

Alberta Cup 5, 6 & 7 - UPDATE February 14, 2019

Race Notice



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February 16-17, 2019

Race Notice

Pembina Nordic Ski Club and the University of Alberta Nordic Racing Foundation invite you to join us for Alberta Cups 5 and 6 on February 16 and 17, 2019.

Due to the cold weather forecast for the weekend, the Technical Committee and the Chief of Competition announce the following changes to Alberta Cup 5, 6, and 7

Alberta Cup 5:

- Due to the -15 C temperature cut-off: Atom, PeeWee, Mini-Midget and Sport categories are cancelled
- Race format is changed to mass start, free technique
- Race start time is changed to 1100AM
- Distances:
 - Open M/W, Junior B/G/M/W, Masters M/W 5 km
 - Juvenile B/G, Midget B/G, Paranordic Stand 3.8 km
 - Paranordic Sit 3 km

Alberta Cup 6:

- Due to the -15 C temperature cut-off: Atom, PeeWee, Mini-Midget and Sport categories are cancelled
- Race format is unchanged
- Race start time is changed to 1100AM

Alberta Cup 7:

- Cancelled

Race registration has been extended to 4PM Thursday February 14, 2019.

Determinations for refunds are being decided. More information will be forthcoming.

For questions please contact the Race Secretary at info@pembinanordic.org or call 780-554-2556

Changes to the race notice are in [blue text](#).

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Host Clubs: University of Alberta Nordic Racing Foundation <https://ualbertanordic.ca/>
Pembina Nordic Ski Club <https://www.facebook.com/PembinaNordicSkiClub>

Location: Pembina Nordic Ski Club, Eagle Point Provincial Park, Brazeau County, AB (Drayton Valley)
<https://www.albertaparks.ca/parks/central/eagle-point-pp/>
Google Map Link: [Pembina Nordic Ski Club](#)
Address: 7010 Township Rd 494, Rocky Rapids, AB

Format*: [Saturday, February 16 – AB Cup #5, Free Technique, Mass Start](#)
[Sunday, February 17 AM – AB Cup #6, Distance - Classic Technique, Interval Start**](#)
[Sunday, February 17 PM – AB Cup #7, Relay – Classic Technique - CANCELLED](#)

*Subject to change or alteration based on course availability

**Para Nordic will be accommodated

Sanctions and Rules: [CCA – Technical Package](#) (revised January 22, 2019), sanctioned by CCA and CCC

Important Deadlines:

- [Race Entry Deadline is Thursday, February 14, 2019 – 16:00 MT.](#) Late entries will not be accepted.
- Seeding List Deadline Friday, February 15, 2019 1600 MT
- Start list for races will be published after Coaches/Team Captains meeting. Registration or seeding adjustments received after the listed deadline will not receive consideration.
- ~~Deadline for coach entry of relay teams is Saturday, February 16, 2019 at 1200 MT~~

CCA Glide Waxing Protocol for ALL AGE Categories:

Cross Country Alberta requires that all coaches, athletes, wax technicians, and parents abide by the following protocol while waxing skis for all 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	Clayton Stafford, PNSC
Technical Delegate	Blair Dunbar

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Competition Committee:

Positions	Name
Chief of Competition	Clayton Stafford, PNSC
Race Secretary	Kari Moody, U of A Nordic & PNSC
Chief of Stadium/Start	Todd Ree, Vermilion Nordic
Chief of Course	Kevin Stafford, PNSC
Chief of Timing	Kent West, U of A Nordic
Chief of Course Control	Peter Moody, U of A Nordic & PNSC

Race Office: Competition Secretary: Kari Moody

Email: info@pembinanordic.org

Office Location: Pembina Nordic Outdoor Education Centre

Race Office Schedule: Friday, February 15: 12:00 PM – 5:00 PM

Saturday, February 16: 8:30 AM – 3:30 PM

Sunday, February 17 : 8:30 AM – Finish of Racing

Course Maps: **UPDATED COURSE MAPS ARE POSTED.** Course maps are available for viewing or downloading at [this link](#) and on the [Zone4 event page](#). 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 <https://ualbertanordic.ca/>. Final course changes will be communicated at the Coaches' Meetings.

Weather: Pembina Nordic Center weather forecast https://weather.gc.ca/city/pages/ab-48_metric_e.html

Parking: Parking will be available onsite on a first-come first-served basis for team and wax tech transportation. Please car-pool if possible as space is limited. Additional parking will be available along Twp Rd 494.

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 do not require a license, but must be a member of a CCC registered club. Midgets must purchase a day license or a developmental license in order to accrue CPL points.

How to Enter: Entries will only be accepted on-line through the Zone4 website.

<https://zone4.ca/register.asp?id=20342>. 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.

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COACH/TEAM MANAGER REGISTRATION IS REQUIRED (FREE). ALL COACHES MUST REGISTER TO FACILITATE COMMUNICATION DURING RACE WEEKEND.

~~**RELAY: All athletes wishing to participate in the relay must register and pay the entry fee along with their other race fees. Coaches must enter teams into a separate no-fee Zone4 registration by 1200 MT, February 16.**~~

Wax Rooms: Wax rooms are not available. Clubs/racers must supply their own waxing facilities (tents/generators). Contact the race secretary if further information is required.

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 website www.xcountryab.net and U of A Nordic <https://ualbertanordic.ca/> website.

