

“Canmore Nordic Kickstart”

AB Cup #1 & #2

Canada Winter Games Trials (Alberta)

Nov 29 & 30, 2014

Race Notice

Host Club: Canmore Nordic Ski Club www.canmorenordic.com

Location: Canmore Nordic Centre Provincial Park Canmore, Alberta
www.Kananaskis-Country.ca

Format*: **Saturday, Nov 29 – AB Cup #1** Sprint - Classic technique
Sunday, Nov 30 – AB Cup #2 Distance - Free technique, interval start
*Subject to change or alteration based on course availability

Rules & Sanctions: CCC Rules & Regulations, Cross Country Alberta

Competition Jury: Chief of Competition - Andrew Hicks
Technical delegate - Terry Protz
CCA Race Director - Mike Neary

Race Office: Competition Secretary – TBA
Email – competitionsecretary@canmorenordic.com
Office Location – Nordic Centre Daylodge
Race Office Schedule: Friday Nov 28th : 10:00am – 5:00pm
Saturday Nov 29th : 7:30am – 4:00pm
Sunday Nov 30th : 7:30am – finish of racing

Course Maps: Will be available on the event website, www.canmorenordic.com and in the Race Office.

Canada Winter Games Trials: AB Cup 1&2 will be considered as qualifiers for the 2015 Canada Winter Games. CCA is planning a 3rd race on Dec 1st – please check the CCA website for details.

Saturday Nov 29th Classic Sprint

- All Alberta athletes wanting to be considered for CWG Selection need to register in the Alberta Canada Winter Games Category M/W
- Alberta Winter Games Category M/W is for athletes born in 1992 and later
- Athletes registered in the Alberta Canada Winter Games Categories M/W will be competing in a separate set of heats.

Sunday Nov 30th Free Interval

- Categories (JB/JM/SM; JG/JW/SW) will be seeded together using CPL points and race a common distance.
- CWG Games selection will be based on results in the combined category.
- Results will be separated into their respective categories for day awards and for AST Selection Criteria



Licenses: All competitors in Juvenile category and older must have a CCC or FIS license. A CCC supporting member license (day license) may be purchased during the online registration for a fee of \$5.00/day for competitors in Juvenile and up who do not have a race license. **Please note: Midget category and younger competitors must be a member of a CCC registered club, but do not require a license.**

Informed Consent: All racers must acknowledge the informed consent form. When registering in Zone4 please complete for each racer that is being registered.

Trail Passes: Athletes are covered while racing. Outside of this time, all athletes and coaches on skis MUST have a trail pass or seasons pass. Passes are available at the race office at a competitor rate of \$5/day. The penalty for skiing without a pass is \$172.00, enforced by Parks staff.

Race Entry Deadline: Wednesday Nov 26, 2014 – 11:00pm Mountain Time. Late entries will not be accepted.

How to Enter: Entries will only be accepted as on-line registration through the Zone 4 website at <http://www.zone4.ca> after Nov 6, 2014. The Zone 4 website provides the opportunity for participants to confirm that their entry has been received. Please note: Zone 4 only supports VISA and Mastercard. Payment must be made at the time of registration.

Race Entry Fees: Races are individually priced.

Jackrabbits	
(Atom, Peewee, Mini-midgets)	\$ 20.00
Midget – Juvenile	\$ 35.00
Sport Category	\$ 35.00
Junior, Senior, Masters, Para Nordic	\$ 40.00
Supporting Member Day License	\$ 5.00

Age Categories for Races (Age as of December 31, 2015)

Category	Yr of Birth
Atoms	2007 & later
Peewees	2005 – 2006
Mini-Midgets	2003 – 2004
Midgets	2001 – 2002
Juveniles	1999 – 2000
Jr Boys/Girls	1997 – 1998
Jr Males/Females	1995 – 1996
Sr Men/Women	1985 – 1994
Masters 1&2	1975 – 1984
Masters 3&4	1965 – 1974
Masters 5&6	1955 – 1964
Masters 7&8	1945 – 1954
Masters 9	1944 and earlier
Sport Category*	Any age
Para Nordic Sit Ski	
Para Nordic Standing	
For Saturday race – Alberta Canada Winter Games Categories M/W 1992 & Later	



* Sport Category has been implemented by CCA to introduce Novice and Recreational Skiers to fun racing. Sport category courses are shorter.

Seeding:

Seeding will be done in accordance to the CCA Technical package for AB Cups

Race Format:

Friday Nov 28th Training Day - Course open 10:00am -3:00pm

Saturday Nov 29th Sprint Classic (Masters Distance Classic Mass Start)

Category	Distance (m)	
	Men	Women
Atoms	150	150
Peewee	150	150
Mini Midget	150	150
Midget	500	500
Juvenile	500	500
Junior B/G	1000	1000
Junior M/W	1000	1000
Senior M/W	1000	1000
Masters M/W	6km	6km
Sport M/W	3km	3km
Para Nordic Sit	2.5km	2.5km
PN Standing	2.5km	2.5km

King's Court format will be used for Atoms, Peewees and Mini-Midgets for the sprint races. Every skier in these categories will not ski a qualifier but will ski a minimum of three heats.

** Final courses and distances TBA – this race will be used for CWG Selections.

Sunday Nov 30th Distance - Interval Start Free Technique

Category	Distance (km)	
	Men	Women
Atoms	.8	.8
Peewee	1.0	1.0
Mini Midget	2.0	2.0
Midget	2.0	2.0
Juvenile	4.0	4.0
Junior B/G	10.5	7.0
Junior M/W	10.5	7.0
Senior M/W	10.5	7.0
Masters M/W	6.0	6.0
Sport	3.0	3.0
PN Sit	5.0	5.0
PN Standing	5.0	5.0

*Final Courses and distances subject to change

Team Rooms: If wax room is required, please email competitionsecretary@canmorenordic.com Please check in at the race office to obtain key - \$60.00 deposit is required (cash or cheque). Lost keys will result in a \$400.00 rekeying charge.

Accommodation: Some suggestions:



Rocky Mountain Ski Lodge – 403 678 5445 <http://www.rockyski.ca>
Paintbox Lodge <http://www.paintboxlodge.com/>

Cancellation: In the event that weather conditions require cancellation of the events, cancellation will follow the Alberta Cup Technical Package protocol. For cancellation notices please check <http://www.canmorenordic.com>

Event Schedule: (All start times are subject to change)

Friday, Nov 28th: 10:00am to 3:00pm - Courses open for Training
10:00am to 5:00pm - Race Office Open – CNC Daylodge
7:00pm to 8:00pm - Team Captains Meeting, CNC Daylodge

Saturday, Nov 29th: **AB Cup #1** Sprint – Classic technique
7:30am - Bib pick up - Race office
*Approx Times - racers have responsibility for checking posted schedules on race day.
9:00am - Qualifying Starts
10:15am – Master & Sport Distance Start
11:00 - Kings Court Format
12:15 - Heats Start
7:00pm -Team Captains Meeting, CNC Daylodge
8:00pm – CCA Coaches Comm Mtg, CNC Daylodge

Sunday, Nov 30th: **AB Cup #2** Distance – Free technique, interval start
7:30 am - Bib pick up – Race office
9:00am – Racing starts

Awards

Awards are top 6 for the Atom to Juvenile and top 3 for the Junior and above as soon as possible following each race.

