



Alberta Cup 3 & 4 January 19-20, 2019 Race Notice

Foothills Nordic Ski Club is excited to be hosting Alberta Cups 3 & 4 on January 19 & 20, 2019. Please come out and join us for a great weekend of racing on some challenging terrain.

Host Club: Foothills Nordic Ski Club www.foothillsnordic.ca

Location: Canmore Nordic Centre Provincial Park, Canmore, AB
<http://www.albertaparks.ca/canmore-nordic-centre.aspx>

Format*: Saturday, January 19 – AB Cup #3, Sprint – Classic, Technique
Sunday, January 20 - AB Cup #4, Distance - Free Technique, Mass Start

Subject to change or alteration based on course availability

Sanctions and Rules: CCA May 31, 2018 Technical Package, sanctioned by CCA and CCC
<http://www.xcountryab.net/wp-content/uploads/2018/05/TECHNICAL-PACKAGE-2018-Rev-2-1.pdf>

CCA Glide Waxing Protocol for **ALL AGE** Categories

All coaches, athletes, wax technicians, and parents must abide by the following protocol while waxing skis for athletes racing in all age categories. This applies to all local, regional and provincial events taking place in Alberta (e.g. club races, regional cup races, AB Cups, AB Youth Championships, and AB Winter Games). This also applies to athletes traveling to Alberta from out-of-province or out-of-country. The glide waxing protocol is as follows:

- 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 coaches, athletes, parents and wax technicians.

Competition Jury: Chief of Competition: Dave Gammie
Technical Delegate: Ken Hewitt
Assistant Technical Delegate: Todd Ree



Race Office: Competition Secretary: Diana Kalef
Email: dk29isnow@gmail.com
Office Location: Canmore Nordic Centre – Biathlon Building
Race Office Schedule: Friday, January 18: 12:00 PM – 5:00 PM
Saturday, January 19: 7:30 AM – 5:00 PM
Sunday, January 20: 7:30 AM – 4:00 PM – Finish of Racing

Coaches' Meetings will be hosted in Haig Room at the Bill Warren Building.

Course Maps: Course maps are available for viewing or downloading at www.foothillsnordic.ca. The courses are subject to change or alteration based on trail conditions. Updated or revised course maps will be available at the Race Office and www.foothillsnordic.ca. Final course changes will be communicated at the Coaches' Meetings.

Weather: Nordic Center weather station data: <https://www.canmorenordiccentre.org/weather/>

Nordic Center forecast: <https://www.theweathernetwork.com/ca/weather/alberta/canmore-nordic-centre-provincial-park>

Licenses: All competitors in Juvenile and older categories must have a valid CCC or FIS license entered during on-line registration. A CCC supporting member license (day license) may be purchased during on-line registration for a fee of \$5.00/day.

Please note:

- **Midget category and younger competitors must be a member of a CCC registered club, but do not require a license.**

Race Entry Deadline: Wednesday January 16, 2019 – 23:59 PM Mountain Time.

Late entries will not be accepted.

How to Enter: Entries will only be accepted on-line through the Zone4 website at <http://www.zone4.ca> starting on December 21 2018 using the following link

<https://zone4.ca/reg.asp?id=19740>

The Zone4 website provides the opportunity for participants to confirm that their entry has been received. Please note: Zone4 only supports VISA and MasterCard. Payment must be made at the time of registration. All racers must acknowledge the CCC informed consent form when registering on Zone4.

COACHES REGISTRATION REQUIRED (FREE). ALL COACHES MUST REGISTER TO BOOK WAX ROOMS AND TO FACILITATE COMMUNICATION DURING RACE WEEKEND

NOTE: Wax room Deposit to be collected a Race office, \$370 cash or cheque deposit required before key issued.



Cancellation: In the event of cancellation due to weather or unsafe conditions, cancellation will follow the CCA Technical Package protocol. Announcement of cancellation will be posted on the CCA www.xcountry.net and Foothills Nordic www.foothillsnordic.ca website.

