



# Camrose Ski Club

Founded in 1911

Camrose Ski Club is excited to be hosting Alberta Cups 5 and 6 on February 22 and 23, 2020. Please come and join us in the Rose City for an exciting weekend of racing.

**Host Club:** Camrose Ski Club  
<http://www.camroseskiclub.com/>

**Location:** Stoney Creek Centre. Camrose Alberta  
[5320-39 Ave. Camrose Alberta](#)

**Format\*:**

- Saturday, February 22 - Alberta Cup #5 - Skate, Sprint Race U8 - Masters
- Sunday, February 23 - Alberta Cup #6 - Classic, Individual Start - U8 - Masters

\*Subject to change or alteration based on course conditions

**Sanctions and Rules:**

- CCA May 2019 Technical Package, sanctioned by CCA and CCC
  - <https://www.xcountryab.net/technical-packages/>
- CCA Glide Waxing Protocol for ALL AGE categories

*All coaches, athletes, wax technicians, and parents must abide by the following protocol while waxing skis for athletes racing in all age categories. This applies to all local, regional and provincial events taking place in Alberta (e.g. club races, regional cup races, AB Cups, AB Youth Championships, and AB Winter Games). This also applies to athletes traveling to Alberta from out-of-province or out-of-country. The 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: Graeme Thain
- Technical Delegate: Mike Norton
- Race Director: Ivan Babikov
- Assistant TD: Bruce Stephen



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## **Race Office:**

- Competition Secretary: Kim Thain
  - Email: [kimberley.thain@gmail.com](mailto:kimberley.thain@gmail.com)
- Office Location
  - Stoney Creek Centre, 5320-39 Ave Camrose Alberta
- Race Office Schedule:
  - Friday February 21:
  - Saturday February 22: 7:30-5:00 PM
  - Sunday February 23: 7:30-4:00 PM (Finish of Racing)

Coaches' Meetings will be hosted in the waxroom of the Stoney Creek Centre

- Friday 7:00 PM
- Saturday 7:00 PM

## **Course Maps:**

Course maps are available for viewing or downloading at [www.camroseskiclub.com](http://www.camroseskiclub.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.camroseskiclub.com](http://www.camroseskiclub.com). Final course changes will be communicated at the Coaches' Meetings.

## **Weather:**

- Camrose Alberta Forecast: [https://weather.gc.ca/city/pages/ab-18\\_metric\\_e.html](https://weather.gc.ca/city/pages/ab-18_metric_e.html)

## **Waxing Facilities**

No indoor wax room facilities available. There will be space available for tents and limited power.

## **Licenses:**

All competitors in U16 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.

Note: U14 category and younger competitors must be a member of a CCC registered club, but do not require a license.



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## **Race Entry Deadline:**

**Wednesday February 19 - 23:59 PM MST.**

Late entries will not be accepted.

## **How to enter:**

Entries will only be accepted on-line through the Zone4 website commencing January 22, 2020.

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 and coaches 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 <https://www.xcountryab.net/> and Camrose Ski Club [www.camroseskiclub](http://www.camroseskiclub).

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.

## **Updates:**

Race updates will be posted on Camrose Ski Club website. <http://www.camroseskiclub>



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## **Race Entry Fees:**

Races are individually priced. Fee is “per race”.

U8	\$20
U10	\$20
U12	\$20
U14	\$35
U16	\$35
U18	\$40
U20	\$40
Open (U23/Senior)	\$40
Masters	\$40
Para Nordic	\$20
Sport*	\$35

NOTE: There will be a \$70 replacement fee for any transponders not returned to Zone4.

\*Sport category will be offered on Sunday's Free Technique distance race only



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**Age Categories:\***

Category	Year of Birth
U8 Boy/Girl	2012 or younger
U10 Boy/Girl	2010 - 2011
U12 Boy/Girl	2008 - 2009
U14 Boy/Girl	2006 - 2007
U16 Boy/Girl	2004 - 2005
U18 Boy/Girl	2002 - 2003
U20 Men/Women	2000 - 2001
Senior Men/Women	1996 & older
Masters 1&2	1980 - 1989
Masters 3&4	1970 - 1979
Masters 5&6	1960 - 1969
Masters 7+	1959 and older
Para Nordic Sit Ski	Any age
Para Nordic Standing	Any age
Sport	Any age

\* The Alberta College Series will be integrated into Alberta Cup's 5 and 6. If you are competing in this category please indicate that on your registration.



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## Race Formats:

Saturday, February 22: AB Cup #5 Free Technique, Kings Court Sprint Race\*

Age Group	Race Format	Sprint - Distance	Course
U8	Kings Court Free Technique Sprint	150m	Purple
U10	Kings Court Free Technique Sprint	150m	Purple
U12	Kings Court Free Technique Sprint	450m	Orange
U14	Kings Court Free Technique Sprint	650m	Yellow
U16	Kings Court Free Technique Sprint	650m	Yellow
U18	Kings Court Free Technique Sprint	750m	Red
U20	Kings Court Free Technique Sprint	750m	Red
Open (College/ Senior)	Kings Court Free Technique Sprint	750m	Red

\*Masters Skiers - Free Technique - Start Format TBA - Start time will be after all sprints are completed.

