



Race Notice

TECK KOOTENAY CUP #3 &4 JANUARY 18TH – 19TH, 2014

RACE EVENTS:

Teck Kootenay Cup #3: Sat., Jan. 18th, 1:00 PM
Mass start (by age groups)
Free technique race, distances to 20 km.

Teck Kootenay Cup #4: Sun., Jan. 19th, 11:00 AM
Relay race, 3 person teams
Classic technique event, distances to 7.5 km.

Competitors can participate in one or both events

RACE LOCATION:

KIMBERLEY NORDIC CLUB
840 North Star Drive, Kimberley BC
4.5 km. from downtown Kimberley

HOST CLUB:

KIMBERLEY NORDIC CLUB
www.kimberleynordic.org

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

**RACE ORGANIZING
COMMITTEE**

Race committee co-chairs:	Bill Green
Chiefs of course	Wayne Gilbert and Randy Moody
Chiefs of Timing	Corrinne DeZoete
Chief of Stadium	Lars Sander-Green
Competition Secretary	Bill Green

Chiefs of Promotion	wggreen6@gmail.com
Chief of Start/Finish	Gail Rousseau and Randy Moody
Chief of Athlete Services	Lars Sander-Green
Chief of Computer Ops	Ali Wilson
Chief of marshalls	Jeannie MacDonald
	Marg Bibby

COMPETITION SCHEDULE

DAY 1 COMPETITIONS Jan. 18th, 2014

Free technique (skate) distance race, mass start by ages
Start times: 1:00 to 1:40 PM, youngest categories first

Category	Sub Categories/ Year of Birth	Distance
Atoms	Girls and boys, YOB2006, 2007, 2008	1 km.
Peewees	Girls and boys, YOB 2004 & 2005	1.5 km.
Bantams	Girls and boys, YOB 2002 & 2003	3 km. (2 x 1.5 km.)
Midgets	Girls and boys, YOB 2000 & 2001	4 km.
Juveniles & junior boys and girls**	Males and females, YOB 1996 - 1999	7.5 km.
Junior, open and master men and women,	Males and females, YOB 1995 and earlier	20 km.
Recreational men and women	Males and females, YOB 1995 and earlier	10 km.

** only first year juvenile boys and girls eligible for Teck/CCBC medals

DAY 2 COMPETITIONS Jan. 19th, 2014

3 person distance relay, classic technique

Race Starts at 11:00 am

Category	Sub Categories/ Year of Birth	Distance
Atoms & year 1 peewees	Boys and girls (mixed teams) YOB 2005 and later	500 m.
Year 2 peewees and bantams	Boys and girls (mixed teams) YOB 2002 - 2004	2.0 km.
Midgets and year 1 juveniles	Boys and girls (mixed teams) YOB 1999 – 2001	3.5 km.
Year 2 juvenile, juniors and open/master	Female teams & male teams Females can join male teams YOB 1998 and older	7.5 km.

- RACE REGISTRATION:** Registration and fee payment is ON-LINE only at www.zone4.ca.
- If you experience any difficulties registering on-line please contact the Race Secretary.
- 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 (wgreen6@gmail.com) before 12 noon on Friday, Feb. 15th if there are any corrections required.
- Email wgreen6+relay@gmail.com with the subject "3X relay race" after registering (or any time before the registration deadline) to let us know how your teams will be made up.
- RACE ENTRY DEADLINE** The entry deadline for all races is:
Thursday, Jan. 16th 11:00 PM (MST)
- RACE FEES:** \$10 (plus HST and zone4 fees) per race for atoms, peewees, midgets and juveniles
\$20 (plus HST and zone4 fees) per race for all other age categories
Payment must be made on-line. Credit cards only.
\$5. Late fee in addition to above prices for race entries after the 11:00 PM Thursday, Jan. 16th deadline.
- LICENSES:** No race license is required. Racers must be paid-up members of a Cross-Country Canada or US Ski Association registered club.
- WAIVER FORMS** Waivers must be accepted on line.
- START LISTS** Start times (by category) for each race will be posted at the race office and on-line by 9:00 PM on Friday, Jan. 17th (skate distance race) and on Saturday, Feb. 16th (classic distance relays).
- BIB PICKUP:** Saturday: 11:30 AM – 12:00 Noon, outside of lodge
Sunday: 9:30 AM – 10:00 AM, outside of lodge
The Race Office is located in the Kimberley Nordic Club main lodge
- AWARDS:** Awards for the Saturday and Sunday races will be presented approximately 30 min. after the last racer finishes on each day.
- FACILITIES** The day lodge is heated and has indoor washrooms. In addition there will be outhouses located close to the parking and stadium areas. Search and Rescue first aid attendants will be present on site.
- FOOD & DRINKS:** Drinks and food will be available in the day lodge to racers and volunteers after the first categories finish on both days.

WAXING: A waxing area is available between the day lodge and the small cabin, with many plug-ins available. The area is not under cover. Teams are welcome to set up their own tents for waxing. There is no waxing on the decks of the main day lodge.

SNOW AND TRAIL CONDITIONS Visit www.kimberleynordic.org and also www.skikimberley.com

COURSE MAPS: Course maps will be available on the KNC website www.kimberleynordic.org

TRAIL PASSES Race entry fees include full use of trails for the race days. Trail passes must be purchased at the trailhead kiosk for skiing on non-race days. Coaches will be given free day passes.

ACCOMMODATION Visit <http://www.kimberley.ca> or <http://www.tourismkimberley.com> for info. Inn West Kirkwood Inn is directly adjacent to the start/finish area <http://www.innwestkirkwood.com/>

SPONSORS: Teck