

"SKI the SOLSTICE"
Alberta Cup #3 & #4

STRATHCONA WILDERNESS CENTRE
December 20 & 21, 2014

Race Notice

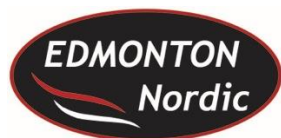
Edmonton Nordic is pleased to have partnered with the Strathcona Wilderness Centre to bring you Alberta Cup Races #3 & #4. We are indebted to Bjorn Taylor and the staff at SWC for helping to make this event possible.

GENERAL INFORMATION

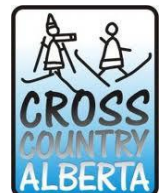
- Host Club:** Edmonton Nordic Ski Club www.edmontonnordic.ca
- Event Format:** Saturday, December 20, Alberta Cup #3: Classic Technique, Mass Start
Sunday, December 21, Alberta Cup #4: Free Technique, Interval Start
- Sanctioned by:** Cross Country Canada and Cross Country Alberta
- Rules:** CCA Technical Package: [here](#)
- Competition Jury:** Chief of Competition: Aaron Dodds
Technical Delegate: John Cushing
CCA Race Director: Mike Neary
- Contact Information:** Competition Secretary: Maxine Farr-Jones: CompetitionSecretary@edmontonnordic.ca
Chief of Competition: Aaron Dodds: 587-334-4667 | adodds27@telus.net

FACILITIES

- Friday Night Team Captains' Meeting:** Belgravia Community League Hall, 11540-73 Ave., Edmonton, 7 p.m.
Map: [here](#)
- Saturday Afternoon Team Coaches' Meeting:** Strathcona Wilderness Centre lodge, lower lounge, 4 p.m.



- Racing Venue:** Strathcona Wilderness Centre, west trails. Area map: [here](#). The east trails will be open for public use and for wax testing. Trail map: [here](#)
- Trail Passes:** Trail day passes for all three days are included in the registration fee for competitors. Other users, including coaches and event support personnel, must purchase a day pass from the Information Centre.
- Course Maps:** Course maps and profiles will be posted on www.edmontonnordic.ca and in the Information Centre and Race Office. The courses may be subject to change as required to accommodate changing conditions.
- Race Office Location:** Strathcona Wilderness Centre Lodge
- Race Office Hours:** December 19: Noon – 4:00 pm
December 20: 8:00 am – 4:00 pm
December 21: 8:00 am – 3:00 pm
- Waxing/Warming Facilities:** The lodge will be available to athletes for changing and warming. A warming tent will also be available near the start/finish line. Outdoor space will be available to set up waxing tables and tents. There are limited power supplies on site; please bring your own generator.
- Fluoro Waxes:** High fluoro (HF) glide wax and high fluoro (HF) add-on powders, pucks and liquids are *not permitted* in categories Midget boys/Midget girls and younger.
- Food Services:** A food concession will be available at the race venue. Drinking water will be available.
- Parking:** *Parking space is limited.* On-site parking will be reserved for disabled participants and volunteers. Families, teams and support personnel are asked to park at Uncas School where shuttle buses will be used to access the race venue (map: [here](#)). Vehicles will be allowed to drop-off athletes and gear. *Please, do not transport skiing equipment on the shuttle buses.*



COMPETITION INFORMATION

Schedule of Events (subject to change):

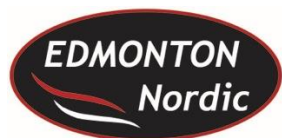
Date	Time	Activity	Details
Friday, December 19	Noon – 3:00 pm	Training	SWC course open for training
	7:00 pm	Team Captains' Meeting	Belgravia Community Hall, Edmonton
Saturday, December 20	8:00 am	Bib pick-up	SWC Race Office
	10:00 am – 2:00 pm	Race	Mass Start, Classic Technique
	4:00 pm	Team Captains' Meeting	SWC Lodge, lower lounge
Sunday, December 21	8:00 am	Bib pick-up	SWC Race Office
	10:00 am – 2:00 pm	Race	Interval Start, Free Technique

Age Categories for Races:

Category	Year of Birth
Atom	2007 & later
PeeWee	2005 - 2006
Mini-Midget	2003 - 2004
Midget	2001 - 2002
Juvenile	1999 - 2000
Junior B/G	1997 - 1998
Junior M/W*	1995 - 1996
Senior M/W*	1985 - 1994
Masters 1&2	1975 - 1984
Masters 3&4	1965 - 1974
Masters 5&6	1955 - 1964
Masters 7&8	1945 - 1954
Masters 9	1944 & earlier
Sport	Any age
Para Nordic Sit Ski	Any age
Para Nordic Standing	Any age

Seeding:

Seeding for the races will be assigned as per CCA Technical Package. It is *highly recommended* for all racers that they be represented by a coach / manager at the Team Captains' meeting.



