



Alberta Cup 3&4 - January 9, 10, 2010
Wapiti Nordic Ski Club - Grande Prairie, Alberta

Dec 11, 2009

A. GENERAL INFORMATION

Events: Saturday, Jan 9th Sprint, Free Technique
Sunday, Jan 10th Interval Start (15 sec) Classic Technique

Timing: See Competition Information

Race Location: 6km South of Grande Prairie on Hwy 40 (108 St)

Banquet: \$15/person- register on zone4
Sat, Jan 9th – Elks Lodge 10806-106 St – by Visitor Center
(Doors open at 5:30pm supper at 6pm sharp)

Rules & Sanction: CCC rules & regulations, CCA Technical Package

Cancellation: In the event that weather conditions require cancellation of the events, cancellation will follow the Alberta Cup Technical Package protocol. Announcement of event cancellation will be made through the CCA website.

****A back-up race is scheduled for the following weekend in Grande Prairie.**

Event Committee:	Technical Delegate	Blair Dunbar
	Chief of Competition	Grant Bourree
	Chief of Timing	Randy Hopkins
	Chief of Course	Brad Tomlinson
	Chief of Stadium	Terry Forbes
	Race Sec	Cori Janes

Captains Meeting: Fri, Jan 8th at 7:00pm (Steve Cooper Lodge at X-C Trails)
Sat, Jan 9th at Elks Lodge 5:30pm (before banquet)

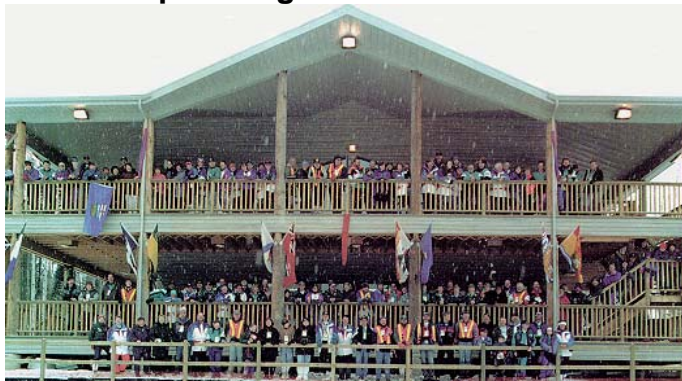
Start List & Bibs: Each morning 8am to 10am – Race Office

Helpful Websites: www.wapitinordic.com (facility info and trail maps)
www.cityofgp.com (city maps)
www.zone4.ca (registration)

B. FACILITY INFORMATION

Race Office: Will be located at the Steve Cooper Lodge (at X-C Trails)
Phone: Zone 4 Registration – Cori Janes (780) 882-7270
Technical Info – Grant (780) 539-8180 days 539-5668 evenings
General Info – Sharon at (780) 539-5668 anytime
Lodge – (780) 539-9050
e-mail: grant.bourree@weyerhaeuser.com
Fax 1-866-860-8442

Steve Cooper Lodge



Waxing

There are a limited number of wax tables (8) downstairs in the lodge (teams please share). There are power outlets along the upper and lower decks and back of the lodge. The maintenance shed will also accommodate about 8 wax tables (bring extension cords and wax benches).

Canteen

Soup and bun will be provided free to athletes with a ticket.
Snacks and light lunches will be available at a nominal cost.

Eligibility:

All competitors from juvenile and up must have a CCC or FIS license. A CCC supporting member license (day license) and waiver may be purchased at the time of registration for a fee of \$5.00/day.

Competitors midget age and younger must be a member of a CCA registered club, but do not require a license. Non CCA club members may register after purchasing a CCC supporting member license and waiver.

*** College / University Students** should identify themselves at registration

C. COMPETITION INFORMATION

Fri, Jan 8th - Training Day - 9:00am to 9:00pm—Courses marked –lit trails

Awards presentation in the lodge as soon as possible after each event

Saturday, January 9th Sprint Race - Free Technique

Category	Distance Male (m)	Distance Female (m)	Qualifications	Heats
Atom	150	150	*	11:00
Pee Wee	150	150	*	11:00
Mini Midget	150	150	*	11:00
Midget	500	500	10:00	12:30
Juvenile	500	500	10:00	13:30
Junior Boys/Girls	750	750	10:00	14:30
Junior Men/Women	750	750	10:00	14:30
Senior Men/Women	750	750	10:00	14:30
Masters	750	750	10:00	14:30
Sports	750	750	10:00	14:30

*Kings Court format will be used for Atom, Pee Wee and Mini Midget sprint races. There will be no qualifier but each skier will ski a minimum of 3 heats.

Sunday, Jan 10th Classic Technique – 15 Second Interval Start

10:00am Midgets thru Masters

Noon - Atom, PeeWee and Mini-midget

Entry Process and Deadline

1. All entries must be received by **8PM** Wednesday, Jan 6, 2010
2. All entries must be registered through Zone4 (www.zone4.ca)
3. All race payments and banquet tickets will be through Zone4

Race Course:

The exciting “Canada Winter Games Trails” will be used for all of the Midgets through Masters categories. The 5.0 km course includes the challenging black diamond portion of the “Lower Games Trails”. See course maps for details.

