



# ALBERTA CUP 1&2 – SEASON OPENER

## Race Notice - Version 2

### December 20-21, 2025

### Canmore Nordic Ski Club

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

[V2]

<b>SELECTION</b>	This competition is part of the AB Cup provincial race series. It also serves as a selection event for: <b>Alberta Ski Team</b> (AST - criteria <a href="#">HERE</a> ) and <b>Alberta Development Ski Team</b> (ADST - criteria <a href="#">HERE</a> )	
<b>PUBLIC HEALTH PROTOCOLS</b>	The event will follow the <a href="#">Alberta Government Health Guidelines</a> .	
<b>RACE SCHEDULE</b> (For more detail refer to the tables at end of the document)	Friday, December 19	Official Training, 2:00pm-5:00pm <b><u>Athlete Social hosted by Nordiq Alberta in Biathlon Building Vista Room 5pm</u></b> <b><u>Coaches Social hosted by Nordiq Alberta in Biathlon Building Vista Room 6pm</u></b>
	Saturday, December 20 Races Estimated Start: 8:30 am Sit Ski Categories 9:00 am All other Categories	U8/U10 - Obstacle Course U12/14 - Free Technique Ladder Sprint U16/U18/U20/Senior - Free Technique Ladder Sprint Recreation/Masters - Free Technique Individual Start Para Sit Ski - Distance Ski Para Standing - Free Technique (ski with age category)
	Sunday, December 21 Races Estimated Start: 8:30 am Sit Ski Categories 9:00 am All other Categories	U8/U10 - 3 x 100m Free Technique Sprint Race U12 and Older - Classic Technique Mass Start Recreation/Masters - Classic Technique Mass Start Para Sit Ski - Distance Ski Para Standing Classic Technique (ski with age category)
<b>LOCATION</b>	<a href="#">Canmore Nordic Centre (Biathlon Stadium)</a>	
<b>HOST CLUB</b>	<a href="#">Canmore Nordic Ski Club</a>	
<b>VOLUNTEER</b>	Volunteers are needed to run the races. If you have time, consider helping out. Link <a href="#">HERE</a> .	

<b>SANCTIONED BY</b>	<a href="#">Nordiq Alberta (NA)</a> <a href="#">Nordiq Canada (NC)</a>		
<b>RULES</b>	Rules and Regulations: <a href="#">Nordiq Canada ICR-CCR (Canadian Competition Rules) Precisions 2024</a> <a href="#">Nordiq Alberta Technical Package</a>		
<b>RACE ORGANIZING COMMITTEE</b>	Chief of Competition	Hugh Simson	<a href="mailto:competitionchief@canmorenordic.com">competitionchief@canmorenordic.com</a>
	Competition Secretary - <i>contact for changes to registrations</i>	Meghan Bryant	<a href="mailto:competitionsecretary@canmorenordic.com">competitionsecretary@canmorenordic.com</a>
	Chief of Timing & Results	Kyla Conner	
	Chief of Stadium	James Gunn & Ben Reed	
	Chief of Course	Simon Robins	
	Chief of Start	Kieran Dowling	
	Chief of Controllers	Michael Buxton-Carr	
<b>RACE JURY</b>	Chief of Competition	Hugh Simson	
	Technical Delegate	Milaine Theriault	
	Assistant Technical Delegate	Andy Lamb	
	Nordiq Alberta Race Director	Ivan Babikov	<a href="mailto:manager@nordiqalberta.ca">manager@nordiqalberta.ca</a>
<b>REGISTRATION</b>	Registration and fee payment is online at <a href="#">Zone4</a> . Coaches <b>MUST</b> register on <a href="#">Zone4</a> (no fee). <b><i>Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.</i></b>  Racers and coaches must check the confirmation list on <a href="#">Zone4</a> as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the Competition Secretary ( <a href="mailto:competitionsecretary@canmorenordic.com">competitionsecretary@canmorenordic.com</a> ) <b>before 9am MST on Wednesday, December 17th if corrections are required.</b>		
<b>WAIVER FORMS</b>	Waivers must be completed on <a href="#">Zone4</a> during registration.		
<b>REGISTRATION DEADLINE</b>	Registration Opens: Friday, November 28, 2025 Registration Closes: Sunday, December 14, 2025 – 11:59pm MST Late Registration Closes: Tuesday, December 16, 2025 – 11:59pm MST (fee increase 10\$)  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.		
<b>CANCELLATION/ REFUND POLICY</b>	This is an early season Alberta Cup 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 and refund policy will be followed and can be found <a href="#">HERE</a> .  A refund of individual registration fees will only be provided for medical reasons and if the Competition Secretary receives notification WITH medical documentation prior to the registration deadline. After the registration deadline, no refunds will be provided except for event cancellation.		
<b>COMMUNICATION</b>	Any change in the event location or timing will be posted as early as it is known on the <a href="#">Canmore Nordic Ski Club</a> website. A WhatsApp Community link is <a href="#">HERE</a> A WhatsApp Coach group will be used to communicate relevant/live information. Link <a href="#">HERE</a>		

