

Kootenay Cup



Teck

Teck Kootenay Cup #6: Sunday, February 11th, 2018 Mass Start Classic Technique



Host Club: Nelson Nordic Ski Club

Event Website: www.nelsonnordicski.ca

Date: Sunday, February 11th, 2017

Start Times:

Bunnies	10:05 a.m.
Atoms	10:20 a.m.
PeeWees	10:30 a.m. Progressively older age groups to follow in sequence.

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 main parking lot, and park any extra vehicles in Busk parking lot 700m south of main parking lot on Hwy 6.

Rules: Cross Country Canada rules and regulations

Race Organizing Committee:

Chief of Race:	Lauren Heckley	(403) 679-8530
	& Jacob MacMillan	(226) 203-7080
Race Secretary:	Kim Poole	klpoole@shaw.ca (250) 825-4063
Chief of Timing:	Leo DeGroot	
Chief of Course:	George Edney	

Teck Kootenay Cup #6 – 10:00 a.m., Sunday, February 11th, 2018

Mass Start Classic Technique

Category	Age*	Year of Birth	Distance	Race Fee
Bunnies	4 & under	2013 or later	0.4 km	\$5**
Atoms	5-7	2010, 2011, 2012	0.8 km	\$10**
Peeweews	8-9	2008-2009	1 km	\$10**
Bantams	10-11	2006-2007	2 km	\$10
Midgets	12-13	2004-2005	3 km	\$10
Juveniles	14-15	2002-2003	5 km	\$20
Junior Girls	16-17	2000-2001	7.5 km	\$20
Junior Boys	16-17	2000-2001	11 km	\$20
Junior M/W	18-19	1998-1999	11 km	\$20
Open M/W	20-29	1988-1997	11 km	\$20
Masters A	30-49	1968-1987	11 km	\$20
Masters B	50+	1967 & earlier	11 km	\$20
Recreational	18+	1999 & earlier	7.5 km	\$20

* as of Dec. 31st, 2017

** free for NNSC Bunnies and Jackrabbits with password (ask Jacob MacMillan)

Registration Deadline: **11:00 p.m. (PST) on Friday, February 9th**
Please note, there will be **no registration on race day.**

How to Enter: Registration and fee payment are online at www.zone4.ca/
Click on Teck Kootenay Cup #6 to register.
Fees are payable by credit card only. Prices do not include Zone4 processing fees.

Racers and coaches must check the confirmation list on Zone4 (www.zone4.ca/) as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the Race Secretary (klpoole@shaw.ca) before 10 a.m. on Saturday, Feb. 10th if there are any corrections required.

Event Waiver: The Event Participation Waiver is completed as part of the online registration.

Race Fees: Race fees are provided in the category and distance chart above. Payment must be made on-line. Credit cards only. Race fees will include a lunch buffet and hot drinks.

Licenses: No race license is required.

Start Lists/Maps: Start lists and maps will be posted race day at 9 a.m. on the board outside the Nelson Nordic warming hut. Maps will also be posted on www.nelsonnordicski.ca by Feb. 1st.

Depending upon the level of participation, categories may be combined.

Skiers are responsible for knowing their course prior to the race.

Bib Pickup: Bib pickup at the Nelson Nordic warming hut by 9:30 a.m. Feb 11th.

Food: A free lunch buffet and hot drinks will be provided at the warming hut after the race (for racing participants only). Racers and two coaches will receive a ticket with their bib for their lunch. All race volunteers will receive a ticket for a free lunch. **There are no options to buy food or beverages at the warming hut, so bring enough food and water for the day.** Please bring a cup or bowl and spoon to reduce waste.

Facilities: There is a warming hut and first aid kit near the course start. Outhouses are located nearby. No indoor waxing facilities are available at the race site.

Trail Passes: Race entry fees include use of trails for the day of the race. 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.

Warm-up/Wax Testing: The race courses will be clearly marked and marshalled. The race course will be open for inspection 8:30 – 9:30 a.m. Feb 11. No wax testing allowed on the course during the various races.

Waxing: Uncovered, outdoor waxing is available, with several plug-ins available. Teams are welcome to set up their own tents for waxing.

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). The recommended glide waxing protocol is as follows:

- 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
- Structure tools ARE permitted

The adherence to this protocol is self-governed and is the responsibility of the athlete, coaches, parents and wax technicians

Awards: Awards will be presented outside the Nelson Nordic warming hut following the races. Bunny and Atom awards will be given directly after their races. Draw prizes will also be available.

Cancellation Policy: 50% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Feb. 7th. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. Under circumstances of event cancellation, the Host club will refund 50% of race fees. ZONE4 online booking fees are non-refundable.

Other Racing Opportunities: The Nelson Nordic Ski Club and Gerick Cycle and Ski are presenting the *Clearwater Challenge Hill Race* on Saturday, Feb 10th, 2017 from 11:00 a.m. to 1:00 p.m. Register the day of. For more information please visit <http://gericks.com>, or www.nelsonnordicski.ca