Entry Fees

All race entry fees below **include:**

1. A ticket for a bowl of soup a bun and drink
2. Trail Fees for Athletes and Support Group (practice and race day)

Note: Entry fee does **not** include “day license” or banquet – purchase on Zone4

Category	Year of Birth	Saturday Jan 9 Free Technique Sprint Race		Sunday Jan 13 Classic Individual Start		Entry Fees	
		Male (m)	Female (m)	Male (km)	Female (km)	Per race	Both days
Atom	02&later	150	150	0.5	0.5	Free	Free
Pee Wee	2000-01	150	150	0.5	0.5	Free	Free
Mini Midget	1998-99	150	150	2.0	2.0	\$5	\$10
Midget	1996-97	500	500	2.5	2.5	\$10	\$20
Juvenile	1994-95	500	500	2x 2.5	3.75	\$20	\$40
Jr. Boy/Girl	1992-93	750	750	2x 5.0	2x 3.75	\$20	\$40
Jr Men/Women	1990-91	750	750	2x 5.0	2x 3.75	\$20	\$40
Sr Men/Women	1980-89	750	750	2x 5.0	2x 3.75	\$20	\$40
Masters I-II	1970-79	750	750	2x 5.0	2x 3.75	\$20	\$40
Masters III-IV	1960-69	750	750	2x 5.0	2x 3.75	\$20	\$40
Masters V-VI	1950-59	750	750	2x 5.0	2x 3.75	\$20	\$40
Master VII-VIII	1940-49	750	750	2x 5.0	2x 3.75	\$20	\$40
Sport		750	750	3.75	3.75	\$15	\$30

*Kings Court format will be used for Atom, Pee Wee and Mini-midget sprint races. There will be no qualifier but each skier will ski a minimum of 3 heats.

Trail Fees

No trail fees will be charged for athletes and support staff (including parents)

Seeding:

Seeding as per CCA Technical Package

D. EVENT WAIVER AND RELEASE

Please Note:

1. Athletes under 18 years of age must have a waiver signed by their parent or guardian and submitted manually
2. On Line waivers (on Zone4) will only be accepted for racers 18 years and older.

All waivers must be received by the Captains' meeting on Jan 8th, 2010

Event Participant Waiver and Release

Name and Date of Event: Alberta Cup 3&4 (Grande Prairie, Alberta) Jan 9, 10, 2010

In consideration of Cross Country Canada, Cross Country Alberta, Wapiti Nordic Ski Club, Alberta Cup Organization, and named landowners accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns release and forever discharge the above named organizations, their directors, agents, sponsors, volunteers and employees from any claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury, or damage that may arise by reason of the negligence of Cross Country Canada, Cross Country Alberta, Wapiti Nordic Ski Club, Alberta Cup Organization, and named landowners, their agents, sponsors, volunteers or employees.

Without limiting the generality of the foregoing, I further release any and all recourse which I may now or here-in-after have resulting from any decisions of Cross Country Alberta, Wapiti Nordic Ski Club, and Alberta Cup Organization.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the events for whatever reason.

I further recognize that competitive Nordic Skiing may include the risks of injury, death and damage to my equipment. As a participant in these races, I have read and understood the above Waiver and Release.

I certify that I am a current registered member of a Cross Country Canada member club.

Adult Participant Release and Waiver

As a participant in the Alberta Cup 3&4, I have read and understood the contents and intent of this waiver:

Name: _____

Date: _____

Signature: _____

Witness: _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the legal age of 18, I have read and understand the content and intent of this waiver and accept it's terms and conditions on behalf of _____

Name of Parent or Guardian _____

Date: _____

Signature of Parent or Guardian _____

GRANDE PRAIRIE ACCOMMODATIONS (Please Book Now)

Hotels

Standford Inn www.stanfordinn.net 1-800-661-8160
Large room with Kitchen - \$99 (Les Parson has rooms booked)

Sandman Inn www.sandmanhotels.com 1-877-513-7263
standard room – ask for \$99 weekend rate

Quality Inn www.qualityhotelgrandeprairie.com 1-800-661-7954
standard (ask for \$99 weekend rate)

Best Western www.pomeroygroup.ca 1-866-852-2378
standard (2 queen) -

Super 8 www.super8.com or www.pomeroygroup.ca 1-888-888-9488
standard (2 queen beds) - \$129 - with kitchen - \$139

Pomeroy Inn & Suites www.pomeroyinnandsuites.com kitchen, bkfst

Canadian Motor Inn www.candianmotorinn.com 1-800-291-7893
standard room

Grande Prairie Inn www.gpinn.com 1-800-661-1419
standard

Holiday Inn www.pomeroygroup.ca 1-888-307-3529
standard room

Ramada www.pomeroygroup.ca 1-877-814-7448 (just outside Grande Prairie)

Service Plus Inns www.serviceplusinns.com 1-888-875-4667
standard (sports rate) – 120' Water Slide – (limited rooms available)

Stonebridge Hotel www.stonebridgehotel.com 1-800-661-9435
standard single (queen)

Western Budget Motel 780-538-3366
(1 queen, no smoking,) , (king with kitchen & jacuzzi, sep bedroom)