



ALBERTA CUP 1&2 – SEASON OPENER

Race Notice

December 10-11, 2022

Canmore Nordic Ski Club

[V14]

SELECTION	<p>This competition is part of the AB Cup provincial race series. It also serves as a selection event for:</p> <ul style="list-style-type: none"> - Alberta Team - 2023 Canada Winter Games. Athletes trying out for this team must register in the U20 category. Criteria HERE - Alberta North Team - 2023 Arctic Winter Games. Athletes trying out for this team must register in one of the U14, U16, U18, or U20 categories. Criteria HERE - Alberta Ski Team (AST - criteria HERE) and Alberta Development Ski Team (ADST - criteria HERE) 	
COVID-19 POLICY	<p>All athletes, coaches, technicians, support staff, and spectators shall follow the rules and regulations of the Alberta Government.</p>	
RACE SCHEDULE (For more detail refer to the tables at end of the document)	Friday, December 9	Official Training, 12:00pm-4:00pm
	Saturday, December 10 - Start times to be announced later, most likely 1 st start at 9am	Classic Sprints : U16, U18, U20, Senior Classic Mass Start : U8, U10, U12, U14, Master (31 & older), Para Sit Ski, Para Standing, Sport Category
	Sunday, December 11 - Start times to be announced later, most likely 1 st start at 9am	Freestyle Interval Start: All categories
LOCATION	Canmore Nordic Centre	
HOST CLUB	Canmore Nordic Ski Club	
SANCTIONED BY	Nordiq Alberta (NA) Nordiq Canada (NC)	
RULES	Rules and Regulations: 2022 Int'l Competition Rules (ICR) Nordiq Alberta technical Package	

RACE ORGANIZING COMMITTEE	Chief of Competition	Mike Norton / Alain Parent	competitionchief@canmorenordic.com
	Competition Secretary	Jeanie Godfrey	competitionsecretary@canmorenordic.com
	Chief of Timing & Results	Warren Wilson	
	Chief of Stadium	Greg Manktelow	
	Chief of Course	Beckie Scott	
RACE JURY	Chief of Competition	Mike Norton / Alain Parent	
	Technical Delegate	Tom Marr-Laing	
	Assistant Technical Delegate	Bruce Stephen	
	Nordiq Alberta Race Director	Ivan Babikov	manager@nordiqalberta.ca
REGISTRATION	<p>Registration and fee payment is online at Zone4. Coaches MUST register on Zone4 (no fee). <i>Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.</i></p> <p>Racers and coaches must check the confirmation list on Zone4 as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the Competition Secretary (competitionsecretary@canmorenordic.com) before 9am MST on Wednesday, December 7 if corrections are required.</p>		
WAIVER FORMS	Waivers must be completed on Zone4 during registration.		
REGISTRATION DEADLINE	<p>Registration Opens: Thursday, November 17, 2022 Registration Closes: Sunday, December 4, 2022 – 11:59pm MST Late Registration Closes: Tuesday, December 6, 2022 – 11:59pm MST</p> <p>Athletes wanting to register after the Late Registration Deadline (by contacting the Race Secretary via email) will only be accepted at the discretion of the Chief of Competition, and if allowed, will incur an additional \$50 last minute entry fee per race (additional to the late entry fee). It is at the discretion of the Jury and OC if the last-minute athlete will be seeded.</p>		
CANCELLATION	<p>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</p>		
COMMUNICATION	<p>Any change in the event location or timing will be posted as early as it is known on the Canmore Nordic Ski Club website.</p> <p>A WhatsApp Coach/Jury group will be used to communicate relevant/live information. Link HERE</p>		
REFUND POLICY FROM NORDIQ ALBERTA	If an event is canceled, we will follow the Nordiq Alberta Refund Policy that can be found HERE		
START LISTS	Start Lists will be available on Zone4 at 3pm the day before each race.		

ALBERTA CUP CATEGORIES FOR 2022-23	Category	Age/Year of Birth
	U8 (B/G)	Age 7 and younger (2015 or younger)
	U10 (B/G)	Age 8 or 9 (2014, 2013)
	U12 (B/G)	Age 10 or 11 (2012, 2011)
	U14 (B/G)	Age 12 or 13 (2010, 2009)
	U16 (B/G)	Age 14 or 15 (2008, 2007)
	U18 (B/G)	Age 16 or 17 (2006, 2005)
	U20(M/W)	Age 18 or 19 (2004, 2003)
	Senior (M/W)*	Age 20+ (2002 and older)
	31 and Older I & II (M/W)	Age 30 to 39 (1983 to 1992)
	31 and Older III & IV (M/W)	Age 40 to 49 (1973 to 1982)
	31 and Older V & VI (M/W)	Age 50 to 59 (1963 to 1972)
	31 and Older VII + (M/W)	Age 60 and older (1962 and older)
	Para Nordic Sit Ski	No age restrictions
	Para Nordic Standing	No age restrictions
	Sport Category (Novice)	No age restrictions
	University Series	No age restrictions
	Each of the categories above have male and female sub-categories. The sport category has male, female, and non-binary options.	
	From Nordiq Alberta: “Sport Category Non-Binary is a category for Non-Binary athletes to participate in. This additional category has been introduced to align with Nordiq Alberta's Inclusion Policy. It allows gender diverse individuals to participate, making cross country skiing a more inclusive sport”	
RACE OFFICE	The event race office is in the Rundle Room at the Bill Warren Training Centre. Hours are as follows: <ul style="list-style-type: none"> - Friday, Dec 9 12:00 pm – 4:30 pm - Saturday, Dec 10 7:30 am – 4:00 pm - Sunday, Dec 11 7:30 am – 4:00 pm 	
BIB PICKUP	Bibs will be distributed to one club/team representative the morning of each race at the race office.	
TEAM CAPTAINS MEETINGS	Team Captains Meetings will be held in person at the Bill Warren Training Centre on the following days: <ul style="list-style-type: none"> - Friday December 9, 5:00pm - Saturday, December 10, 6:00pm 	

