



Alberta Cup 1 & 2 Season Opener December 18 and 19, 2021 - Canmore, Alberta

In order to participate in this Nordiq Alberta sanctioned event, all participants (coaches, athletes, officials, staff, support personnel, and volunteers) must register on Zone4 and verify that they meet Nordiq Alberta's COVID-19 Protocol requirements:

Participants born in 2009 and before must be fully immunized against COVID-19 as defined by Alberta Health or provide a negative PCR test taken within 72 hours prior to bib pick up on the first day of competition (7am onward Wednesday December 15 and submitted by Saturday December 18, 7am). Participants born in 2010 or later are not required to provide proof of vaccination nor a negative PCR test.

All participants, other than when racing, are required to wear a mask at all times indoors, and outdoors, if proper 2m distancing is not possible.

Details to upload required documents are provided on the registration link. All uploaded documents will be verified and deleted; however, participants must be prepared to provide proof of immunization or a negative PCR test at any point in this Nordiq Alberta sanctioned event.

Any documentation that is required to participate in this Nordiq Alberta sanctioned event must be authentic. If it is determined that any documentation submitted to participate in this Nordiq Alberta sanctioned event is deemed to be not authentic, the participant will be ineligible to take part in the event and further sanctions may be applied by Nordiq Alberta.

Participants are reminded that all Nordiq Alberta events do not allow harassment of any sort. Harassment may result in sanctions.

Host Club

Canmore Nordic Ski Club
www.canmorenordic.com

Location

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

Accommodation Canmore Lodging Co offers great deals to skiers! Visit canmorelodgingco.com
Choose **BOOK ONLINE**

Add Code: skipartner 1-800-563-8764
Book early to ensure the best availability and discounts are available.

Competition Jury

Chief of Competition – Jim Hendry
Technical Delegate – Bruce Stephen
Assistant TD – Tom Marr-Laing
Nordic Alberta Race Director – Ivan Babikov

Race Office Hours:

Friday December 17:	12:00pm -5:00pm
Saturday December 18:	7:30am - 4:00pm
Sunday December 19:	7:30am - 4:00pm

Competition Secretary – Jeanie Godfrey
competitionsecretary@canmorenordic.com

Race office is located in the biathlon building

Wax Rooms

Due to COVID-19 restrictions, wax room space will be limited. Only 1 team per wax room. Teams not requiring, or unable to secure a wax room, will be able to reserve outside space for waxing. No electricity will be provided. It is also prohibited to run any electrical cords from wax rooms to outside set-ups, and prohibited to use any available outdoor electrical outlets at the Nordic Centre. If you require electricity and are not in a wax room, **a generator will be required.**

Wax rooms will be prioritized to Alberta clubs first.

It is also prohibited to run any electrical cords from wax rooms to outside set-ups, and prohibited to use any available outdoor electrical outlets at the Nordic Centre. If you require electricity and are not in a wax room, **a generator will be required.**

Sanction/Rule

Nordic Canada
Nordic Alberta

Schedule & Format

Full schedule on page 6

There will not be any official training, courses will be marked Friday

Saturday, December 18 - Distance
Interval start – Free Technique

Sunday, December 19 - Distance
Mass Start – Classic technique

Register for a Wax Room - please register for a wax room on Zone 4 coach's registration.
Friday to Sunday: \$100

A deposit of \$400 is required prior to access to the wax room. This can be in the form of a cheque or exact cash to the race office. The deposit will be returned upon key being returned.

Once registration closes, you will be notified if your request for a wax room can be accommodated.

Register for Outside Space - please register for outside space on Zone 4 coach's registration. There is no charge for this space. Please abide by the restriction to electricity unless supplied by your own generator. The race secretary will notify you with where to set up outside waxing tents prior to event.

Nordiq Alberta Waxing Protocol

The 2021-22 detailed waxing guidelines and protocols can be found in Appendix B of the Nordiq Alberta Technical Package [HERE](#)

Eligibility and Licenses

All competitors skiing in U16, U18 and Open categories must have at least one of the following licenses:

- Nordiq Canada Racing License
- Nordiq Canada Associate License
- Nordiq Canada Supporting Day Member License (SDML) - charged automatically during registration if required

U14 category and younger do not require a license of any type.

Any athlete, of any age, from other Nordic disciplines including biathlon or Nordic Combined, that are not members of a Nordiq Alberta club, must have a valid Nordiq Canada or SDML to compete.

*Associate License for non-Canadian Skiers: For non-Canadian skiers, an Associate License may be obtained through Nordiq Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with Associate Licenses will be included in the Canada Point List calculation and used for seeding purposes. For more information, visit the Nordiq Canada website:

If you do not have a current FIS, Nordiq Canada, or Nordiq Canada Associate Member Licence and are registering in U16 or above categories, \$5 per day will be automatically added for a Supporting Member Day Licence (SMDL).

