



“2016 Alberta Championships”

Alberta Cup 7 & 8 & Team Relays

April 1 – 3, 2016

- Race Notice -

Foothills Nordic Ski Club & Rocky Mountain Racers are excited to be hosting the final events of the 2016 Alberta Cup series. The Alberta Championships will also include a fun & exciting Team Relay on Sunday! We look forward to this event becoming an annual tradition !

Host Club: Foothills Nordic Ski Club www.foothillsnordic.ca
Rocky Mountain Racers www.rockymountainracers.com

Location: Canmore Nordic Centre Provincial Park, Canmore, AB
<http://www.albertaparks.ca/canmore-nordic-centre.aspx>

Format*: Friday, April 1 – AB Cup #7, Distance – Free Technique, Mass Start
Saturday, April 2 – AB Cup #8 Distance – Classic, Interval Start
Sunday, April 3 – Team Relays (3 persons/team), Free Technique

Subject to change or alteration based on course availability

Sanctions and Rules: CCA 2015 Technical Package, sanctioned by CCA and CCC

CCA Glide Waxing Protocol for Midget Age Categories and Younger

Cross Country Alberta requests that all coaches, athletes, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in Alberta (e.g. club races, loppets, regional cup races, Alberta Cups, Alberta Youth Championships, and Alberta Winter Games). This request also applies to athletes traveling to Alberta from out-of-province or out-of-country. The recommended glide waxing protocol is as follows:

- Structure tools ARE permitted
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, athletes, parents and wax technicians.

Competition Jury: Chief of Competition: Masten Brolsma
Technical delegate: TBA
CCA Race Director: Mike Neary



Race Office: Competition Secretary: Kathy Wallace & Karen Holmes

Email: kathywallace@telus.net

Office Location: Canmore Nordic Centre

Race Office Schedule: Thursday, March 31: 12:00 PM – 5:30 PM
Friday, April 1: 7:30 AM – 4:00 PM
Saturday, April 2: 7:30 AM – 4:00 PM
Sunday March 29: 7:30 AM – Finish of Racing

Coaches' Meetings will be hosted in Haig Room at the Bill Warren Building.

Course Maps: Course maps are being finalized and will be available for viewing or downloading at www.rockymountainracers.com. The courses are subject to change or alteration based on trail conditions. Updated or revised course maps will be available at the Race Office and www.rockymountainracers.com. Final course changes will be communicated at the Coaches' Meetings.

Licenses: All competitors in Juvenile and older categories must have a valid CCC or FIS license entered during on-line registration. A CCC supporting member license (day license) may be purchased during on-line registration for a fee of \$5.00/day. **Please note: Midget category and younger competitors must be a member of a CCC registered club, but do not require a license.**

Race Entry Deadline: **Wednesday March 30, 2016 – 23:59 PM Mountain Time.**
Late entries will not be accepted.

How to Enter: Entries will only be accepted on-line through the Zone4 website at <http://www.zone4.ca> starting on March 1, 2016 using the following link <https://zone4.ca/reg.asp?id=11722>. The Zone4 website provides the opportunity for participants to confirm that their entry has been received. Please note: Zone4 only supports VISA and MasterCard. Payment must be made at the time of registration. All racers must acknowledge the CCC informed consent form when registering on Zone4.

Cancellation: In the event of cancellation due to weather or unsafe conditions, cancellation will follow the CCA Technical Package protocol. Announcement of cancellation will be posted on the CCA www.xcountry.net and Rocky Mountain Racers www.rockymountainracers.com websites.

In the event of very poor conditions or very inclement weather on race day, the race jury may decide to cancel the race or to modify the start time or the race course. If the race is cancelled 3 days or more in advance, the Organizing Committee will inform registered participants, coaches, officials, and volunteers by e-mail, social media, and on the race website, and the Organizing Committee may refund a portion of the entry fee to reflect costs already incurred. If the race is cancelled less than 3 days in advance, no refund is likely. If the race takes place, no refunds will be issued. If you register for the race and then choose to withdraw before or during the event, you will receive no refund. Please note that the Canmore Nordic Centre has made additional snow on the Olympic and Centennial courses where the Ski Tour of Canada races and these Alberta Cup races will be held.



Trail Passes: All athletes and coaches on skis MUST have a valid trail pass while racing and during Official Training. Discounted Race Passes are available on Zone4 at \$7.50 per pass/per day. For those with a Canmore Nordic Centre trail pass you will be asked to provide your pass number when you register for your races under Zone4. The fine for skiing without a pass is \$172.00. Day tickets are to be picked up at the race office in Meeting Room A of the day lodge.

Race Entry Fees: Races are individually priced. Fee is “per race” and does not include your trail pass.

Atom	\$10.00
PeeWee	\$15.00
Mini-Midget	\$20.00
Midget	\$20.00
Juvenile	\$35.00
Junior Boy/Girl	\$40.00
Junior Man/Woman	\$40.00
Senior Man/Woman	\$40.00
Masters	\$40.00
Sport	\$40.00
Para Nordic	\$40.00

Age Categories:	Category	Year of Birth
	Atoms	2008 - earlier
	Peewees	2006 – 2007
	Mini-Midgets	2004 – 2005
	Midgets	2002 – 2003
	Juveniles	2000 – 2001
	Junior Boys/Girls	1998 – 1999
	Junior Men/Women	1996 – 1997
	Senior Men/Women	1995 and earlier
	Masters 1&2	1976 – 1985
	Masters 3&4	1966 – 1975
	Masters 5&6	1957 – 1965
	Masters 7+	1956 and earlier
	Sport	1976 and earlier
	Para Nordic Sit Ski	Any age
	Para Nordic Standing	Any age



