



Alberta Cup 1 & 2 – Season Opener November 24, 25 - Canmore, AB

Race Notice

Host Club

Canmore Nordic Ski Club
www.canmorenordic.com

Location

Canmore Nordic Centre Provincial Park
Canmore, Alberta
www.canmorenordiccentre.ca

Accommodation

Rocky Mountain Ski Lodge
www.rockyski.ca
1-800-665-6111

Sanction/Rules

Cross Country Alberta
Cross Country Canada

***Saturday & Sunday Distance races will be held on the Biathlon Trails.**

Friday, November 23

Official Training – 12:00pm – 4:00pm

Saturday, November 24 –Distance

Free Technique
Interval Start

Sunday, November 25 – Distance

Classic Technique
Interval Start

***Para Nordic will be accommodated**

Please note IMPORTANT DEADLINES; Start list for Saturday races will be published prior to the Friday Team captains meeting. Registration or seeding adjustments received after the listed deadline will not receive consideration.

**RACE REGISTRATION DEADLINE Wednesday Nov 21, 2018
2300 MT**

SEEDING LIST DEADLINE Friday November 23, 2018 1600 MT

Competition Jury

Chief of Competition – Jim Hendry
Technical Delegate – Mike Norton
Assistant TD – Milaine Theriault
CCA Race Director –

Race Office Hours :

Friday, Nov 23 – 12:00pm – 4:00pm
Saturday Nov 24 – 7:30am – 4:00pm
Sunday Nov 25 – 7:30am – 4:00pm

Race Office : Located at the Biathlon Building

Competition Secretary – Jeanie Godfrey
competitionsecretary@canmorenordic.com

[Weather Conditions](#); Trail Conditions
<https://www.albertaparks.ca/parks/kananaskis/canmore-nordic-centre/advisories-public-safety/trail-report/>

CCA Glide Waxing Protocol for All CATAGORIES

Cross Country Alberta requests that all coaches, athletes, wax technicians, and parents abide by a self-governed protocol while waxing skis for all athletes. This request applies to all local, regional and provincial events taking place in Alberta (e.g. club races, loppets, regional cup races, AB Cups, AB Youth Championships, and AB Winter Games). This request also applies to athletes traveling to Alberta from out-of-province or out-of-country. The recommended 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.

Eligibility and License

All Juvenile and older athletes require a licence to race at Provincial Sanctioned events Register at <https://zone4.ca/register/>

Seeding and Points

Seeding for Provincial events will be done using the following criteria:

Category	1 st Priority	2 nd Priority	3 rd Priority
Juvenile and Older	CPL Points	AB Cup Points (if not CPL points)	Random Draw (if no AB Cup Points)
Midgets	*2018/19 AB Cup Points	Random Draw	
Mini-Midgets or younger	Random Draw		

***AB Cup #1 will be Random Draw for Midgets as this is the first race to earn AB Cup Points**

Race Entry Fees

Mini Midget & younger	\$20.00/per race
Midget/Juvenile	\$35.00/per race
Open (Junior M/W,B/G, Para Seniors, Masters)	\$40.00/per race
Supporting Member Day License	\$5.00

No race day registration.

There will be a \$50 replacement fee for any Transponders not returned to Zone4.

Race Entry Deadline

Wednesday Nove 21 2018 – 11:00pm Mountain Time

How to Enter

Entries will only be accepted as on-line registration through the Zone 4 website at <https://zone4.ca/register/> after November 1st, 2018.

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.

NEW – All participants will be required to have a Canmore Nordic Center Pass. During registration process, participants will need to indicate they have a season's pass or purchase day tickets at the discounted rate of \$7.50. Participants will not be able to complete registration without completing these steps. The fine for skiing without a pass is \$172.00.

COACHES REGSITRATION REQUIRED (FREE) ALL COACHES MUST REGSITER TO BOOK WAX ROOMS AND TO FACILITATE COMMUNICATIONS DURING RACE WEEKEND.

Age Categories for Races	
Category	Year of Birth
Atom's	2011 or younger
Pee-Wee's	2010-2009
Mini Midget/Bantam	2008-2007
Midget Boy/Girl	2006 - 2005
Juvenile Boy/Girl	2004-2003
Junior Boy/Girl	2002 - 2001
* Junior Man/Woman	2000-1999
U23	1996, 1997, 1998
* Senior Man/Woman	1998 and older
	Age at Dec 31,2018
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	

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. Results will be broken down by age category. All skiers will be eligible for their category specific awards.

Awards

Awards will be presented to winners in each category as soon as possible following each race. Depending on the length of the day, a decision may be made to do two sets of awards.

Race Distances

Saturday November 24 - Skate Distances				
Category	Men	Laps	Women	Laps
Atom	1km	1 x 1km	1km	1 x 1km
Pee-Wee	2km	2 x 1km	2km	2 x 1km
Mini Midget	2km	2 x 1km	2km	2 x 1km
Midget	3km	1.5 x 2km	3km	1.5 x 2km
Juvenile	5km	2.5 x 2km	5km	2.5 x 2km
Junior B/G	9km	4.5 x 2km	5km	2.5 x 2km
Junior M/W	9km	4.5 x 2km	5km	2.5 x 2km
Open	9km	4.5 x 2km	5km	2.5 x 2km
Masters	9km	4.5 x 2km	9km	4.5 x 2km
Para Standing	5km	2.5 x 2km	5km	2.5 x 2km
Para Sit	3km	3 x 1km	3km	3 x 1km

Sunday November 25 - Classic Distances				
Category	Men	Laps	Women	Laps
Atom	1k	1 x 1km	1k	1 x 1km
Pee-Wee	2km	2 x 1km	2km	2 x 1km
Mini Midget	3km	1.5 x 2.5km	3km	1.5 x 2.5km
Midget	3km	1.5 x 2.5km	3km	1.5 x 2.5km
Juvenile	6km	2.5 x 2.5km	6km	2.5 x 2.5km
Junior B/G	8.5km	3.5 x 2.5km	8.5km	3.5 x 2.5km
Junior M/W	11K	4.5 x 2.5km	8.5km	3.5 x 2.5km
Open	11K	4.5 x 2.5km	8.5km	3.5 x 2.5km
Masters	11km	4.5 x 2.5km	11km	4.5 x 2.5km
Para Standing	6km	2.5 x 2.5km	6km	2 x 2.5km
Para Sit	4km	4 x 1 km	4km	4 x 1km

Team Captain Meeting November 23, 24 1900 Bill Warren Training Center

Team Rooms

****NEW**** If you wish to have a Wax Room, *please register for a room on Zone4 when you register as a Coach*.

Additional Information

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

Cancelation: This is an early season Albert 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.