Event Distances: Saturday, December 20: Classic Technique, Mass Start

Category	Distance (km)	
	Female	Male
Atom	0.5	0.5
PeeWee	1	1
Mini-Midget	2	2
Midget	2.5	2.5
Juvenile	5	5
Junior B/G	7.5	7.5
Junior M/W*	10	10
Senior M/W*	10	10
Masters	10	10
Sport	5	5
Para Nordic Sit Ski	4	4
Para Nordic Standing	5	5

*Junior M/W and Senior M/W will be combined into Open M/W (and separated for results)

Event Distances: Sunday, December 21: Free Technique, Interval Start

Category	Distance (km)	
	Female	Male
Atom	0.5	0.5
PeeWee	1	1
Mini-Midget	2	2
Midget	3	3
Juvenile	6	6
Junior B/G	7.5	7.5
Junior M/W*	12	12
Senior M/W*	12	12
Masters	12	12
Sport	5	5
Para Nordic Sit Ski	6	6
Para Nordic Standing	7.5	7.5

* Junior M/W and Senior M/W will be combined into Open M/W (and separated for results).



Awards: The awards will be presented between race events, if possible, and at the conclusion of each day's events, the schedule of which will be determined at the Team Captains' Meeting.

ENTRY PROCESS AND DEADLINE

Registration: All entries *must* be processed through Zone 4 ([here](#)) after December 3, 2014. Visa or Mastercard payment only; payment must be made at time of registration.

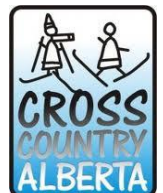
Race Entry Fees:

Category	Fee per race
Atom	\$20
PeeWee	\$20
Mini-Midget	\$20
Midget	\$35
Juvenile	\$35
Junior B/G	\$40
Junior M/W	\$40
Senior M/W	\$40
Masters	\$40
Sport	\$35
Para Nordic	\$40
Day License	\$5

Deadline: *All registrations and payments must be received by 11:00 pm on Wednesday, December 17, 2014. No registrations will be accepted after this. There will be no race day registrations.*

To ensure accuracy of entries and facilitate race list completion, Coaches/Team Captains are expected to carefully check their entries on the Zone 4 confirmation list and send corrections to the Competition Secretary at CompetitionSecretary@edmontonnordic.ca by December 18.

Cancellation: In the event of cancellation due to poor weather or unsafe conditions, cancellation will follow the CCA Technical Package for Provincial Cross Country Ski Events' protocol. Announcement of cancellation will be made through the CCA (www.xcountryab.net) and ENSC (www.edmontonnordic.ca) websites.



RACE LICENSE AND REQUIREMENTS

Race License requirements will be as per Cross Country Alberta and Cross Country Canada directives. All competitors Juvenile category and older must have a valid CCC or FIS license to be entered during on-line registration. A CCC supporting member license (day license) may be purchased during the on-line registration for a fee of \$5.00/day for competitors in Juvenile and up who do not have a racing license. *Competitors aged Midget and younger must be a member of a CCC registered club, but do not require a license.*

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT/WAIVER

During the on-line registration process on Zone 4 each participant must sign Cross Country Canada's *Informed Consent and Assumption of Risk Agreement*.

ACCOMMODATIONS

There are numerous options for hotel / motel accommodation in Edmonton or Strathcona County.

Edmonton Accommodations:

www.exploreedmonton.com/accommodations

Strathcona County Accommodations:

www.strathcona.ca/departments/economic-development-and-tourism/tourism/strathcona-county-traveller/accommodations/

Cabins at Hasting Lake (15 minutes from race site):

www.kawtikh.com/