Please make sure you have renewed/purchased your licence(s) for this year.

Seeding

Seeding will be as per the Alberta Technical Package summarized below. Note that seeding by AB Cup points will only occur after the first AB Cup of the 2021/22 Season has occurred; therefore, seeding by AB Cup Points will only occur for AB Cup #2.

Category	1 st Priority	2 nd Priority	3 rd Priority
U16 and older	CPL Points	AB Cup points (if not CPL points)	Random Draw (if not AB Cup points)
U14	AB Cup points	Random Draw	
U12 and younger	Random Draw		

Race Entry Fees

U8, U10, U12	\$25.00 per race
U14, U16	\$40.00 per race
U18, Master, Para Nordic	\$45.00 per race
Open (U20, Senior)	
Supporting Member Day License	\$5.00

*A Late Fee of \$5 will be applied to any registration after December 10th, 2021, at 23:59.

Snow Enhancement Fee

A Snow Enhancement Fee of \$5 per competition day per U14 athlete and older and \$2.50 per competition day per U12 athlete and younger will be collected by the Host Club for events hosted at the Canmore Nordic Centre. A Snow Enhancement Fee of \$5 per event weekend per athlete for U14 and older and \$2.50 for U12 and younger will be collected by the Host Club for events hosted at all other Alberta venues. The Snow Enhancement Fee contributes to the snow making/storage program run by Nordiq Alberta in partnership with Winsport and other contributing funders and allows access to all members of NA and ensures guaranteed training and events can occur including the AB Cup Series.

Race Registration Deadline

Registration Opens:	Wednesday, December 1, 2021
Early Registration Closes:	Friday, December 10, 2021 11:59pm MST
Registration Closes:	Tuesday, December 14, 2021 – 11:59pm MST

No late registrations will be accepted after registration closes on Tuesday, December 14, 2021.

How to Enter

Entries will only be accepted as online registration through the Zone 4 website at www.zone4.ca

Confirmation Lists and Start Lists, as well as results, will be found at the same link.

Zone4 only supports VISA and MasterCard. Payment must be made at the time of registration.

All participants will be required to have a Canmore Nordic Center Pass. During the registration process, participants will be prompted to purchase a day ticket at the 50% discounted rate of \$7.50/day if they do not have a Canmore Nordic Centre Season Pass. The fine for skiing without a pass is \$172.00. Daily trail passes can be purchased on both the Athlete Registration Page and the Coach Registration Page.

All participants parking at the Canmore Nordic Centre are required to have a Kananaskis Conservation Pass.

[HERE](#)

Protest and Appeals

The protest procedure is outlined in *Nordiq Canada Official Protest Form* that will include a \$100 Protest Fee. Refer to the attached link. [HERE](#)

Awards

Outdoor podium ceremonies. Masks suggested.

Individual awards:

U14 - Year of Birth medals for 1st, 2nd, and 3rd.

U16 - Year of Birth medals for 1st, 2nd, and 3rd.

U18 and Older – category medals for 1st, 2nd, and 3rd

Team Captains Meetings

December 17 and December 18 - 6pm via Zoom

Link will be sent to Coaches registered on Zone4.

*Start lists will be available on Zone4

Additional Information

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

There will be a \$50 replacement fee for any transponders not returned to the Race Office.

Cancellation

This is an early season Alberta Cup in the COVID-19 era and does run the risk of not having adequate snow or safe conditions. Please stay tuned for updates on snow conditions as we get closer to the race date. The Nordiq Alberta cancellation policy will be followed and can be found [HERE](#)

Race Distances

SATURDAY, DECEMBER 18, 2021

INTERVAL START, FREESTYLE TECHNIQUE

Category	Distance
U8 B/G	1km
U10 B/G	1km
U12 B/G	2.5km
U14 B/G	5km
U16 B/G	5km
U18 W	5km
U18 M	10km
U20 & Senior W	5km
U20 & Senior M	10km
Masters M/W	10km

SUNDAY, DECEMBER 19, 2021

MASS START, CLASSIC TECHNIQUE

Category	Distance
U8 B/G	1km
U10 B/G	1km
U12 B/G	2.5km
U14 B/G	5km
U16 G	7.5km
U16 B	10km
U18 W	10km
U18 M	10km
U20 & Senior W	10km
U20 & Senior M	12.5km
Masters M/W	10km

* Distances could change based on course availability

Daily Health Checklist

Participants must complete a COVID-19 symptom checklist prior to participating in this event each day of the event. If a participant answers **YES** to any of the health questions, they **must not participate** in this event.