



## **RACE NOTICE**

**Olympic, World Juniors, U23 Trials  
and AB Cup 3 & 4**

**January 5 - 11, 2022**

Hosted by Foothills Nordic Ski Club  
[www.foothillsnordic.ca](http://www.foothillsnordic.ca)

# RACE NOTICE

## Olympic, World Juniors, U23 Trials and AB Cup 3 & 4 January 5 - 11, 2022

All racers, coaches, and persons participating in this event **MUST STRICTLY** adhere to the COVID-19 mitigation actions outlined below. Please carefully read this important information.

\*\* Racers should be prepared limit their time at the venue. Plan to “Arrive, Train/Compete, Depart” \*\*

### Schedule:

Wed., Jan 5	Training			
Thursday Jan 6	<ul style="list-style-type: none"> <li>• World Juniors/U23 Trials</li> <li>• Olympic Trials</li> <li>• <b>Nordiq Cup (COC)</b></li> </ul>	Classic Technique	Individual Start	Open Women 10 km Open Men 15 km
Friday, Jan 7	Training			
Saturday Jan 8	<ul style="list-style-type: none"> <li>• World Juniors/U23 Trials</li> <li>• Olympic Trials</li> <li>• <b>Nordiq Cup (COC)</b></li> <li>• <b>Alberta Cup 3</b></li> </ul>	Free Technique	Sprint Interval Mass start	U20 & Open U8 – U18, Masters PN - Sit
Sunday Jan 9	<ul style="list-style-type: none"> <li>• World Juniors/U23 Trials</li> <li>• Olympic Trials</li> <li>• <b>Nordiq Cup (COC)</b></li> <li>• <b>Alberta Cup 4</b></li> </ul>	Free Technique	Mass start	U20 & Open Women 15 km / Men 30 km U8 – U18, Masters, PN
Monday, Jan 10	Training			
Tuesday Jan 11	<ul style="list-style-type: none"> <li>• <b>Nordiq Cup (COC)</b></li> </ul>	Classic Technique	Sprint	U20 & Open

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

**Host Club:** Foothills Nordic Ski Club

**Sanctioned By:** Federation Internationale de Ski (FIS), Nordiq Canada and Nordiq Alberta

**Rules:** FIS International Competition Rules (ICR). These races will be for FIS points for the Open category and CPL points for races U14 and older. U12 and under will be governed by Nordic Canada and Nordic Alberta Rules

**Event Website:** Information on all event details is at <https://foothillsnordic.ca/races/alberta-cup-3-4/>

## COVID-19 Guidelines

The following COVID-19 mitigation strategies **MUST** be followed by all event participants:

This Event will adhere to the current provincial health and sport guidelines to best ensure everyone is kept as safe as possible. All athletes (over the age of 12), coaches, support personnel and volunteers **MUST** be fully vaccinated with a Government of Canada approved COVID vaccine(s) or have a PCR test. The PCR test must have been taken within 72 hours prior to bib pickup on the first day of your competition. Racers and participants would bear the cost for any PCR tests.

Additional details on the attestation and documents to be uploaded may be found on the Zone4.ca registration. All uploaded documents will be verified and deleted; however, participants must be prepared to provide proof of immunization or a negative PCR test at any point during this Event.

Any documentation that is required to participate in this Event must be authentic. If it is determined that any submitted documentation is not authentic for this sanctioned Event, the participant will be ineligible to take part in the Event and further sanctions may be applied by Nordiq Canada and/or Nordiq Alberta.

Participants are reminded that all Nordiq Canada and Nordiq Alberta do not allow harassment of any sort. Harassment may result in sanctions.

The full Nordiq Canada COVID-19 policy for 2021-2022 can be found here: [Nordiq Canada Covid Protocol - Nordiq Canada](#)

The full Nordiq Alberta COVID-19 policy for 2021-2022 can be found here: [Nordiq Alberta COVID Protocol 2021 FINAL.docx](#)

Further participant guidance is provided below:



### Season 2021-22 Summary Participant COVID-19 Information

- Participants must agree to an assumption of risk for COVID-19 during race registration.
- All participants should perform a daily COVID-19 symptom self-check as per AHS.
- Participants who are 12 years of age or older must either show proof of a negative PCR COVID test no older than **72 hours** from the start of the event/race/camp, or proof of being fully vaccinated 14-days prior to start of event/race/camp.
- Stay home and arrange for testing if you have been around someone with COVID-19 or if you experience symptoms such as a cough, fever, and breathing difficulties, loss of taste or smell, severe fatigue.
- Participants should wear masks at all times, unless skiing or exercising and can maintain 2m physical distance.
- Participants who test positive for COVID-19 should immediately notify the host organizing committee, including positive COVID-19 results up to 14 days after the event.
- Limit social gatherings and potential areas for exposure (i.e. restaurants, grocery stores etc.) in the week prior to travel where possible.
- If carpooling cannot be avoided, develop a protocol and ensure masks are worn at all times. Do not fill the vehicle to maximum capacity.

