteer Sign-up: volunteersignup.org Sunday Volunteer Sign-up: volunteersignup.org</p> |



Competition Schedule

Start times are subject to change. Changes will be communicated to coaches registered on Zone4.

DAY 1 Sat February 3rd, 2024 Teck Kootenay Cup #3

Kings Court Sprint Heats, Classic Technique

Start times are approximate and will change depending on registration numbers.

| Category | Sub Categories / YOB | Distance | Course Format | Start Time | Fee per Race |
|-------------------------------------|----------------------|----------|---------------|------------|--------------|
| U8B/G | 2016/2017 | 100m | 1 x 100m | 9:30 | \$15 |
| U10B/G | 2014/2015 | 200m | 1 x 200m | 9:50 | \$15 |
| U12G | 2012/2013 | 200m | 1 x 200m | 10:30 | \$20 |
| U12B | 2012/2013 | 200m | 1 x 200m | 11:00 | \$20 |
| U14G | 2010/2011 | 400m | 1 x 400m | 11:45 | \$25 |
| U14B | 2010/2011 | 400m | 1 x 400m | 12:00 | \$25 |
| U16G | 2008/2009 | 750m | 1 x 1300m | 12:50 | \$25 |
| U16B | 2008/2009 | 750m | 1 x 1300m | 13:30 | \$25 |
| U18G | 2006/2007 | 1300m | 1 x 1300m | 14:15 | \$25 |
| U18B | 2006/2007 | 1300m | 1 x 1300m | 14:15 | \$25 |
| U20M/W, Open M/W, Masters M/W | 2005 and older | 1300m | 1 x 1300m | 14:15 | \$25 |

Event Website: <https://www.kimberleynordic.org/kootenay-cup>



DAY 2 Sun February 4th, 2024 Teck Kootenay Cup #4

Mass Start Free Technique

Start times are approximate and may change depending on registration numbers.

| Category | Sub Categories / YOB | Distance | Course Format | Start Time | Fee per Race |
|-------------------------------|----------------------|----------|---------------|----------------------------|--------------|
| U6B/G | 2018 and later | 100m | 1 x 100m | 9:00/9:05 | \$15 |
| U8B/G | 2016/2017 | 400m | 1 x 400m | 9:20/9:25 | \$15 |
| U10B/G | 2014/2015 | 1000m | 1 x 1km | 9:40/9:45 | \$15 |
| U12G | 2012/2013 | 2km | 1 x 2km | 10:00 | \$20 |
| U12B | 2012/2013 | 2 km | 1 x 2km | 10:05 | \$20 |
| U14G | 2010/2011 | 3.3 km | 1 x 3.3km | 10:25 | \$25 |
| U14B | 2010/2011 | 3.3 km | 1 x 3.3km | 10:35 | \$25 |
| U16G | 2008/2009 | 5 km | 1 x 5km | 10:50 | \$25 |
| U16B | 2008/2009 | 5 km | 1 x 5km | 10:50 | \$25 |
| U18G | 2006/2007 | 10 km | 2 x 5km | 10:50 | \$25 |
| U18B | 2006/2007 | 10 km | 2 x 5km | 10:50 | \$25 |
| U20M/W, Open M/W, Masters M/W | 2005 and older | 15 km | 3 x 5km | Men: 11:10 Women: 11:15 | \$25 |
| Recreational M/W | 2005 and older | 10 km | 2 x 5km | Men: 11:10 Women: 11:15 | \$25 |

