



# ALBERTA CUP 1&2 – SEASON OPENER

## Race Notice - Version 4

### December 14-15, 2024

### Canmore Nordic Ski Club

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

[V4]

<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 13	Unofficial Training, 12:00pm-3:00pm <b>Athlete Social hosted by Nordiq Alberta BWTC Haig Room 5pm</b>
	Saturday, December 14 Races Estimated Start: 8:30 am Sit Ski Categories 9:00 am All other Categories	U8/U10 - Obstacle Course U12/U14 - Free Technique Team Sprint U16/U18/U20/Senior - Free Technique Team Sprint Recreation/Masters - Free Distance Para Sit Ski Para Standing Free (ski with age category)
	Sunday, December 15 Races Estimated Start: 8:30 am Sit Ski Categories 9:00 am All other Categories	U8/U10 - Classic Sprint Ladder U12 and Older - Classic Mass Start Para Sit Ski Para Standing Classic (ski with age category)
<b>LOCATION</b>	<a href="#">Canmore Nordic Centre (Cross Country 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>	Nordiq Alberta (NA) Nordiq Canada (NC)	

<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	Warren Wilson	
	Chief of Stadium	James Gunn	
	Chief of Course	Simon Robins	
	Chief of Start	Kyla Conner	
<b>RACE JURY</b>	Chief of Competition	Hugh Simson	
	Technical Delegate	Tom Marr-Laing	
	Assistant Technical Delegate	Lisa Marr-Laing	
	Nordiq Alberta Race Director	Ivan Babikov	<a href="mailto:manager@nordiqalberta.ca">manager@nordiqalberta.ca</a>
<b>REGISTRATION</b>	<p>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></p> <p>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 11 if corrections are required.</b></p> <p><b>Coaches must register their Teams for the Team Sprint by Thursday, December 12, 2024 at 12:00pm (noon) MST <a href="#">HERE</a>. Please communicate via Coaches WhatsApp to pair athletes that do not have an official team. <a href="#">Unofficial Team Pairing Sheet</a></b></p>		
<b>WAIVER FORMS</b>	Waivers must be completed on <a href="#">Zone4</a> during registration.		
<b>REGISTRATION DEADLINE</b>	<p>Registration Opens: Friday, November 22, 2024  Registration Closes: Sunday, December 8, 2024 – 11:59pm MST  Late Registration Closes: Tuesday, December 10, 2024 – 11:59pm MST (fee increase 10\$)</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>		
<b>CANCELLATION/ REFUND POLICY</b>	<p>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>.</p> <p>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.</p>		

**COMMUNICATION** Any change in the event location or timing will be posted as early as it is known on the [Canmore Nordic Ski Club](#) website.  
A WhatsApp Coach/Jury group will be used to communicate relevant/live information. Link [HERE](#)

**START LISTS** Notice of any change to Seed lists must be communicated to the [Race Secretary](#) by 12:00 pm (Noon) the day before each race.  
Start Lists will be available on [Zone4](#) at 3:00pm the day before each race.

**ALBERTA CUP CATEGORIES FOR 2024-25**

**Alberta Cup Categories 2024/2025 Season**

Category	Age/Year of Birth	Code
U8 (B/G)	Age 7 and younger (2017 or younger)	U8
U10 (B/G)	Age 8 or 9 (2016, 2015)	U10
U12 (B/G)	Age 10 or 11 (2014, 2013)	U12
U14 (B/G)	Age 12 or 13 (2012, 2011)	U14
U16 (B/G)	Age 14 or 15 (2010, 2009)	U16
U18 (B/G)	Age 16 or 17 (2008, 2007)	U18
U20(M/W)	Age 18 or 19 (2006, 2005)	U20
Senior (M/W)*	Age 20+ (2004 and older)	Senior
Masters I & II (M/W)	Age 30 to 39 (1985 to 1994)	M1,2/W1,2
Masters III & IV (M/W)	Age 40 to MB 49 (1975 to 1984)	M3,4/W3,4
Masters V & VI (M/W)	Age 50 to 59 (1965 to 1974)	M5,6/W5,6
Masters VII & VII (M/W)	Age 60 to 69 (1955 to 1964)	M7,8/W7,8
Masters IX + (M/W)	Age 70+ (1954 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	

\* U23 (M/W) is a subcategory of Senior  
 \*(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.  
 \*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.

