



ALBERTA CUP 1&2 – SEASON OPENER

Youth Olympic Games Qualifier

Race Notice

December 9-10, 2023

Canmore Nordic Ski Club

Keep checking this [site](#) for updates prior to the race!

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| 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"> - Youth Olympic Games – Athletes trying out for this team must register in the U18 category. Criteria HERE - Alberta Winter Games Qualifier – Zone 2 and Zone 3 . Athletes trying out for this team must register in one of the U12, U14, U16 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 8 | Unofficial Training, 12:00pm-3:00pm |
| | Saturday, December 9 Races Start: 8:30 am Sit Ski Categories 9:00 am All other Categories | U12 and Older - Free Technique Sprints or Interval Start depending on snow and stadium used. Check back here for updates. U8-U10 Free Technique Obstacle Course |
| | Sunday, December 10 Races Start: 8:30 am Sit Ski Categories 9:00 am All other Categories | U12 and Older - Classic Mass Start U8-U10 - Classic Sprint Ladder |
| LOCATION | Canmore Nordic Centre (Biathlon or Cross Country Stadium TBD) | |
| HOST CLUB | Canmore Nordic Ski Club | |

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| VOLUNTEER | Volunteers are needed to run the races. If you have time, consider helping out. Link HERE . | | |
| SANCTIONED BY | Nordiq Alberta (NA) Nordiq Canada (NC) | | |
| RULES | Rules and Regulations: 2021 Int'l Competition Rules (ICR) Nordiq Alberta technical Package | | |
| RACE ORGANIZING COMMITTEE | Chief of Competition | Lisa Marr-Laing | competitionchief@canmorenordic.com |
| | Competition Secretary | Meghan Bryant | competitionsecretary@canmorenordic.com |
| | Chief of Timing & Results | Warren Wilson | |
| | Chief of Stadium | James Gunn | |
| | Chief of Course | Simon Robins | |
| | Chief of Start | Kyla Connor | |
| RACE JURY | Chief of Competition | Lisa Marr-Laing | |
| | Technical Delegate | Tom Marr-Laing | |
| | Assistant Technical Delegate | Milaine Theriault | |
| | 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 6 if corrections are required.</p> | | |
| WAIVER FORMS | Waivers must be completed on Zone4 during registration. | | |
| REGISTRATION DEADLINE | <p>Registration Opens: Friday, November 17, 2023 Early Registration Closes: Sunday, December 3, 2023 – 11:59pm MST Late Registration Closes: Tuesday, December 5, 2023 – 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 | 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 | | |
| 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> | | |
| NORDIQ ALBERTA REFUND POLICY | 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 2023-24 | Alberta Cup Categories 2023/2024 Season | | |
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| | Category | Age/Year of Birth | Code |
| | U8 (B/G) | Age 7 and younger (2016 or younger) | U8 |
| | U10 (B/G) | Age 8 or 9 (2015, 2014) | U10 |
| | U12 (B/G) | Age 10 or 11 (2013, 2012) | U12 |
| | U14 (B/G) | Age 12 or 13 (2011, 2010) | U14 |
| | U16 (B/G) | Age 14 or 15 (2009, 2008) | U16 |
| | U18 (B/G) | Age 16 or 17 (2007, 2006) | U18 |
| | U20(M/W) | Age 18 or 19 (2005, 2004) | U20 |
| | Senior (M/W)* | Age 20+ (2003 and older) | Senior |
| | Masters I & II (M/W) | Age 30 to 39 (1984 to 1993) | M12/W12 |
| | Masters III & IV (M/W) | Age 40 to 49 (1974 to 1983) | M34/W34 |
| | Masters V & VI (M/W) | Age 50 to 59 (1964 to 1973) | M56/W56 |
| | Masters VII + (M/W) | Age 60 and older (1963 and older) | M7+/W7+ |
| | Para Nordic Sit Ski | No age restrictions | |
| | Para Nordic Standing | No age restrictions | |
| | Recreation | No age restrictions | RM/RW/RNB* |
| University Series | No age restrictions | | |
| <p>* U23 (M/W) is a subcategory of Senior</p> <p>*(M/W) Additional notes: Open Categories are created by combining U20 M/W with Senior (M/W) to increase the competitive field. Categories start and race together, but the results are split into original categories.</p> <p>*RNB is a category for Non-Binary individuals to participate. This additional category has been introduced to allow gender diverse individuals to participate making cross country skiing a more inclusive sport.</p> | | | |
| RACE OFFICE | <p>The event race office is in the Rundle Room at the Bill Warren Training Centre. Hours are as follows:</p> <ul style="list-style-type: none"> - Friday, Dec 8 12:00 pm – 4:30 pm - Saturday, Dec 9 7:30 am – 4:00 pm - Sunday, Dec 10 7:30 am – 4:00 pm | | |
| BIB PICKUP | <p>Bibs will be distributed to one club/team representative the morning of each race at the race office.</p> | | |
| TEAM CAPTAINS MEETINGS | <p>Team Captains Meetings will be held on Zoom on the following days. Meeting link will be sent to registered coaches:</p> <ul style="list-style-type: none"> - Friday December 8, 7:00pm - Saturday, December 9, 6:00pm | | |