RACE DISTANCES	SATURDAY, DECEMBER 10, 2022 Mass Start, Classic Sprints, Classic (marked*)		SUNDAY, DECEMBER 11, 2022 Interval Start, Freestyle																																																								
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COURSES	This is an early season Alberta Cup. Courses that will be used for the competition will be released as early as possible, most likely the week prior to the event.																																																										
WARM UP/ WAX TESTING	Warm up, cool down, and wax testing during the competition are on trails not used for the races. Note that those trails are also open to the public. Race courses will close 5 minutes before the start of the competition. All skiers must be off the race course at that time.																																																										
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RACE FEES	U8, U10, U12 U14, U16 U18, Master (31 & older), Open (U20, Senior) Supporting Member Day Licence (SMDL) Late entry fee Last-minute entry fee		\$25.00 per race \$40.00 per race \$45.00 per race \$5.00 Additional \$10.00 per race from above fee Additional \$50.00 per race from late entry fee																																																								

<p>LICENCES</p>	<p>All competitors skiing in U14, U16, U18, U20, Senior, and Master (31 & older) categories must have at least one of the following licences:</p> <ul style="list-style-type: none"> - Nordiq Canada Racing Licence - Nordiq Canada Associate License - Nordiq Canada Supporting Member Day License (SMDL) - charged automatically during registration if required <p>U12 category and younger do not require a licence of any type, but a valid club membership.</p> <p>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 SMDL to compete.</p> <p>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:</p> <p>If you do not have a current FIS, Nordiq Canada, or Nordiq Canada Associate Member Licence and are registering in U14 or above categories, \$5 per day will be automatically added for a Supporting Member Day Licence (SMDL).</p> <p>Please make sure you have renewed/purchased your licence(s) for this year HERE prior to registering.</p>
<p>AWARDS</p>	<p>U8/U10 - Participation award for all racers. U12/U14/U16 - Year of Birth medals for 1st, 2nd, and 3rd for each gender U18, U20, senior, masters (31 and older) – category medals for 1st, 2nd, and 3rd for each gender</p>
<p>TRAIL PASSES</p>	<p>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.</p> <p>All participants parking at the Canmore Nordic Centre are required to have a Kananaskis Conservation Pass HERE</p>
<p>FIRST AID</p>	<p>First aid attendants will be available on site at the Start/Finish area.</p>
<p>FOOD & DRINKS</p>	<p>Drinks and snacks will be available to racers at the finish line. Food can be purchased at the cafeteria of the daylodge.</p>
<p>NORDIQ ALBERTA WAXING PROTOCOL</p>	<p>Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta. This also applies to coaches, athletes, wax technicians, and parents traveling to Alberta from out-of-province or out-of-country.</p> <p>Waxing protocol:</p> <ul style="list-style-type: none"> - Structure tools ARE permitted. - Non-fluoro (NF) waxes ARE permitted. - Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted at Alberta Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid). - Fluorinated Kick Wax IS permitted for all age categories at this time

<p>WAX ROOMS</p>	<p>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.</p> <p>Wax rooms will be prioritized to Alberta clubs first.</p> <p><u>Register for a Wax Room</u> - please register for a wax room on Zone 4 coach's registration. Friday to Sunday: \$100</p> <p><u>A deposit of \$400</u> 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.</p> <p>Once registration closes, you will be notified if your request for a wax room can be accommodated.</p> <p><u>Register for Outside Space</u> - 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 canopy tents prior to event.</p>
<p>TRAIL/SNOW CONDITIONS</p>	<p>See the Canmore Nordic Centre website for snow and trail conditions and webcam information.</p>
<p>WEATHER</p>	<p>Environment Canada HERE or SpotWx HERE</p>
<p>PARKING</p>	<p>Parking could be limited on competition days. We are asking coaches, athletes, and supporters to limit the number of vehicles by carpooling.</p>
<p>SNOW ENHANCEMENT FEE</p>	<p>A Snow Enhancement Fee of \$5 per competition day per for U14 athlete and older and \$2.50 per competition per day for U12 athlete and younger will be collected by the Host Club during the on-online registration process for events hosted at the Canmore Nordic Centre.</p> <p>The Snow Enhancement Fee contributes to the snow making/storage program run by Nordiq Canada with other contributing funders and allows access to all members of NA and ensures guaranteed training and events can occur including the AB Cup Series.</p>