



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!

[V3]

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	<p>Unofficial Training, 12:00pm-3:00pm Athlete Social hosted by Nordiq Alberta BWTC Haig Room 4pm</p>
	Saturday, December 9 Races Start: 8:30 am	<p>U8-U10 Free Technique Obstacle Course U12/U14/Masters - Free Technique Individual starts U16/U18/Senior - Free Technique Sprint</p>
	Sunday, December 10 Races Start: 8:30 am Sit Ski Categories 9:00 am All other Categories	<p>Para Nordic Mass Start U12 and Older - Classic Mass Start U8-U10 - Classic Sprint</p>
LOCATION	Canmore Nordic Centre (Cross Country Stadium)	
HOST CLUB	Canmore Nordic Ski Club	

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 - <i>contact for changes to registrations</i>	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 Conner	
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. Race Fees are non-refundable.</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		
	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 Meeting Room "A" in the Daylodge at the Canmore Nordic Center. Hours are as follows:</p> <ul style="list-style-type: none"> - Friday, Dec 8 12:00 pm – 4:30 pm - Saturday, Dec 9 7:00 am – 4:00 pm - Sunday, Dec 10 7:30 am – 4:00 pm 		
BIB PICKUP	Bibs will be distributed to one club or team representative the morning of each race at the race office.		
TEAM CAPTAINS MEETINGS	<p>Team Captains Meetings will be held in person and available 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 BWTC HAIG Room (coaches social hosted by NA at 6pm) - Saturday, December 9, 6:00pm BWTC HAIG Room 		

RACE FORMATS December 8/23 Check back to this notice often for updates.	AB Cup 1 & 2 2023 - Canmore Race Events Youth Olympic Games Trials - U18 Cross-Country Ski Trails & Stadium <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;"> Saturday, December 9, 2023 IS/Sprint Free Technique </td> <td style="width: 50%; text-align: center;"> Sunday, December 10, 2023 Classic Mass Start Distance </td> </tr> </table>				Saturday, December 9, 2023 IS/Sprint Free Technique	Sunday, December 10, 2023 Classic Mass Start Distance													
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	U8 (B/G)	obstacle course	U8 (B/G)	100m Sprint kings court															
	U10 (B/G)	obstacle course	U10 (B/G)	100m Sprint kings court															
	U12 (B/G)	1.5km IS (2 x 750m)	U12 (B/G)	1.5km (2 x 750m)															
	U14 (B/G)	3.0km IS (3 x 1.0 km)	U14 (B/G)	3km (3 x 1.0km)															
	U16 (B/G)	750m	U16 (B/G)	6.0km (3 x 2.0km)															
	U18 (B/G)	1.0km	U18 (B/G)	7.5km (3 x 2.5km)															
	U20 & Senior (M/W)	1.0km	U20 & Senior (M/W)	7.5km (3 x 2.5km)															
	Masters I - VI (M/W)	6.0km IS (3 x 2.0km)	Masters I - VI (M/W)	6.0km (3 x 2.0km)															
	Para Nordic Sit Ski		Para Nordic Sit Ski	3.0 km															
	Para Nordic Standing	with age category	Para Nordic Standing	with age category															
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. 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	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: #b8cce4;"> <th>Category</th> <th>1st Priority</th> <th>2nd Priority</th> <th>3rd Priority</th> </tr> </thead> <tbody> <tr> <td>U16 and Older</td> <td>CPL Points</td> <td>AB Cup points (if no CPL pts)</td> <td>Random draw (if no AB Cup pts)</td> </tr> <tr> <td>U14's</td> <td>AB Cup Points</td> <td>Random draw (if no AB Cup pts)</td> <td></td> </tr> <tr> <td>U12 and younger</td> <td>Always random draw</td> <td></td> <td></td> </tr> </tbody> </table>			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 \$6.00/day 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 and under) 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 Nordiq Canada club membership. Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq club, must have a Nordiq Canada Race or Event license to compete.</p> <p>For U12 and lower age groups at TIER 2's ONLY:</p> <ul style="list-style-type: none"> - If you are a Nordiq Canada Club member – NO Additional license required. - If you are U12 - Are you a Nordiq Canada Club member, racing up to U14, and want CPLpoints –you will need a Nordiq Canada Development License - If they are NOT a Nordiq Canada Member – you will need to purchase a Nordiq Canada Event License. <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>Please make sure you have renewed/purchased your licence(s) for this year HERE prior to registering.</p>
AWARDS	<p>U8/U10/U12 - Participation award for all racers.</p> <p>U12/U14/U16 - Year of Birth medals for 1st, 2nd, and 3rd</p> <p>U18 and older – category medals for 1st, 2nd, and 3rd</p>
TRAIL PASSES	<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 for Friday, December 8-Sunday, December 10th.</p>
KANANASKIS CONSERVATION PASS	<p>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.</p>
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	<p>First aid attendants will be available on site.</p>
FOOD & DRINKS	<p>Drinks and snacks will be available to racers at the finish line. Food can be purchased at the cafeteria of the daylodge.</p>

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>Register for a Wax Room - please register for a wax room on Zone 4 coach's registration.</p> <p>Friday to Sunday: \$60 per room for the 3 days</p> <p>Wax rooms will be prioritized to Alberta clubs first.</p> <p><i>A deposit of \$400</i> 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	<p>See the Canmore Nordic Centre website for snow and trail conditions and webcam information.</p>
WEATHER	<p>Environment Canada HERE or SpotWx HERE</p>
PARKING	<p>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.</p>