In the event of very poor conditions or very inclement weather on race day, the race jury may decide to cancel the race or to modify the start time or the race course. If the race is cancelled 3 days or more in advance, the Organizing Committee will inform registered participants, coaches, officials, and volunteers by e-mail, social media, and on the race website, and the Organizing Committee may refund a portion of the entry fee to reflect costs already incurred. If the race is cancelled less than 3 days in advance, no refund is likely. If the race takes place, no refunds will be issued. If you register for the race and then choose to withdraw before or during the event, you will receive no refund. Please note that the Canmore Nordic Centre is prioritizing snow making on the Biathlon courses where the 2019 Biathlon World Cup races and the Alberta Cup 3 & 4 races will be held.

Updates: Race updates will be posted on FNOSC website. www.foothillsnordic.ca

Trail Passes: All athletes and coaches on skis MUST have a valid day ticket or season pass while racing and during Official Training. For ease, discounted day tickets for the official training and race days are available on Zone4 at \$7.50 per ticket /per day. Purchased day tickets are to be picked up at the race office in the Biathlon Building. **Note: There is a \$172 fine for skiing without a trail pass**



Race Entry Fees: Races are individually priced. Fee is “per race” and does not include your trail pass.

Atom	\$20.00
PeeWee	\$20.00
Mini-Midget	\$20.00
Midget	\$35.00
Juvenile	\$35.00
Junior Boy/Girl	\$40.00
Junior Man/Woman	\$40.00
Senior Man/Woman	\$40.00
Masters	\$40.00
Sport	\$40.00
Para Nordic	\$40.00

NOTE: There will be a \$60.00 replacement fee for any Transponders not returned to Zone 4

Age Categories:	Category	Year of Birth
	Atoms	2011 - later
	Peewees	2009 – 2010
	Mini-Midgets	2007 – 2008
	Midgets	2005 – 2006
	Juveniles	2003 – 2004
	Junior Boys/Girls	2001 – 2002
	Junior Men/Women	1999 – 2000
	Senior Men/Women	1989 - 1998
	Masters 1&2	1979 – 1988
	Masters 3&4	1969 – 1978
	Masters 5&6	1959 – 1968
	Masters 7+	1958 and earlier
	Para Nordic Sit Ski	Any age
	Para Nordic Standing	Any age



Race Format:

Saturday, January 19: Sprint - Classic Technique, Midget to Senior
Mass Start, Atom/PeeWee/Mini Midget/Masters

Qualification rounds to commence at 8:30am (Tentative)

Age Group	Race Format	Distance	Course
Senior Men/Women	Sprint	1200m	Red sprint
Junior Men/Women	Sprint	1200m	Red sprint
Junior Boy/Girl	Sprint	800m	Blue sprint
Juvenile Boy/Girl	Sprint	800m	Blue sprint
Midget Boy/Girl	Sprint	400m	Green sprint
Mini Midget Boy Girl	Mass Start	2 km	Orange * 2 laps
Pee Wee Boy/Girl	Mass Start	800m	Green sprint * 2 laps
Atom Boy/Girl	Mass Start	400m	Green sprint * 1 lap
Master Men/Women	Mass Start	4km	Purple * 4 laps
Para Nordic Sit	Individual Start	3km	Orange * 3 laps

Sunday, January 20: – Distance, Free Technique, Interval Start

Age Group	Race Format	Distance	Course
Senior Men/Women	Interval Start	12 km	Red – 3km * 4 laps
Junior Men	Interval Start	12 km	Red – 3km * 4 laps
Junior Women	Interval Start	12 km	Red - 3km * 4 laps
Junior Boy	Interval Start	9 km	Red - 3km * 3 laps
Junior Girl	Interval Start	6 km	RED - 3km* 2 laps
Juvenile Boy/Girl	Interval Start	5 km	Purple – 1.7km* 3 laps
Midget Boy/Girl	Interval Start	3 km	Green - 1km * 3 laps
Mini Midget Boy Girl	Interval Start	2 km	Green - 1 km * 2 laps
Pee Wee Boy/Girl	Interval Start	1 km	Orange - 500m * 2 laps
Atom Boy/Girl	Interval Start	500m	Orange - 500m * 1 lap
Master Men/Women	Interval Start	12 km	Red - 3km * 4 laps

