



**Alberta Cup 1 & 2 – Season Opener  
November 26 & 27, 2016 - Canmore, AB**

**Race Notice**

All races will be started in the Biathlon Stadium using the Biathlon Trails. Races will be organized for all sanctioned age categories and Para Nordic categories. The organizing committee reserves the right to combine categories based on the number of registrations.

**Host Club:**

Canmore Nordic Ski Club  
[www.canmorenordic.com](http://www.canmorenordic.com)

**Sanctioning Organizations /Rules:**

Cross Country Alberta  
Cross Country Canada

**Location:**

Canmore Nordic Centre Provincial Park  
[www.canmorenordiccentre.ca](http://www.canmorenordiccentre.ca)

**Accommodation:**

Rocky Mountain Ski Lodge [www.rockyski.ca](http://www.rockyski.ca)  
1-800-665-6111

**Schedule & Format**

**Friday, November 25**

Official Training  
Team Captains Meeting

**Official Training**

12:00 pm – 4:00 pm  
7:30 pm

**Saturday, November 26**

**Individual Start, Free Technique**

Juvenile through Open Categories 9:00 am Start  
Atom through Midget Categories 1:00 pm Start  
Team Captains Meeting 7:30 pm

**Distance Race**

**Sunday, November 27**

**Mass Start, Classic Technique**

Juvenile through Open Categories 9:00 am Start  
Atom through Midget Categories 1:00 pm Start

**Distance Race**

**Please note IMPORTANT DEADLINES:** Start lists for **both** races will be published **prior** to the Friday Team Captain meeting. Registrations or seeding adjustments received after the listed deadlines will not receive seeding consideration.

**RACE REGISTRATION DEADLINE: .....WEDNESDAY Nov 23rd, 2016 11:00 pm MT**

Draft Seeding List will be online at Zone 4 Thursday Evening

**SEEDING LIST DEADLINE: .....FRIDAY Nov 25th, 2016 4:00 pm MT**

**Race Office:****Competition Jury:**

Chief of Competition      Robert Hogg  
Technical Delegate      Aaron Dodds  
CCA Race Director      Mike Neary

**Race Office Hours:**

Friday, November 25      11:00 am – 4:00 pm  
Saturday, November 26      7:30 am – 4:00 pm  
Sunday November 27      7:30 am – 4:00 pm

**Race Office:**

Located at the Biathlon Building  
Competition Secretary – Jeanie Godfery

**Team Captain Meeting Location - TBD**

**Links:**

[competitionsecretary@canmorenordic.com](mailto:competitionsecretary@canmorenordic.com)

**Registration:** [www.zone4.ca](http://www.zone4.ca)

**Results:** [www.zone4.ca](http://www.zone4.ca)

**General Information:**

[Weather Conditions](#); [Trail Conditions](#)

**CCA Glide Waxing Protocol for All 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 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. "

**Team Rooms**

Wax Rooms are available to Teams on Friday, with the opening of the Race Office. Each room will require a \$250.00 cash or cheque key deposit. Please let the Competition Secretary know if your team requires a room. [competitionsecretary@canmorenordic.com](mailto:competitionsecretary@canmorenordic.com)

**Additional Information**

Race maps, detailed schedule, team captain's meeting minutes and other race information will be available at: [www.canmorenordic.com](http://www.canmorenordic.com)

**Registration:**

**Risk of Cancelation:** This is an early season Alberta Cup and the event does run the risk of not having adequate snow to run a safe and fair race. Please stay tuned for updates on snow conditions as we get closer to the race date. Information will be published on the event and CCA websites.

**How to Register and Enter the race**

- Entries will only be accepted as on-line registration through the Zone 4 website at [www.zone4.ca](http://www.zone4.ca) after November 1st, 2016.
- The Zone 4 website provides the opportunity for participants to confirm that their entry has been received.
- Payment must be made at the time of registration. Zone 4 only supports VISA and MasterCard.
- You are responsible for the accuracy of your points on any points list used for seeding, so to avoid disappointment, confirm points with the sanctioning body in advance of the deadlines.

**Note – Trail Passes:**

- All participants, (including racers, coaches, parent, volunteers) will be required to have a Canmore Nordic Center Pass. **If you are on skis**, at any time at the Canmore Nordic Centre **you must have a trail pass**. The fine for skiing without a pass is \$172.00.
- During the registration process, participants will be prompted to enter their season's pass number or purchase a day ticket at the discounted rate of \$7.50. Participants will not be able to complete registration without completing these steps.
- Additional discounted passes may be purchased for participants through registration and can be picked up in the race office
- A trail pass is also required for Official Training and must be purchased from the Nordic Centre ticket office.