**RACE FORMATS
PLANS A & B
As of Nov 16/23**

Snow conditions will determine which stadium and courses we can use. We will give as much advance notice as possible of the event schedule chosen.

Check back to this notice often for updates. Final Course/Stadium will be posted December 2, 2023.

| AB Cup 1 & 2 2023 - Canmore Race Events | | | |
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| Youth Olympic Games Trials - U18 | | | |
| Proposed Plan A - Cross-Country Ski Trails & Stadium | | | |
| Saturday, December 9, 2023 | | Sunday, December 10, 2023 | |
| Sprint Free Technique | | Classic Mass Start Distance | |
| U8 (B/G) | obstacle course | U8 (B/G) | 100m sprint ladder |
| U10 (B/G) | obstacle course | U10 (B/G) | 100m sprint ladder |
| U12 (B/G) | 300m | U12 (B/G) | 1.6km |
| U14 (B/G) | 300m | U14 (B/G) | 4.0km |
| U16 (B/G) | 800m | U16 (B/G) | 5.0km |
| U18 (B/G) | 1.0km | U18 (B/G) | 7.5km |
| U20, U23, University & Senior (M/W) | 1.0km | U20, U23, Univ & Senior (M/W) | 7.5km |
| Masters I - VI (M/W) | 6.0km IS | Masters I - VI (M/W) | 6.0km |
| Para Nordic Sit Ski | 2.0km IS | Para Nordic Sit Ski | 3.0km |
| Para Nordic Standing | with age category | Para Nordic Standing | with age category |
| Recreation (M/W/Non-Binary) | 1.0km | Recreation (M/W/Non-Binary) | 1.6km |
| Distance and course may change based on course availability and conditions. | | | |
| Proposed Plan B - Frozen Thunder Biathlon Stadium | | | |
| Saturday, December 9, 2023 | | Sunday, December 10, 2023 | |
| Interval Start (IS) Free Technique and U18 Sprint FT | | Classic Mass Start Distance | |
| U8 (B/G) | obstacle course | U8 (B/G) | 100m sprint ladder |
| U10 (B/G) | obstacle course | U10 (B/G) | 100m sprint ladder |
| U12 (B/G) | 2km IS | U12 (B/G) | 2.0km |
| U14 (B/G) | 4km IS | U14 (B/G) | 4.0km |
| U16 (B/G) | 6km IS | U16 (B/G) | 6.0km |
| U18 (B/G) | 1km Sprint | U18 (B/G) | 8.0km |
| U20, U23, University & Senior (M/W) | 6km IS | U20, U23, University & Senior | 8.0km |
| Masters I - VI (M/W) | 6km IS | Masters I - VI (M/W) | 8.0km |
| Para Nordic Sit Ski | 2km IS | Para Nordic Sit Ski | 3km |
| Para Nordic Standing | with age category | Para Nordic Standing | with age category |
| Recreation (M/W/Non-Binary) | 2km IS | Recreation (M/W/Non-Binary) | 4km |
| Distance and course may change based on course availability and conditions. | | | |