## Race Organizing

**Committee:** Chief of Competition: Masten Brolsma ([mastenbrolsma@gmail.com](mailto:mastenbrolsma@gmail.com))  
Chief of Course: Elliott Steinberg  
Chief of Timing: Reid Cummings  
Chief of Stadium: Carl Pryce  
COVID-19 Lead: Ann Lohka  
Competition Secretariat: Allison Stephen / Michelle Gartner ([racesecretariat@foothillsnordic.ca](mailto:racesecretariat@foothillsnordic.ca))

**Race Jury:** Technical Delegate (Chairperson): Ian Sibbald ( [isibbald@icloud.com](mailto:isibbald@icloud.com) )  
Assistant Technical Delegate: Scott Puskas ( [spuskas@gmail.com](mailto:spuskas@gmail.com) )  
Chief of Competition: Masten Brolsma ( [mastenbrolsma@gmail.com](mailto:mastenbrolsma@gmail.com) )  
Nordiq Canada Race Director: TBD

**Registration:** Entries will only be accepted on-line through the [www.zone4.ca](http://www.zone4.ca) website.

The Zone4 website provides the opportunity for participants to confirm that their entry has been received. Payment must be made at the time of registration. All racers must acknowledge the Nordiq Canada informed consent form when registering on Zone4.ca.

If you experience any difficulties in registering, then please contact [racesecretariat@foothillsnordic.ca](mailto:racesecretariat@foothillsnordic.ca) .

Registration closes: Tuesday, **December 28, 2021 – 23:59 PM MST**

**After registration closes entries will only be accepted at the Jury's discretion and will incur an additional \$50 fee per race. Late entries may not be seeded.**

### Licenses:

All competitors skiing in the U16, U18, U20 and Open categories must have at least one of the following:

- Nordiq Canada race license
- Nordiq Canada associate license
- FIS license
- Nordiq Canada supporting member license (SMDL) which may be purchased during on-line registration for a fee of \$5.00/day.
- U14 and younger competitors must be a member of a Nordiq Canada registered club, but do not require a license.
- Biathletes and other Nordic disciplines must have a valid Nordiq Canada license or SDML to compete.
- For non-Canadian skiers not holding an active FIS license, an Associate License may be obtained through Nordic Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with an Associate License will be included in the Canada Points List calculation and used for seeding purposes.

**Waivers:** Waivers must be accepted at on-line registration at Zone4.ca

**Coaches:** Coach registration is required via Zone4.ca. There is no fee. Race updates will be emailed to coaches registered on Zone 4. A WhatsApp group will be created for the registered coaches. All official race notifications will be issued by the Race Office email account [racesecretariat@foothillsnordic.ca](mailto:racesecretariat@foothillsnordic.ca) .

## **TECHNICAL GUIDANCE:**

- FIS sanctioned races will be governed by the FIS International Competition Rules (ICR) <https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>
- Technical Package for Alberta Cup: [https://nordiqalberta.ca/wp-content/uploads/TECHNICAL-PACKAGE\\_2021\\_22-Final-OCTOBER-3.12.pdf](https://nordiqalberta.ca/wp-content/uploads/TECHNICAL-PACKAGE_2021_22-Final-OCTOBER-3.12.pdf)

### **Selection Criteria:**

The 2021-22 Competition Trip Selection Criteria can be found in the Nordiq Canada document centre <https://nordiqcanada.ca/document-centre/#2081>.

- [2022 Olympic Winter Games Selection Criteria](#),
- [2021-22 National Ski Team Selection Criteria](#)
- [2021-22 Athlete Assistance \(AAP\) Carding Criteria](#).