Race Format:

Friday, April 1: Distance - Free Technique, Mass Start

Category	Distance (km)	
	Women	Men
Atom	0.25	0.25
Pee Wee	0.58	0.58
Mini Midget	1.0	1.0
Midget	2.5	2.5
Juvenile	6.6	6.6
Junior Girl / Boy	6.6	6.6
Junior Woman / Man	11.25	11.25
Open	11.25	11.25
Masters	11.25	11.25
Sport	3.75	3.75
Para Nordic - Sit	5	5
ParaNordic - Standing	5	5

Saturday, April 2: Distance – Classic Technique, Interval Start

Category	Distance (km)	
	Women	Men
Atom	1.0	1.0
Pee Wee	1.0	1.0
Mini Midget	2.5	2.5
Midget	5.0	5.0
Juvenile	7.5	7.5
Junior Girl / Boy	7.5	9.9
Junior Woman / Man	9.9	9.9
Open	11.25	11.25
Masters	11.25	11.25
Sport	3.75	3.75
Para Nordic - Sit	5	5
ParaNordic - Standing	5	5



Sunday April 3: Team Relay (3 persons/team) Free Technique

Category	Distance (km)	
	Women	Men
Atom + Pee Wee	1.0	1.0
Mini Midget + Midget	2.5	2.5
Juvenile/Junior (Boy & Girl) and Junior Woman / Man	3.3	3.3
Open / Masters / Sport	5.0	5.0
ParaNordic	tbc	tbc

Notes:

1. Junior and Senior Men/Women will race as an Open category for the Alberta Cup Events; results will be tabulated as separate categories.
2. We are working with the Canmore Nordic Centre to determine the best ParaNordic courses possible. They are likely to include components of the IPC World Cup Loops.
3. For all events, the final courses and distances are tentative and are subject to change based on trail conditions at the time of the event.

Team Relay: The Team Relay Sprints are NOT part of the Alberta Cup series; therefore, no Alberta Cup points are awarded for the event. The 3 person Team Relay consists of three legs.

Relay Rules:

- Younger skiers may ski on an older age category relay team; however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team.
- An 'Official' relay team will have 3 team members from the same club.
- Club Championship trophy points will not be awarded to "Unofficial" teams.

Relays Teams by clubs, combining the following categories:

- Pee Wee Boys: Atoms and Pee Wee (Age 9 & under) 3 X 1 km
- Pee Wee Girls: Atoms and Pee Wee (Age 9 & under) 3 X 1 km
- Midget Boys: Mini midgets and Midgets (Age 10 to 13) 3 X 2.5 km
- Midget Girls: Mini midgets and Midgets (Age 10 to 13) 3 X 2.5 km
- Juveniles and Juniors (Ages 14 to 19) 3 X 3.3 km
- Open, Masters and Sport (Men & Women) 3 X 5 km
- Paranordic: to be confirmed

Seeding: Seeding for Friday's Mass Start and Saturday's Interval Start will be in accordance with the CCA 2015 Technical package for Alberta Cups.

Seeding for Sunday's Team Relay will be discussed at the Coaches meeting



Event Schedule:	Thursday, March 31	12:00 PM to 5:30 PM - Race Office open 2:00 PM to 5:30 PM - Courses open for training 7:00 PM – Coaches' Meeting, Bill Warren Building
	Friday, April 1	AB Cup #7, Distance - Free Technique, Mass Start 7:30 AM to 4:00 PM - Race Office open 7:30 AM Bib pick up – Race Office 9:00 AM Racing starts 5:00 PM Coaches' Meeting, Bill Warren Building
	Saturday, April 2	AB Cup #8, Distance – Classic Technique, Interval Start 7:30 AM to 4:00 PM - Race Office open 7:30 AM Bib pick up – Race Office 9:00 AM Racing starts 5:00 PM Coaches' Meeting, Bill Warren Building 7:00 PM CCA Banquet
	Sunday, April 3	Team Relay – Skate Technique 7:30 AM to Finish - Race Office open 7:30 AM Bib pick up – Race Office 9:00 AM Racing starts

All start times are subject to change

- Awards:** Alberta Cup #7 & #8: CCA Alberta Cup awards will be presented based on the following:
1. Atoms to Midget – Year of Birth medals for 1st, 2nd and 3rd and ribbons for 4th to 6th.
 2. Juvenile – Year of Birth medals for 1st, 2nd and 3rd.
 3. Junior to Masters – category medals for 1st, 2nd and 3rd.

Team Relays: Awards will be presented to the clubs based on accumulated relay points.

Awards will be presented as soon as possible after each event.

Banquet: Cross Country Alberta will be hosting an awards banquet on Saturday night at the Bill Warren Training Centre. At the banquet, individual and club awards based on aggregate points compiled from this year's Alberta Cups will be presented. Seats are available at no cost via your Zone4 registration.



Team Rooms: Public wax rooms are available. If a team wax room is required, they should contact the Canmore Nordic Centre directly @ 403-678-2400. Wax room fees are \$20.00 per day.

Day Lodge: The Canmore Nordic Centre day lodge is available as a warming and eating area. Food service is also available.

Accommodations: There are a variety of accommodations in Canmore to fit most budgets. Our recommendation is booking with the Rocky Mountain Ski Lodge (1-403-678-5445 <http://www.rockyski.ca>), a great supporter of the Alberta Championships! They have put aside a number of rooms for this event, please phone early to reserve and quote race "Alberta Championships".

Sponsors: A special thanks to all of our sponsors for helping make this a great event!

