

Kootenay Cup



Teck

Race Notice

TECK KOOTENAY CUP #5 & #6

March 7 – 8, 2026



Host Club:	Castlegar Nordic Ski Club (CNSC)
Event Website:	www.castlegarnordic.ca
Race Events: Competitors can choose one or both days of competition	Teck Kootenay Cup #5 Saturday March 7, 2026 10:00am Individual Sprints. (Kings Court Format) Free Technique Teck Kootenay Cup #6 Sunday March 8, 2026 10:00am Interval Start. Classic Technique
Rules:	Nordiq Canada - Canadian Competition Rules (CCR)
Technical Guidelines:	Teck Kootenay Cup Series Technical Guidelines
Title Sponsor:	Teck Resources Limited
Race Entry Deadline:	11:59 PM (PST) Wednesday, March 5, 2026 There will be no registrations on race days.

Event website: <http://www.castlegarnordic.ca/kootenay-cup>

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Race Organizing Committee:	Chief of Competition: Rolf Hartman Chief of Course: Rolf Hartman/Simon Cretien Chief of Stadium: Simon Cretien Chief of Timing: Mary Lusty Competition Secretary: Chris Hiebert
Race Location:	Paulson Cross Country Ski Trails: Mud Lake Trailhead and Viking Centre Lodge Located 32km West of Castlegar on Hwy 3A. From Rossland travel north on HWY 3B and turn left at Nancy Greene Junction travel 5km to Mud Lake Trailhead. Please Note: there is No Cellular Service, Electricity or running water at the Paulson Cross Country Ski Trails
Race Registration:	All fee payment is online at www.zone4.ca Racers and coaches must check the confirmation list on Zone4 as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the competition secretary (cnsccordinator@gmail.com) before noon on Thursday, March 5th if there are any corrections required.
Race Fees:	Please see chart below for list of race fees. Zone4, license fee and GST will be additional to race fees. Race fees include full use of trails on race days only. All payments to be made online.
Licenses:	All participants are now required to have a Tier 3 event license as Directed by Nordiq Canada. This Tier 3 Event license will be issued to the participants by the host club under direction by Nordiq Canada.
Event Waiver:	The participation waiver will be completed online through your registration at zone4.ca

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Start Lists:	Start lists will be posted on both Friday, March 6th (Free Technique) and Saturday, March 7th (Classic Technique) by 11:00am. Courses will have signage posted as well. Skiers are responsible for knowing their race course.
Course Maps:	Course maps for both days of competition will be available on our race website castlegarnordic.ca/kootenay-cup and will be posted at the venue on both days of competition.
Bib Pickup:	Team and individual bib pickup 8:30am to 9:15am on both days of competition at the Viking Centre.
Food and Drinks:	Post race drink and snack will be offered to racers at the finish line. Baked goods and hot drinks will be available for purchase during the event in the Viking Centre. Fresh-made Sandwiches with vegetarian and gluten-free options will be available on Saturday and Sunday for prepurchase through Zone 4, \$10. There is NO running water on site. Bring enough water for the day.
Trail/Snow Conditions:	See the CNSC website for up-to-date grooming reports and trail conditions
Facilities:	The Viking Centre at the trailhead is available as a limited warm up space. Outhouses are available on site. Teams are welcome to set up pop up tents in designated areas for gear storage and waxing.
Parking:	Parking is limited. Please consider car pooling. Vehicles may be left in the large parking lot between the A&W and Sandman Hotel (1944 Columbia Ave).
Waxing :	All coaches, racers, parents and wax technicians are requested to abide by the self-governed waxing protocols as laid out by CCBC 2025-2026