Age Group	Race Format	Distance	Course
Masters Men	Free Technique - Distance	7.5 km	3 laps - Yellow
Masters Women	Free Technique - Distance	7.5 km	3 laps - Yellow
Para Nordic	Free Technique - Distance	TBA	TBA



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Sunday, February 23: AB Cup #6 Distance, Classic, Individual Start

Age Group	Race Format	Distance	Course
U8 Boys/Girls	Classic Individual Start	1 km	1 lap - Brown
U10 Boys/Girls	Classic Individual Start	1 km	1 lap - Brown
U12 Boys/Girls	Classic Individual Start	2.5 km	1 lap - Yellow
U14 Boys/Girls	Classic Individual Start	3.75 km	1 lap - Blue
U16 Boys/Girls	Classic Individual Start	5.8 km	2 laps - Green
U18 Girls	Classic Individual Start	7.5 km	2 laps - Blue
U18 Boys	Classic Individual Start	8.7 km	3 laps - Green
U20 Women/Open (College/Senior)	Classic Individual Start	8.7 km	3 laps - Green
U20 Men/Open (College/Senior)	Classic Individual Start	11.25 km	3 laps - Blue
Masters Men	Classic Individual Start	7.5 km	2 laps - Blue
Masters Women	Classic Individual Start	7.5 km	2 laps - Blue
Para Nordic	Classic Individual Start	TBA	TBA
Sport	Classic Individual Start	7.5km/3.75 km	2 laps/1 lap - Blue

Notes:

- U20 & Senior Men/Women & College racers will compete as an Open category for the Alberta Cup Events; results will be tabulated as separate categories.
- 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.
- There will be no changes to seeding list after 3pm Friday Feb 21. Any athletes wishing to race up must also notify race office by 3pm Friday Feb 21.



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## **Seeding:**

Saturday Free Technique Sprint:

Format:

- Skiers ranked based on qualifying time for Heats
- Guaranteed 3 Heats
- Maximum 6 skiers per Heat
- Gender/Age all combined for Heats
- Points awarded based on qualification time
- Awards based on Heat results and sorted by age and gender

\* There are no qualification rounds for U8, U10, or U12. They move into a Kings Court Sprint with 3 guaranteed Heats.

Saturday Free Technique Distance Race - Master Skiers

- Start TBA
- Seeding for the Sunday Mass Start will be in accordance with the CCA 2019 Technical package for Alberta Cups. The most recent published CPL points list is to be used.

Sunday Classic Individual Technique:

- Seeding for the Sunday Mass Start will be in accordance with the CCA 2019 Technical package for Alberta Cups. The most recent published CPL points list is to be used.
- The Sport category will be by random draw

## **Event Schedule**

### **Friday, February 21**

- 1:00 - 4:00 PM Course is open
- 7:00 PM Coaches' Meeting, Stoney Creek Centre Waxroom (AB Cup 5)

### **Saturday, February 22**

Alberta Cup #5 - Distance - Free Technique, Sprint Race

- 7:30 AM to Finish Race Office Open
- 7:30 AM Bib pick up - Race Office
- 9:00 AM Racing Starts
- 7:00 PM Coaches' Meeting, Stoney Creek Centre Waxroom (AB Cup 6)





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## **Sunday, February 23**

Alberta Cup #6 - Distance - Classic, Individual Start

- 7:30 AM to Finish      Race Office Open
- 7:30 AM                      Bib pick up - Race Office
- 9:00 AM                      Racing Starts

All times are subject to change

### **Awards:**

CCA Alberta Cup awards will be presented based on the following:

- U8 to U14 – Year of Birth medals for 1st , 2nd and 3rd and ribbons for 4th to 6th .
- U16 – Year of Birth medals for 1st , 2nd and 3rd.
- U18 to Masters – category medals for 1st , 2nd and 3rd

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

### **Stoney Creek Centre:**

The Stoney Creek Centre day use building will be available as a warming and eating area.

### **Accommodations:**

*Norsemen Inn (ask for sport team rate):*

6505 - 48 Ave [www.norsemeninn.com](http://www.norsemeninn.com) 780-672-9171

*Best Western Plus/Camrose Resort Casino:*

3201 – 48 Ave [www.camroseresortcasino.com](http://www.camroseresortcasino.com) 780-679-2376

*R & R Inn and Suites:*

6508 - 48 Ave [www.rinnsuites.com](http://www.rinnsuites.com) 780-672-2292

*Camrose Ramada Inn and Suites:*

4702 -73 Street [www.ramada.ca](http://www.ramada.ca) 780-672-5220

*Canalta Camrose:*

4710 – 73 St 780-672-7303



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**Sponsors:**



Camrose Eastside Mario's  
7300 48 Ave, Camrose



Camrose Starbucks  
Cornerstone, 6800 48  
Ave 130, Camrose



Ross Distributors  
3311 48 Ave, Camrose