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 three (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 U of A Nordic website. <https://ualbertanordic.ca/>

Trail Passes: Trail passes are not required.

Race Entry Fees:

Individual Category	Fee
Atom	\$10
PeeWee	\$15
Mini-Midget	\$20
Midget, Juvenile, Sport	\$35
All Other Categories	\$40

~~Relay team registration for athletes who have pre-registered will be open until noon Saturday, February 16, 2019. Relay registration fee is per athlete as per following table. There is no team fee, the amount in the Relay Fee Per Team column is just shown for reference. The link to online relay registration is available on the Zone4 event website.~~

NOTE: There will be a \$60.00 replacement fee for any Transponders not returned to Zone 4.

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Age Categories:

Category	Birth Year
Atom	2011 and later
PeeWee	2009 - 2010
Mini-Midget	2007-2008
Midget	2005-2006
Juvenile	2003-2004
Junior Boys/Girls	2001-2002
Junior Men/Women	1999-2000
Senior Men/Women	1989-1998
Masters 1 & 2	1979-1988
Masters 3 & 4	1969-1978
Masters 5 & 6	1959-1968
Masters 7+	1958 and earlier
ParaNordic	Any age
Sport	Any age

RACE FORMAT - the following section has been revised in its entirety February 14, 2019

Saturday, February 16

AB Cup #5, Free Technique, Mass Start

Courses will be skied counter-clockwise.

Category	Sprint Distance	Course
Midget & Juvenile	3.8 km	B (Green)
Juvenile	3.8 km	B (Green)
Junior B/G, Junior M/W Senior M/W, Masters M/W	5 km	A (Yellow)
ParaNordic Sit	3 km	C (Red)
ParaNordic Stand	3.8 km	B (Green)

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Sunday, February 17 AM AB Cup #6, Distance - Classic Technique, Interval Start

Courses will be skied clockwise.

Category	Distance	Course
Juvenile	4.1 km (1 lap)	A (Yellow)
Junior Girls	5.8 km (2 laps)	B (Green)
Junior Boys	8.2 km (2 laps)	A (Yellow)
Junior M/W Senior M/W Masters M/W	8.2 km (2 laps)	A (Yellow)
ParaNordic Sit	7.5 km (3 laps)	C (Red)
ParaNordic Stand	8.2 km (2 laps)	A (Yellow)

Seeding: Seeding will be in accordance with the CCA 2018 Technical package for Alberta Cups. The most recent published CPL points list is to be used.

Category	1st Priority	2nd Priority	3rd Priority
Juvenile and older	CPL points	AB Cup points (if no CPL pts)	Random draw (if no AB Cup pts)
Midgets	AB Cup points	Random draw (if no AB Cup pts)	
Mini-Midgets and younger	Random draw		

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. 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.
3. There will be no changes to seeding list after 4pm Friday Feb 15. Any athletes wishing to race up must also notify race office by 4pm Friday Feb 15.

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EVENT SCHEDULE - the section has been revised

Friday, February 15 Official Training Day

12:00 PM to 5 :00 PM - Race Office open

2:00 PM to 5:30 PM - Courses open for training

7:00 PM – Coaches' Meeting, Pembina Nordic Outdoor Education Centre

Saturday, February 16 AB Cup #5, Free Technique, Mass Start

8:30 AM to 3:30 PM - Race Office open

8:30 AM Bib pick up – Race Office

11:00 AM Racing starts

7:00 PM Coaches' Meeting, Pembina Nordic Outdoor Education Centre

Sunday, February 17 AB Cup #6, Distance - Classic Technique, Interval Start

8:30 AM to 3:30 PM - Race Office open

8:30 AM Bib pick up – Race Office

11:00 AM Racing starts

All start times are subject to change

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

- Midget – Year of Birth medals for 1st, 2nd and 3rd and ribbons for 4th to 6th.
- Juvenile – Year of Birth medals for 1st, 2nd and 3rd.
- Junior to Masters – category medals for 1st, 2nd and 3rd.

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

Day Lodge: Tents and the old chalet are available for warming and eating. The Outdoor Education Centre (still under construction) is reserved for race office and volunteers.

Food Service: Food service will be provided.

Accommodations: Please be sure to choose from our recommended accommodations listed on the **next page!**

Sponsors: A special thanks to all of our sponsors for helping make this a great event. Sponsor images on last page.

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Experience the Valley!



The Member Hotels of the Drayton Valley Hospitality and Tourism Authority are also offering special Room Rates for Pembina Nordic Ski Club participants and their families.



5001 Brougham Drive, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-515-9888
Toll Free: 1-877-660-8550



4302 50th Street, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-542-3200
Toll Free: 1-877-355-3500



2051 50th Street, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-514-7861
Toll Free: 1-877-514-7861



5704 Power Centre Blvd, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-542-4348
Toll Free: 1-888-875-4667



Hwy 22 and Weycan Drive, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-898-5448
Toll Free: 780-898-5448



5802 Power Centre Blvd, Drayton Valley
Ask for: Pembina Nordic Ski Club rate
Local: 780-542-2031
Toll Free: 1-888-875-4667

Drayton Valley Hotel 5028 52 Avenue Drayton Valley Phone: 780-542-5351
Ask for: Pembina Nordic Ski Club rate

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Event Sponsors



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