The trials races will be used for athlete selections as shown in the table below:

Thursday Jan 6	Saturday Jan 8	Sunday Jan 9	Tuesday Jan 11
<ul style="list-style-type: none"><li>• World Juniors/U23 Trials</li><li>• Olympic Trials</li><li>• NST Selection for 1 x JR female and 1 x U23 female</li><li>• Remaining 2021-22 AAP Carding</li></ul>	<ul style="list-style-type: none"><li>• World Juniors/U23 Trials</li><li>• Olympic Trials</li><li>• NST Selection for 1 x JR female and 1 x U23 female</li><li>• Remaining 2021-22 AAP Carding</li></ul>	<ul style="list-style-type: none"><li>• World Juniors/U23 Trials</li><li>• Olympic Trials</li><li>• NST Selection for 1 x JR female and 1 x U23 female</li><li>• Remaining 2021-22 AAP Carding</li></ul>	<ul style="list-style-type: none"><li>• NST Selection for 1 x JR female and 1 x U23 female</li><li>• Remaining 2021-22 AAP Carding</li></ul>

**Classic Technique:** As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole. It is the athlete's responsibility to adhere to the rules. Poles may be measured prior to the race start and/or finish. "Technique Zones" may be implemented at the Jury's request during the classic races.

**Sprints:** Open Men and U20 Men categories and the Open Women and U20 Women categories will be combined in the Qualification race for seeding purposes and run as a single open class but will be separated into U20 and Open for heats and awards. The top 30 U20 Men/Women and Open Men/Women will advance to quarterfinal heats.

Unless the Race Secretariat receives notice of an athlete's intent at the start of the Team Captains' Meeting on Wednesday, January 5, all qualifying U20 Men /Women will be entered into the U20 quarter final heats. No changes will be allowed on race day.

Sprint heats will be timed and ICR rule 325.4.2.8 will apply. Lucky loser advancement will be based on best 3rd and 4th place time.

**Waxing:** Nordiq Alberta Waxing protocol for all age categories **EXCEPT for those participating in FIS sanctioned events** (U20, Open and those racing up) where fluorinated waxes will be permitted.

All coaches, athletes, wax technicians, and parents must abide by the following protocol while waxing skis for athletes racing in all categories. This 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 also applies to athletes traveling to Alberta from out-of-province or out-of-country. The glide waxing protocol **for Alberta Cup participants** 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.

**Wax Testing:** A wax testing/warm up area will be provided and noted on the event website.

**Seeding:** Seeding will be according to the [Canada-Cup-2021-22-formatted-DRAFT-20102021.pdf](#) Section 5.7

The current Canada Points List (CPL) for both distance and sprint competitions will be used.

Foreign skiers will be seeded as determined by the Jury with reference to the competitors CPL or FIS points. In the rare instance a foreign skier has no FIS or CPL ranking, the Jury will use its discretion in seeding the skier.

Seeding for the Alberta Cup categories will be as per Tech Package summarized below.

Category	1 <sup>st</sup> Priority	2 <sup>nd</sup> Priority	3 <sup>rd</sup> Priority
U16 and older	CPL Points	AB Cup points (if not CPL points)	Random Draw (if not AB Cup points)
U14	AB Cup points	Random Draw	
U12 and younger	Random Draw		

**Interval Start Races:** For all categories, bibs will be assigned by distance CPL. Nordiq Canada License holders without a CPL ranking will be assigned to a group and randomized. Skiers with day license will be assigned to a further separate group and randomized.

**Protest and Appeals:**

The protest procedure is outlined in the Section F of [ICR08 \(fis-ski.com\)](#). Protest forms will be available at the Race Office. Protests must be made in writing, submitted to the Race Secretariat within 15 minutes of posting of unofficial results and accompanied by a \$100 CAD fee. U18 and younger fall under “Nordic Canada Official Protest” with a similar \$100 fee. **Protests not submitted on time or submitted without the protest fee will not to be considered.**

**Prize Money:** Prize money will be provided for Nordiq Canada for Open and U20 categories.

**RACE OFFICE RELATED**

- Race Office Location:
  - Canmore Nordic Centre – Main Lodge
- Race Office Schedule:
  - Wednesday, January 5: 9:00 AM – 5:00 PM
  - Thursday, January 6: 7:30 AM – End of racing
  - Friday, January 7: 12:00 PM – 5:00 PM
  - Saturday, January 8: 7:30 AM – 5:00 PM
  - Sunday, January 9: 7:30 AM – End of racing
  - Monday, January 10: 12:00 PM – 5:00 PM
  - Tuesday, January 11: 7:30 AM – End of racing
- Start Lists: Start lists for each day of racing will be posted at the Race Office and online at [www.zone4.ca](http://www.zone4.ca) .