<b>START LISTS</b>	<p>Notice of any change to Seed lists must be communicated to the <a href="#">Race Secretary</a> by 12:00 pm (Noon) the day before each race.</p> <p>Start Lists will be available on <a href="#">Zone4</a> at 3:00pm the day before each race.</p>		
<b>ALBERTA CUP CATEGORIES FOR 2025-26</b>	<b>Alberta Cup Categories 2025/2026 Season</b>		
	<b>Category</b>	<b>Age/Year of Birth</b>	<b>Code</b>
	U8 (B/G)	Age 7 and younger (2018 or younger)	U8
	U10 (B/G)	Age 8 or 9 (2017, 2016)	U10
	U12 (B/G)	Age 10 or 11 (2015, 2014)	U12
	U14 (B/G)	Age 12 or 13 (2013, 2012)	U14
	U16 (B/G)	Age 14 or 15 (2011, 2010)	U16
	U18 (B/G)	Age 16 or 17 (2009, 2008)	U18
	U20(M/W)	Age 18 or 19 (2007, 2006)	U20
	Senior (M/W)*	Age 20+ (2005 and older)	Senior
	Masters I & II (M/W)	Age 30 to 39 (1986 to 1995)	M1,2/W1,2
	Masters III & IV (M/W)	Age 40 to 49 (1976 to 1985)	M3,4/W3,4
	Masters V & VI (M/W)	Age 50 to 59 (1966 to 1975)	M5,6/W5,6
	Masters VII & VIII (M/W)	Age 60 to 69 (1956 to 1965)	M7,8/W7,8
	Masters IX + (M/W)	Age 70+ (1955 and older)	M9+/W9+
	Para Nordic Sit Ski (M/W)	No age restrictions	
	Para Nordic Standing (M/W)	No age restrictions	
	Recreation (M/W/Non-Binary)	No age restrictions	RM/RW/RNB*
University Series (M/W)	No age restrictions		
<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>			
<b>RACE OFFICE</b>	<p>The event race office is in the Biathlon Building Room 104. Hours are as follows:</p> <ul style="list-style-type: none"> <li>- Friday, Dec 19 10:00 am – 4:30 pm</li> <li>- Saturday, Dec 20 7:30 am – 4:00 pm</li> <li>- Sunday, Dec 21 7:30 am – 4:00 pm</li> </ul>		
<b>BIB PICKUP</b>	<p>Bibs will be distributed to one club or team representative on the morning of each race at the race office.</p>		