Event Website: <https://www.kimberleynordic.org/kootenay-cup>

Additional Information

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| Team Captains' Meetings | The Team Captains' meeting (TCM) will be held via Zoom on Friday February 2 at 7:00PM. The link will be emailed to registered coaches. |
| Start Lists | Start lists for each race will be available on Zone4 on the evening before the race. Please review confirmation lists which will be posted before the TCM. |
| Parking | Parking is limited at the trails, so please restrict the number of vehicles your team brings to the main parking lot. |
| Bib, Chip, and Meal Ticket Pick-up | Bibs, chips and meal tickets for each race will be picked up in a marquee at the start. Each racer will be responsible for ensuring that they arrive at the Bib Pick-up marquee early enough to pick up their bib, chip, and meal ticket before the start of the race. See Event Timetable on p.7 for times. |
| Course Maps | Maps of the race courses will be available before the event on the Kimberley Nordic Club website at: http://www.kimberleynordic.org Skiers will be responsible for knowing their course prior to the races, as each separate race course may not be closed. There may be open intersections with signs directing traffic. Saturday Race Maps are available here . Sunday race maps are available here . |
| Waxing Facilities | Outdoor electrical outlets for waxing will be available at the race site. It is recommended that each team/club bring their own wax tent. Teams are only allowed to access the electrical outlets from the RhinoBoxes in the stadium. |
| Waxing Protocol | This Kootenay Cup is a Tier 3 event which falls under the CCBC Protocol regarding the use of fluorinated waxes. Please read the policy here . |
| Warm up/ Wax Testing | The trails which are not being used for racing will be easily accessible for warm up / cool down and wax testing. Race courses will be closed 5 minutes before competition. Skiing on the race courses will be allowed up until 5 minutes prior to the first start of the day, but skiers may only ski in the direction of race travel and NOT backwards on the race course. |

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| Food Services | Each racer will be provided a meal on the days in which they race. Meal tickets will be distributed with the bibs and chips at the start. We plan on having a food vendor selling Norwegian Waffles in the parking lot on both days of the event. Note: There will be water available at the race site. Post-race snacks will be provided at the finish. |
| Trail Passes | There will be no trail fees charged to competitors and their coaches on race days and Friday, February 2nd, the official training day. All persons who wish to ski on the trails outside these dates and conditions must purchase and display a valid trail pass or have a valid season pass. |
| Trail / Snow Conditions | See the KNC website for up-to-date grooming reports, trail conditions and webcams at: https://www.kimberleynordic.org/grooming |
| Weather Information | For up-to-date weather information in the Kimberley area, visit: <ul style="list-style-type: none">• KNC weather station here.• Weather Network website here.• Environment Canada website here. |
| Cancellation | If the event is cancelled due to weather conditions, a refund will be given to all competitors less an admin fee. |
| We would like to acknowledge and thank our local sponsors for their ongoing support of skiing at Kimberley Nordic Club. | |





Event Timetable

Teck Kootenay Cup #3 & #4 –February 3-4, 2024

| Date | Time (MST) | Event | Location |
|---|---|--|--|
| Wednesday January 31 | 23:59 | Final deadline for registration <i>Coaches please check the Confirmation List</i> | If you have any problems with registration please email: kncracesecretary@gmail.com |
| Friday February 2 | 10:00-16:00 | Official Training | Kimberley Nordic ski trails |
| | 12:00-17:00 | Race Office open | In Lodge, Kimberley Nordic ski trails |
| | 19:00-19:30 | Team Captains' meeting (only one for both days) | Zoom meeting – link will be emailed to all registered coaches |
| Saturday February 3 Kings Court Sprints | See schedule on pg 3 for details We will run U18M/F with open (same distances) | | Award ceremonies will be run soon after the completion of the age brackets, divided into 3 separate ceremonies (U12 and younger, U14 + U16, and lastly U18 and older skiers). |
| Sunday February 4 Mass Start Free Technique | See schedule on pg 4 for details We will run U18M/F with open (same distances) | | Award ceremonies for U12 and younger to be done immediately after the completion of the U12 racers; for all other age categories, awards will be held immediately after completion of all the races. |

* Note: Changes may need to be made to the race start times due to weather, snow conditions, etc.
Please check the Kimberley Nordic Club website for updates at: www.kimberleynordic.org

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