**Note for Coaches and Clubs:**

- The ability to register a coach exists in Zone 4. **Coaches are encouraged to register** so that that Organizers can have an up to date contact list to distribute event communications.

**Eligibility and Licenses:**

Competitors in the Juvenile and older categories must have a CCC Racing License, FIS Racing License, Foreign National License, or a **CCC Supporting Member Day License (SMDL)**. **A SMDL must be purchased online while registering at Zone4.**

**Race Entry Fees:**

Midget & younger	\$20.00/per race
Juvenile/Junior B/G, Para Nordic	\$40.00/per race
Open (Junior M/W, Seniors, Masters)	\$50.00/per race
Supporting Member Day License	\$5.00

There will be a \$60 replacement fee for any Transponders not returned to Zone4.

**Race Entry Deadline:**

**Wednesday Nov 23rd, 2016 – 11:00 pm MT**

**Technical Information:**[Alberta Cup Tech Package:](#)**Seeding and Points:**

Category	First Priority	Second Priority
Juvenile & Older	CPL Points	Random Draw
Midgets	Alberta Cup Points	Random Draw
Mini Midgets & Younger	Random Draw	

**Notes on Seeding:**

- A seeding list will be published on Zone 4 after registration closes.
- Adjustments due to errors in points will be accepted up to the seeding list deadline.
- After the seeding list deadline, the Start lists for **both** races will be produced from the seeding list.
- No seeding consideration will be given for adjustments after the seeding deadline

**SEEDING LIST DEADLINE: THURSDAY Nov 24th, 2016 11:00 pm MT****Age Categories:**

<b>Age Categories for Races</b>	
Category	Year of Birth
Atom's	2009 or younger
Pee-Wee's	2008 & 2007
Mini Midget/Bantam	2006 & 2005
Midget Boy/Girl	2004 & 2003
Juvenile Boy/Girl	2002 & 2001
Junior Boy/Girl	2000 & 1999
* Junior Man/Woman	1998 & 1997
U23	1996, 1995, 1994
* Senior Man/Woman	1994 and older
Age at Dec 31, 2016	
Master 1-2	Age 30 - 39
Master 3-4	Age 40 - 49
Master 5-6	Age 50 - 59
Master 7	Age 60+
Para Nordic	No Age limit
* = Open Category	

**Race Distances:**

- Due to early season conditions, all distances, courses and formats are subject to change.
- Start lists for both races will be provided at the Friday Team Captain meeting.

**Saturday November 26<sup>th</sup> Interval Start - Free Technique**

Earliest Start	Category	Men	Women
1:00 pm	Atom	1 km	1 km
1:00 pm	Pee Wee	2 km	2 km
1:00 pm	Mini Midget	2 km	2 km
1:00 pm	Midget	2.5 km	2.5 km
9:00 am	Juvenile	5 km	5 km
9:00 am	Junior Boy / Girl	7.5 km	5 km
9:00 am	Junior Man/ Women	10 km	5 km
9:00 am	Open	10 km	10 km
9:00 am	Masters	10 km	10 km
TBD	Para Standing	5 km	5 km
TBD	Para Sit	3 km	3 km

**Sunday November 27<sup>th</sup> Mass Start - Classic Technique**

Earliest Start	Category	Men	Women
1:00 pm	Atom	1 km	1 km
1:00 pm	Pee Wee	2 km	2 km
1:00 pm	Mini Midget	2 km	2 km
1:00 pm	Midget	2.5 km	2.5 km
9:00 am	Juvenile	5 km	5 km
9:00 am	Junior Boy / Girl	7.5 km	5 km
9:00 am	Junior Man/ Women	10 km	5 km
9:00 am	Open	10 km	10 km
9:00 am	Masters	10 km	10 km
TBD	Para Standing	5 km	5 km
TBD	Para Sit	3 km	3 km

**Awards:**

- Awards will be presented for the morning competitions at mid-day.
- Awards will be presented for the afternoon competitions as soon as possible after the end of the competitions.
- Results will be broken down by age category. All skiers will be eligible for their category specific awards.
- All Junior and Senior racers will be automatically included in the Open category for the purposes of awarding prize money in all common race distances