<b>TEAM CAPTAINS MEETINGS</b>	<p>Team Captains Meetings will be held in person and virtually on Friday and only available virtually on Saturday. Meeting link will be sent to registered coaches:</p> <ul style="list-style-type: none"> <li>- Friday December 19, <b>7:00pm Vista Banquet Room, Upstairs in Biathlon Building (coaches social hosted by Nordiq Alberta at 6pm)</b></li> <li>- Saturday, December 20, <b>6:00pm hosted virtually</b></li> </ul>
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<b>RACE FORMATS</b> <b>December 10/25</b>  Check back to this notice often for updates.	<b>AB Cup 1 &amp; 2 2025</b>			
	<b>Plan A - Biathlon Ski Trails &amp; Stadium</b>			
	<b>Saturday, December 20, 2025</b>		<b>Sunday, December 21, 2025</b>	
	<b>Sprint Free Technique</b>		<b>Mass Start Classic Technique</b>	
	U8 (B/G)	obstacle course	U8 (B/G)	3 x 100m Sprint
	U10 (B/G)	obstacle course	U10 (B/G)	3 x 100m Sprint
	U12 (B/G)	300m Sprint	U12 (B/G)	1.5km
	U14 (B/G)	300m Sprint	U14(B/G)	3km
	U16 (B/G)	750m Sprint	U16 (B/G)	6km
	U18 (B/G)	750m Sprint	U18 (B/G)	9km
	U20, U23, University & Senior (M/W)	750m Sprint	U20, U23, University & Senior (M/W)	9km
	Masters I-IX (M/W)	9km	Masters I-IX (M/W)	9km
	Para Nordic Sit Ski	2km Individual start	Para Nordic Sit Ski	2km
	Para Nordic Standing	with age category	Para Nordic Standing	with age category
Recreation (M/W/Non-Binary)	2km	Recreation (M/W/Non-Binary)	2km	
Distance and course may change due to course availability and conditions				

<b>COURSES</b>	This is an early-season Alberta Cup. Course maps and distances that will be used for the competition will be posted as soon as they are available. Link <a href="#">HERE</a>
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<b>WARM UP/ WAX TESTING</b>	<p>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.</p> <p>Race courses will close 5 minutes before the start of the competition. All skiers must be off all parts of the race course at that time.</p>
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<b>SEEDING</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #4F81BD; color: white;">Category</th> <th style="background-color: #4F81BD; color: white;">1st Priority</th> <th style="background-color: #4F81BD; color: white;">2nd Priority</th> </tr> </thead> <tbody> <tr> <td>U16 and Older</td> <td>CPL Points</td> <td>Random draw (if no CPL pts)</td> </tr> <tr> <td>U14's</td> <td>AB Cup Points</td> <td>Random draw (if no AB Cup pts)</td> </tr> <tr> <td>U12 and younger</td> <td>Always random draw</td> <td></td> </tr> </tbody> </table>	Category	1st Priority	2nd Priority	U16 and Older	CPL Points	Random draw (if no CPL pts)	U14's	AB Cup Points	Random draw (if no AB Cup pts)	U12 and younger	Always random draw	
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U12 and younger	Always random draw												

<b>RACE FEES</b>	U8, U10 U12, Recreation U14, U16 U18, Open (U20, Senior), Master (31 & older), Para Nordic NC Event License (formerly SMDL - see below) Late entry fee Last-minute entry fee	\$10.00 per race (plus NA \$2.50 snow enhancement fee) \$25.00 per race (plus NA \$5.00 snow enhancement fee) \$40.00 per race (plus NA \$5.00 snow enhancement fee) \$45.00 per race (plus NA \$5.00 snow enhancement fee)  \$6.00/day (Under 12 \$3/Day)  Additional \$10.00 per race from above fee Additional \$50.00 per race for late entry fee and seeding must be approved by Jury
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<b>LICENCES</b>	<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"> <li>- Nordiq Canada Race License (U16+, includes Masters Race Licence)</li> <li>- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)</li> <li>- Nordiq Canada Development License (U14 and under if CPL points desired - see <a href="#">NC website</a>)</li> <li>- Nordiq Canada Event License (U14 and older) This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.</li> </ul> <p><b>U12 category and younger do not require a license of any type, but do require a valid Nordiq Canada club membership.</b> 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"> <li>- If you are a Nordiq Canada Club member – NO Additional license required.</li> <li>- If you are U12 - And you are a Nordiq Canada Club member, racing up to U14, and want CPL points you will need a Nordiq Canada Development License</li> <li>- If you are NOT a Nordiq Canada Member – you will need to purchase a Nordiq Canada Event License.</li> </ul> <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 <a href="#">website</a>.</p> <p>Please make sure you have renewed/purchased your licence(s) for this year <a href="#">HERE</a> prior to registering.</p>
<b>AWARDS</b>	<p>U8/U10/U12 - Participation award for all racers.  U12/U14/U16 - Year of Birth medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each gender  U18 and older – category medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each gender</p>
<b>TRAIL PASSES</b>	<p>All participants/family members/coaches will be required to have a Canmore Nordic Center Pass if they are skiing. During the registration process, you will be prompted to purchase a day ticket at the 50% discounted rate of \$10.00/day if you 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 19-Sunday, December 21st.</p>
<b>KANANASKIS CONSERVATION PASS</b>	<p>All vehicles parking at the Canmore Nordic Centre require a conservation pass. Please buy your pass online <a href="#">HERE</a> or purchase it at the kiosk at the Day Lodge. Please <u>do not go</u> to the front desk to purchase the pass.</p>
<b>SNOW ENHANCEMENT FEE</b>	<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>
<b>FIRST AID</b>	<p>First aid attendants will be available on site.</p>