Notes:

1. Junior and Senior Men/Women will race as an Open category for the Alberta Cup Events; results will be tabulated as separate categories.
2. For all events, the final courses and distances are tentative and are subject to change based on trail conditions at the time of the event.
3. There will be no changes to seeding list after 1pm Friday Jan 18. Any athletes wishing to race up must also notify race office by 1pm Friday Jan 18.



Seeding: Seeding for Saturday' Interval Start and Sunday's mass Start will be in accordance with the CCA 2018 Technical package for Alberta Cups. The most recent published CPL points list is to be used.

Event Schedule:

Friday, January 18 12:00 PM to 5:00 PM - Race Office open
2:00 PM to 5:30 PM - Courses open for training
6:30 PM – Coaches' Meeting, Bill Warren Building

Saturday, January 19 AB Cup #3, Sprint – Classic Technique (Midget to Senior)
Mass start, classic technique (Mini Midget/Master/Atom/PeeWee)
6:00 AM to 5:00 PM - Race Office open
7:00 AM Bib pick up – Race Office
8:00 AM Racing starts (Para Sit)
7:00 PM Coaches' Meeting, Bill Warren Building

Sunday, January 20 AB Cup #4, Distance – Free Technique, Individual Start
7:30 AM to F i n i s h - Race Office open
7:30 AM Bib pick up – Race Office
9:00 AM Racing starts

All start times are subject to change

Awards: Alberta Cup #3 & #4: CCA Alberta Cup awards will be presented based on the following:
Atoms to Midget – Year of Birth medals for 1st, 2nd and 3rd and ribbons for 4th to 6th.
Juvenile – Year of Birth medals for 1st, 2nd and 3rd.
Junior to Masters – category medals for 1st, 2nd and 3rd.
Awards will be presented as soon as possible after each event.

Team Wax Rooms: If you require a wax room please register for a room on Zone4 when you register as a coach (**\$370 deposit required, payable in race office by cash or cheque**).



Day Lodge: The Canmore Nordic Centre day lodge is available as a warming and eating area. Food service is also available.

Accommodations: Foothills Nordic Ski Club is pleased to provide a variety of accommodations to fit most budgets. All the recommendations listed below are Proud Supporters of the Alberta Cup Series.

(We encourage calling soon for promotion availability)

Rocky Mountain Ski Lodge:

1-800-563-8764

Reference: "Foothills Nordic Ski Club Alberta Cup

Group Promo: # 2491895

Holiday Inn:

1-403-609-4422 or 1-888-609-4422

Reference: Alberta Cup XCountry

Group Promo: GHJ

Days Inn:

1-403-609-9999

Reference / Promo Code: "Foothills Nordic Ski Club"

BellStar/ Solara Resort & Spa:

1-403-609-3600

15% Discount

Reference/Group Promo: "Foothills Nordic Ski Club"

Blackstone:

1-403-609-8098 or 1-888-830-8883

Promo Code: FS20 - 2 Nights - 20% Discount

Promo Code: FS25 - 3 Nights - 25% Discount

WorldMark Canmore:

1-800-347-9092

Minimum 2 night stay - 15% discount (Request Canadian Pricing)

Reference: "Foothills Nordic Ski Club"

Group Promo: EHHP

Canmore Inn:

1-403-609-5402 or Online booking www.canmoreinn.com

15% discount per day (No minimum booking required)

Breakfast Buffet at 50% off

Reference: "Foothills Nordic Club"



Sponsors: A special thanks to all of our sponsors for helping make this a great event.