<b>RACE OFFICE</b>	<p>The event race office is in Meeting Room “A” in the Daylodge at the Canmore Nordic Center. Hours are as follows:</p> <ul style="list-style-type: none"> <li>- Friday, Dec 13 12:00 pm – 4:30 pm</li> <li>- Saturday, Dec 14 7:30 am – 4:00 pm</li> <li>- Sunday, Dec 15 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 13, <b>7:00pm BWTC HAIG Room (coaches social hosted by Nordiq Alberta at 6pm)</b></li> <li>- Saturday, December 14, <b>6:00 pm hosted virtually</b></li> </ul>																																																																
<p><b>RACE FORMATS</b> <b>December 2/24</b></p> <p>Check back to this notice often for updates.</p>	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">AB Cup 1 &amp; 2 2024</th> </tr> <tr> <th colspan="4" style="text-align: center;">Plan A - Cross Country Ski Trails &amp; Stadium</th> </tr> <tr> <th colspan="2" style="text-align: center;">Saturday, December 14, 2024</th> <th colspan="2" style="text-align: center;">Sunday, December 15, 2024</th> </tr> <tr> <th colspan="2" style="text-align: center;">Sprint Free Technique</th> <th colspan="2" style="text-align: center;">Mass Start Classic Technique</th> </tr> </thead> <tbody> <tr> <td>U8 (B/G)</td> <td style="color: red;">obstacle course</td> <td>U8 (B/G)</td> <td>*3 heats each <span style="color: red;">100m sprint ladder</span></td> </tr> <tr> <td>U10 (B/G)</td> <td style="color: red;">obstacle course</td> <td>U10 (B/G)</td> <td>*3 heats each <span style="color: red;">100m sprint ladder</span></td> </tr> <tr> <td>U12 (B/G)</td> <td>300m Team Sprint * 2 laps each</td> <td>U12 (B/G)</td> <td>2km</td> </tr> <tr> <td>U14 (B/G)</td> <td>300m Team Sprint * 2 laps each</td> <td>U14(B/G)</td> <td>4km</td> </tr> <tr> <td>U16 (B/G)</td> <td>750m Team Sprint * 2 laps each</td> <td>U16 (B/G)</td> <td>6km</td> </tr> <tr> <td>U18 (B/G)</td> <td>750m Team Sprint * 2 laps each</td> <td>U18 (B/G)</td> <td>10km</td> </tr> <tr> <td>U20, U23, University &amp; Senior (M/W)</td> <td>750m Team Sprint * 2 laps each</td> <td>U20, U23, University &amp; Senior (M/W)</td> <td>10km</td> </tr> <tr> <td>Masters I-IV (M/W)</td> <td>9km</td> <td>Masters I-IV (M/W)</td> <td>10km</td> </tr> <tr> <td>Para Nordic Sit Ski</td> <td>2.5km individual start</td> <td>Para Nordic Sit Ski</td> <td>2.5km</td> </tr> <tr> <td>Para Nordic Standing</td> <td>with age category</td> <td>Para Nordic Standing</td> <td>with age category</td> </tr> <tr> <td>Recreation (M/W/Non-Binary)</td> <td>1.5km individual start</td> <td>Recreation (M/W/Non-Binary)</td> <td>2km</td> </tr> <tr> <td colspan="4" style="text-align: center; background-color: yellow;">Distance and course may change due to course availability and conditions</td> </tr> </tbody> </table>	AB Cup 1 & 2 2024				Plan A - Cross Country Ski Trails & Stadium				Saturday, December 14, 2024		Sunday, December 15, 2024		Sprint Free Technique		Mass Start Classic Technique		U8 (B/G)	obstacle course	U8 (B/G)	*3 heats each <span style="color: red;">100m sprint ladder</span>	U10 (B/G)	obstacle course	U10 (B/G)	*3 heats each <span style="color: red;">100m sprint ladder</span>	U12 (B/G)	300m Team Sprint * 2 laps each	U12 (B/G)	2km	U14 (B/G)	300m Team Sprint * 2 laps each	U14(B/G)	4km	U16 (B/G)	750m Team Sprint * 2 laps each	U16 (B/G)	6km	U18 (B/G)	750m Team Sprint * 2 laps each	U18 (B/G)	10km	U20, U23, University & Senior (M/W)	750m Team Sprint * 2 laps each	U20, U23, University & Senior (M/W)	10km	Masters I-IV (M/W)	9km	Masters I-IV (M/W)	10km	Para Nordic Sit Ski	2.5km individual start	Para Nordic Sit Ski	2.5km	Para Nordic Standing	with age category	Para Nordic Standing	with age category	Recreation (M/W/Non-Binary)	1.5km individual start	Recreation (M/W/Non-Binary)	2km	Distance and course may change due to course availability and conditions			
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<b>COURSES</b>	<p>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. Check back in early December. Link <a href="#">HERE</a></p>																																																																
<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>																																																																