**Team Rooms:** Public wax rooms are available. If a team wax room is required, they should contact the Race Office. Wax room fees are \$20.00 per day and are to be paid online at the time of coach registration. A wax room Key Deposit (\$370 cash or cheque) will also be collected at the Race Office before the key is issued. There is ample parking at the Canmore Nordic Centre; however, if you plan to bring a wax trailer, please contact the [raceseecretariat@foothillsnordic.ca](mailto:raceseecretariat@foothillsnordic.ca) to see about availability of space and permitted locations.

**Team Captain Meetings:** Team Captain meetings will be held January 5, 7, 8 and 10 at 6 PM unless otherwise notified. **All Meetings will be hosted via Zoom.** The link will be emailed to coaches registered on Zone 4.

**Trail Passes:** All athletes and coaches on skis MUST have a valid day ticket or season pass while racing and during Official Training. For ease, discounted day tickets are available at the Race Office at \$7.50 / per day. **Note: there is a substantial fine for skiing without a trail pass.**

**Updates:**

Race updates will be posted on the Foothills Nordic website: <https://foothillsnordic.ca/races/alberta-cup-3-4/> and notifications from [raceseecretariat@foothillsnordic.ca](mailto:raceseecretariat@foothillsnordic.ca).

**Course Maps:**

Races are planned to be held on the competition trails above the day lodge. Course maps are available for viewing or downloading at <https://foothillsnordic.ca/races/alberta-cup-3-4/>. 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://foothillsnordic.ca/races/alberta-cup-3-4/>. Final course changes will be communicated at the Team Captain Meetings.

**Cancellation and Refunds:**

- **Trials Races:** Nordiq Canada will be responsible for determining if the trials races will have the FIS sanction cancelled. Any refunds will be per NordiqCanada guidelines.
- **Alberta Cup Races:** In the event of cancellation due to weather or unsafe conditions, cancellation will follow the Nordiq Alberta Technical Package protocol [https://nordiqalberta.ca/wp-content/uploads/TECHNICAL-PACKAGE\\_2021\\_22-Final-OCTOBER-3.12.pdf](https://nordiqalberta.ca/wp-content/uploads/TECHNICAL-PACKAGE_2021_22-Final-OCTOBER-3.12.pdf).

Announcement of cancellation will be posted on the Nordiq Alberta <https://nordiqalberta.ca> and Foothills Nordic [www.foothillsnordic.ca](http://www.foothillsnordic.ca) websites.

**Medical Refunds:** A refund of individual registration fees will only be considered for medical reasons and if the Competition Secretariat receives notification prior to the registration deadline of December 31, 2021. **Medical documentation may be requested prior to a refund being offered.**

**Awards:** Nordiq Alberta - Alberta Cup awards will be presented based on the following:

1. U14 to U16 – Year of Birth medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.
2. U18 and older – category medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

Awards at the Event as per the COVID-19 protocols

**Race Entry Fees:**

Races are individually priced. Fee is “per race” and does not include your trail pass but does include a snow enhancement fee per Nordiq Canada / Nordiq Alberta for the Canmore Nordic Centre.

Category	Year of Birth	Price
		\$ / race
U8 Boy/Girl	2014 - younger	12.5
U10 Boy/Girl	2012 – 2013	17.5
U12 Boy/Girl	2010 – 2011	22.5
U14 Boy/Girl	2008 – 2009	25
U16 Boy/Girl	2006 – 2007	45
U18 Boy/Girl	2004 - 2005	45
U20 Men/Women	2002 – 2003	45
Open (U23/Senior )	2001 and older	45
Masters 1&2	1982 – 1991	45
Masters 3&4	1972 – 1981	45
Masters 5&6	1962 – 1971	45
Masters 7+	1961 and older	45
Para Nordic	any age	45

A Snow Enhancement Fee of \$5 per competition day per U14 athlete and older and \$2.50 per competition day per U12 athlete and younger is included in the Race Entry fee. This fee contributes to the snow making / storage program at the Canmore Nordic Centre.