<b>SAFE SPORT</b>	<p>Creating safe environments is our top priority and is a responsibility we share with all sport participants. Athletes, coaches, officials, staff, and volunteers have the right to participate in a safe and inclusive training and competition environment that is free of abuse, harassment or discrimination – collectively referred to as maltreatment.</p> <p>For More Information See: <a href="#">Safesport - Nordiq Canada</a></p> <p>The Safesport contact for this event is: Megan Dunn - <a href="mailto:info@canmorenordic.com">info@canmorenordic.com</a></p>
<b>FOOD &amp; DRINKS</b>	<p>Drinks and snacks will be available to racers at the finish line. Food can be purchased at the cafeteria in the daylodge.</p>
<b>NORDIQ ALBERTA WAXING PROTOCOL - TRIAL GLIDE WAX PROTOCOL</b>	<p><b>TRIAL RUN FOR GLIDE WAX PILOT PROTOCOL (All participants race on the same glide wax)</b></p> <p>We will be trialling a new glide waxing protocol to keep coaches out coaching with athletes and not in the wax room. Coaches, please check the WhatsApp group for information regarding details. This is intended to be a positive experience to focus on racing and race prep instead of waxing. Glide wax (Star Med or Star Polar- both buff on application) will be chosen by Nordiq Alberta 3 days in advance (December 17, 2025) of the AB Cup 1 &amp; 2 based on the forecast. If a team does not have access to a buff on Star Med or Polar, come by the Canmore Nordic Ski Club wax room and you can wax skis on our team buffer. Prepare skis any way you like as a base layer, but the final layer will be the same for all racers on the day.</p> <p><b>Grip wax protocol will remain the same, so please bring your grip waxes and test away!</b></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><b>Waxing protocol:</b></p> <ul style="list-style-type: none"> <li>- Structure tools <b>ARE permitted.</b></li> <li>- Non-fluoro (NF) waxes <b>ARE permitted.</b></li> <li>- Fluorinated 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). Occasionally an Alberta Cup may be run in conjunction with a FIS Cup, NorAm, or other FIS sanctioned event. For more information on the Nordiq Canada Fluoro Policy, click <a href="#">HERE</a></li> </ul>
<b>WAX ROOMS</b>	<p><b>Register for a Wax Room</b> - please register for a wax room on <a href="#">Zone 4</a> coach's registration.</p> <p>Friday to Sunday: \$75+GST per room for 3 day rental</p> <p>Wax rooms will be prioritized to Alberta clubs first.</p> <p><b>A deposit of \$400</b> 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 <b>MUST</b> be approved by the <a href="#">Race Secretary</a> and <b>MUST</b> provide their own generator.</p>
<b>TRAIL/SNOW CONDITIONS</b>	<p>See the <a href="#">Canmore Nordic Centre</a> website for snow and trail conditions and webcam information.</p>
<b>WEATHER</b>	<p>Environment Canada <a href="#">HERE</a> or SpotWx <a href="#">HERE</a></p>
<b>PARKING</b>	<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 <a href="#">HERE</a>.</p>
<b>ACCOMODATION PARTNER</b>	<p>Base Camp Resorts <a href="https://www.basecampresorts.com/">https://www.basecampresorts.com/</a></p> <p>Discount Code: NORDIQPLUS</p> <p>It is valid at all Basecamp properties in Canmore and gives a 25% discount off the Nightly Rate</p>