COURSES This is an early season Alberta Cup. Course maps and distances that will be used for the competition will be available December 2, 2023. Link [HERE](#)

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.

| SEEDING | Category | 1st Priority | 2nd Priority | 3rd Priority |
|---------|-----------------|--------------------|--------------------------------|--------------------------------|
| | U16 and Older | CPL Points | AB Cup points (if no CPL pts) | Random draw (if no AB Cup pts) |
| | U14's | AB Cup Points | Random draw (if no AB Cup pts) | |
| | U12 and younger | Always random draw | | |

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| RACE FEES | U8, U10, U12 U14, U16 U18, Master (31 & older), Open (U20, Senior), Sport/NB, Para Nordic NC Event License (formerly SMDL - see below) 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 and must be approved by Jury |
| LICENCES | <p>All competitors skiing in U14 and older categories must have at least one of the following licenses:</p> <ul style="list-style-type: none"> - Nordiq Canada Race License (U16+) - Nordiq Canada Associate License (foreign racers who do not belong to a NC club) - Nordiq Canada Development License (U14 and under if CPL points desired - see NC website) - Nordiq Canada Event License (U14+) This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied. <p>U12 category and younger do not require a license of any type, but do require 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 Race or Event license 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+ categories, a daily fee will be automatically added for an Event License (formerly SMDL)</p> <p>Please make sure you have renewed/purchased your licence(s) for this year HERE prior to registering.</p> | |
| AWARDS | U8/U10/U12 - Participation award for all racers. U12/U14/U16 - Year of Birth medals for 1 st , 2 nd , and 3 rd U18 and older – category medals for 1 st , 2 nd , and 3 rd | |
| TRAIL PASSES | 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. | |
| KANANASKIS CONSERVATION PASS | All vehicles parking at the Canmore Nordic Centre require a conservation permit. Please buy your permit online HERE or purchase it at the kiosk at the Day Lodge. Please do not go to the desk to purchase the pass. | |

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| SNOW ENHANCEMENT FEE | <p>In accordance with the Nordiq Alberta Technical Package: A Snow Enhancement Fee of \$5 per competition day per athlete U14 and older and \$2.50 per competition per day for athlete U12 and younger will be collected by the Host Club during the 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 the support of other contributing funders. It allows access by all members of NA and guarantees training and events, including the AB Cup Series, can occur.</p> |
| FIRST AID | First aid attendants will be available on site. |
| FOOD & DRINKS | Drinks and snacks will be available to racers at the finish line. Food can be purchased at the cafeteria of the daylodge. |
| NORDIQ ALBERTA WAXING PROTOCOL | <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 or kick wax). |
| WAX ROOMS | <p><u>Register for a Wax Room</u> - please register for a wax room on Zone 4 coach's registration.</p> <p>Friday to Sunday: \$100 per room for the 3 days</p> <p>Wax rooms will be prioritized to Alberta clubs first.</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 when the wax-room key is returned.</p> <p>Private wax trailers and/or tents MUST be approved by the Race Secretary and MUST provide their own generator.</p> |
| TRAIL/SNOW CONDITIONS | See the Canmore Nordic Centre website for snow and trail conditions and webcam information. |
| WEATHER | Environment Canada HERE or SpotWx HERE |
| PARKING | Parking could be limited on competition days. We are asking coaches, athletes, and supporters to limit the number of vehicles by carpooling. A Kananaskis Conservation Pass is required to park at the Canmore Nordic Center. Purchased HERE . |