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

## **COMPETITION SCHEDULE**

### **Day 1 - Wednesday, January 5 - Official Training**

### **Day 2 - Thursday January 6, Trials Race #1, Classic - Interval Start**

<b>Category</b>	<b>Distance</b>	<b>Course Format</b>	<b>Start Time</b>
Open Women			
U23	10 km	2 x 5 km	10:00
U20			
Open Men			
U23	15 km	3 x 5 km	11:30
U20			

### **Day 3 - Friday 7 - Official Training**



**Day 4 - Saturday January 8, Trials Race #2 / AB Cup 3 - Free Technique - Sprints**

<b>Race</b>	<b>Category</b>	<b>Distance</b>	<b>Course Format</b>	<b>Start Time</b>	<b>Finish Time</b>
Mass Start	PN - Sit Ski	3 x 2.2	Distance	8:15 AM	8:45
Sprint Qualifier	Open Women	1 x 1.3	Sprint	9:00 AM	
Sprint Qualifier	U20 Women	1 x 1.3	Sprint		
Sprint Qualifier	Open Men	1 x 1.3	Sprint		
Sprint Qualifier	U20 Men	1 x 1.3	Sprint		10:15
Interval Start	U18 Women	4 x 1.3	Distance	10:30	
Interval Start	U18 Men	4 x 1.3	Distance		
Interval Start	U16 Girls	4 x 1.3	Distance		
Interval Start	U16 Boys	4 x 1.3	Distance		
Interval Start	U14 Girls	3 x 1.0	Distance		
Interval Start	U14 Boys	3 x 1.0	Distance		
Interval Start	U12 Girls	2 x 1.0	Distance		
Interval Start	U12 Boys	2 x 1.0	Distance		
Interval Start	U10 Girls	2 x 0.5	Distance		
Interval Start	U10 Boys	2 x 0.5	Distance		
Interval Start	U8 Girls	1 x 0.5	Distance		
Interval Start	U8 Boys	1 x 0.5	Distance		
Interval Start	Masters Men	4 x 1.3	Distance		
Interval Start	Masters Women	4 x 1.3	Distance		12:20
Sprint Heats	Open Women / Open Men U20 Women / U20 Men	1 x 1.3	Sprint	12:45	15:25

**Day 5 - Sunday January 9, Trials Race #3 / AB Cup 4 - Free Technique - Distance**

<b>Category</b>	<b>Distance</b>	<b>Course Format</b>	<b>Start Time</b>
PN - Sit Ski	6.6 km	3 x 2.2	8:15 AM
Open Women			
U23	15 km	4 x 3.75	9:00 AM
U20			
Open Men			
U23	30 km	8 x 3.75	10:00 AM
U20			
U18 Girls / Boys	6.6 km	2 x 3.3	12:00
U16 Girls / Boys	6.6 km	2 x 3.3	
U14 Girls / Boys	2.5 km	1 x 2.5	
U12 Girls	2.6 km	2 x 1.3	
U12 Boys	2.6 km	2 x 1.3	
U10 Girls	1.5 km	2 x 0.77	
U10 Boys	1.5 km	2 x 0.77	
U8 Girls	0.5 km	1 x 0.5	
U8 Boys	0.5 km	1 x 0.5	
Masters Women / Men	9.9 km	3 x 3.3	14:00

## Day 6 - Monday - Official Training

## Day 7 - Tuesday January 11, Trials Race #4 - Classic Technique - Sprints

Race	Category	Distance	Course Format	Start Time	Finish Time
Sprint Qualifier	Open / U20 Women	1 x 1.3	Sprint	9:00 AM	9:30
Sprint Qualifier	Open / U20 Men	1 x 1.3	Sprint	9:31	10:01
Sprint Heats	Open Women	1 x 1.3	Sprint	11:00	
Sprint Heats	Open Men	1 x 1.3	Sprint		12:15
Sprint Heats	U20 Women	1 x 1.3	Sprint	12:30	
Sprint Heats	U20 Men	1 x 1.3	Sprint		1:45

## VENUE INFORMATION

**Day Lodge:** The Canmore Nordic Centre day lodge is **NOT** available as a warming and general eating area. Food service is available.

**Weather:** Nordic Center Forecast: <https://www.theweathernetwork.com/ca/weather/alberta/canmore-nordic-centre-provincial-park>

### Trail and Parking Passes:

A Kananaskis Country conservation pass is required for users of the Canmore Nordic Centre Provincial Park. Additional details on how to purchase passes can be found here [https://www.alberta.ca/kananaskis-conservation-pass.aspx?utm\\_source=redirect&utm\\_medium=all&utm\\_campaign=GoA&utm\\_term=ConservationPass](https://www.alberta.ca/kananaskis-conservation-pass.aspx?utm_source=redirect&utm_medium=all&utm_campaign=GoA&utm_term=ConservationPass)

### Accommodations:

There are a variety of accommodations in Canmore to fit most budgets. Recommendations on places to stay and/or those offering preferred rates for this Event will be provided at a later date.

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

