

Kootenay Cup



Teck

RACE NOTICE



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



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>

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 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:	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.
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>

Kootenay Cup



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Competition Schedule

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

DAY 1 Sat January 17th, 2026 Teck Kootenay Cup #1

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	2018/2019/2020	100m	1 x 100m	9:30	\$15
U10B/G	2016/2017	200m	1 x 200m	9:50	\$15
U12G	2014/2015	200m	1 x 200m	10:30	\$20
U12B	2014/2015	200m	1 x 200m	11:00	\$20
U14G	2012/2013	400m	1 x 400m	11:45	\$25
U14B	2012/2013	400m	1 x 400m	12:00	\$25
U16G	2010/2011	400m	1 x 1300m	12:50	\$25
U16B	2010/2011	400m	1 x 1300m	13:30	\$25
U18G	2008/2009	1000m	1 x 1300m	14:15	\$25
U18B	2007/2009	1000m	1 x 1300m	14:15	\$25
U20M/W, Open M/W, Masters M/W	2007 and older	1000m	1 x 1300m	14:15	\$25

Kootenay Cup



Teck

DAY 2 Sun January 18th, 2024 Teck Kootenay Cup #2

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	2018/2019/2020	200m	1 x 200m	9:00/9:05	\$15
U8B/G	2016/2017	200m	1 x 200m	9:20/9:25	\$15
U10B/G	2016/2017	1.8 km	1 x 1.8 km	9:40/9:45	\$15
U12G	2014/2015	1.8 km	1 x 1.8 km	10:00	\$20
U12B	2014/2015	1.8 km	1 x 2km	10:05	\$20
U14G	2011/2013	3.6 km	1 x 3.6 km	10:25	\$25
U14B	2011/2013	3.6 km	1 x 3.6 km	10:35	\$25
U16G	2010/2011	5 km	1 x 5 km	10:50	\$25
U16B	2010/2011	5 km	1 x 5 km	10:50	\$25
U18G	2008/2009	10 km	2 x 5 km	10:50	\$25
U18B	2008/2009	10 km	2 x 5 km	10:50	\$25
U20M/W, Open M/W, Masters M/W	2007 and older	15 km	3 x 5 km	Men: 11:10 Women: 11:15	\$25
Recreational M/W	2007 and older	15 km	3 x 5 km	Men: 11:10 Women: 11:15	\$25

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Kootenay Cup



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Additional Information

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. Carpool if possible, or use the free shuttle that runs from downtown Kimberley every half hour. There is ample parking downtown.
Bib, Chip, and Meal Ticket Pick-up	Bibs and chips 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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Kootenay Cup



Teck

Food Services	Each racer will be provided a post-race snack in the finish area. 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.
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.	



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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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