<b>SEEDING</b>	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #a0c0ff;">Category</th> <th style="background-color: #a0c0ff;">1st Priority</th> <th style="background-color: #a0c0ff;">2nd Priority</th> <th style="background-color: #a0c0ff;">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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<b>RACE FEES</b>	U8, U10 U12 U14, U16 U18, Open (U20, Senior), Master (31 & older), Recreation, 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  Additional \$10.00 per race from above fee Additional \$50.00 per race for late entry fee and seeding must be approved by Jury
<b>Team Sprint Info</b> <b>Coach Team Registration HERE (coming soon)</b>	<p><b>CLUB TEAM SPRINT DETAILS:</b></p> <ul style="list-style-type: none"> <li>- Official Club Team Sprint teams will consist of two same-gender skiers in the same age category from the same club. Unofficial teams can be mixed-gender, mixed-age, and mixed clubs. Ideally, all athletes will have a team to race with.</li> <li>- Athletes will register individually in <b>their appropriate age category</b> for the sprint qualifier. Coaches need to register their official and unofficial teams by 12:00pm (noon) <u>Thursday, December 12th, 2024</u> <a href="#">HERE</a>. Please use the Coaches WhatsApp group to consult other coaches and ensure all registered athletes are matched for unofficial teams. Link <a href="#">Here</a> for unmatched athletes document.</li> <li>- The Club Team Sprint will consist of an individual qualifier, and one or more final waves per category. Race waves will consist of 15-20 teams based on registered numbers.</li> <li>- The individual qualifier will be open to all athletes U12 to Senior, regardless of whether they are on a team and will count for AB Cup and CPL points.</li> <li>- Each registered team <b>MUST</b> indicate the athletes, order of skiing (first leg or second leg), team name, category and coach.</li> <li>- Unofficial teams can have mixed clubs, mixed gender and mixed age but <b>must have 2 skiers</b>. If mixed age, the team will register in the older athletes category. If mixed gender but same age, the team will register in the Male category.</li> <li>- <b>All Teams racing the same distance</b> (regardless of age) will be seeded by combining individual athlete times in the qualifier. Teams will be seeded into a series of A, B, C finals with the A Final having the fastest times.</li> <li>- Heat A will have no more than 15 teams, then the remaining teams will be allocated to Final Heat B, C, etc. with a maximum of 20 teams.</li> <li>- Masters can register for the team sprint in the Senior/U20 category as an Official Team.</li> <li>- No waxing of skis allowed during the race.</li> <li>- All schedules to be approved by the Jury.</li> <li>- AB Cup points/ CPL Points will be calculated from the individual Qualifier</li> <li>- Awards will be given to official teams at the conclusion of the team sprint heats</li> <li>- <b>No changes to teams after Thursday registration deadline for any reason including injury and illness.</b></li> </ul>	

<p><b>LICENCES</b></p>	<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 NEW 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>
<p><b>AWARDS</b></p>	<p>U8/U10/U12 - Participation award for all racers.</p> <p>U12/U14/U16 - Year of Birth medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each gender</p> <p>U18 and older – category medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for each gender</p> <p>*Team sprint awards will be top 3 of each category for U12 and older, not year of birth.</p>
<p><b>TRAIL PASSES</b></p>	<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 13-Sunday, December 15th.</p>
<p><b>KANANASKIS CONSERVATION PASS</b></p>	<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>
<p><b>SNOW ENHANCEMENT FEE</b></p>	<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>
<p><b>FIRST AID</b></p>	<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</b>	<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 glide waxes or tuning products containing fluorine liquid <b>are NOT permitted</b> 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).</li> </ul>
<b>WAX ROOMS</b>	<p><b>Register for a Wax Room</b> - please register for a wax room on Zone 4 coach's registration.</p> <p>Friday to Sunday: \$60 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>