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	<p>Wax protocols: https://www.crosscountrybc.ca/ccbc-wax-protocol-0</p> <p>On both days of competition there will be a designated spot next to the trailhead for teams to set up their waxing stations.</p> <p>Fluorinated waxes of any kind are prohibited. Courses will be open 8:30am to 9:45am for inspection and wax testing.</p>
Accommodation:	<p>The Sandman Hotel in Castlegar (1944 Columbia Ave) is offering preferred rates on March 6 & 7. Bookings must be made in advance. Preferred rates are: Standard room, 2 double beds: \$127.00 Standard room, 1 queen bed: \$127.00 Standard room, 1 king bed: \$135.00</p> <p>Reservations may be made via: Email: res_castlegar@sandman.ca Phone: Central Reservations 1-800-726-3626 / 1-800-SANDMAN or Hotel Direct 250 365 8444 ext. 0 In order to receive the correct rates, callers must reference SANDMAN HOTEL CASTLEGAR – BLOCK ID: 622537. Online Booking link here</p>
Awards:	<p>Awards will be presented on both days of competition beside the stadium area directly below the Viking Centre. Award times can be found below in the provided schedules.</p>
Volunteering:	<p>You can sign up to volunteer using the online sign up form found here, by contacting our Race Secretary at cnsc.coordinator@gmail.com or by clicking on our volunteer tab at castlegarnordic.ca to see a list of positions. Sign up Now!</p>

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Team Aggregate Awards:	Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race. The winner of the Club Aggregate Award will be the club with the most points. The Club Aggregate Award will be presented immediately after the final race of the season has been completed. Points are calculated for Kootenay region skiers only.
Cancellation	If the event is cancelled due to weather or other conditions 50% of race fees will be refunded. The host club is not responsible for any costs incurred as a result of the cancellation of this event.

We would like to thank our local sponsors for their continuing support of nordic skiing at Castlegar Nordic Ski Club. We also thank our staff and many volunteers for helping to make this event possible. And we also thank the Troll.

Competition Schedule

Start times are subject to change

Event website: <http://www.castlegarnordic.ca/kootenay-cup>

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Day 1 Sat March 7th, 2026 Teck Kootenay Cup #5

Individual Sprints, (Kings Court Format), Free Technique

Category	Age	Year of Birth	Distance	Fee	Awards
U6/Bunnies	4-5	2020-2021	50m	\$5	Teck ribbons for all participants
U8	6-7	2018-2019	150m	\$10	Teck ribbons for all participants
U10	8-9	2016-2017	200m	\$10	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U12	10-11	2014-2015	300m	\$15	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U14	12-13	2012-2013	450m	\$15	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U16	14-15	2010-2011	750m	\$20	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U18	16-17	2008-2009	1000m	\$20	Local Chocolate
U20	18-19	2006-2007	1000m	\$20	Local Chocolate
Senior	20-29		1000m	\$25	Local Chocolate
Masters	30-60+		1000m	\$25	Local Chocolate

Day 2 Sunday March 8th, 2026 Teck Kootenay Cup #6

Interval Start Classic Technique

Event website: <http://www.castlegamordic.ca/kootenay-cup>

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Category	Age	Year of Birth	Distance	Fee	Awards
U6/Bunnies	4-5	2020-2021	250m	\$5	Teck ribbons for all participants
U8	6-7	2018-2019	1km	\$10	Teck ribbons for all participants
U10	8-9	2016-2017	2km	\$10	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U12	10-11	2014-2015	3km	\$15	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U14	12-13	2012-2013	5km	\$15	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U16	14-15	2010-2011	7.5km	\$20	Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
U18	16-17	2008-2009	10km	\$20	Local Chocolate
U20	18-19	2006-2007	10km	\$20	Local Chocolate
Senior	20-29	1996 - 2005	10km	\$25	Local Chocolate
Masters	30-60+	1995 & earlier	10km	\$25	Local Chocolate
Recreational		2005 & earlier	10km	\$25	Local Chocolate

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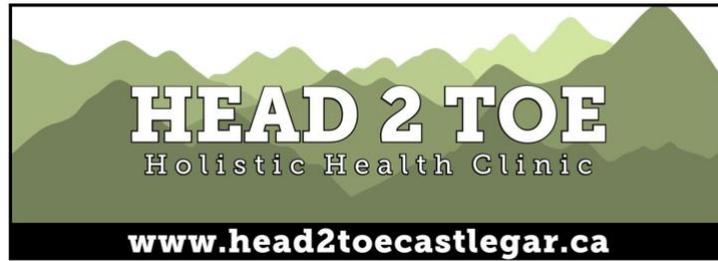
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Kootenay Cup



Cross Country BC

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