



RACE NOTICE - Alberta Cup 3&4

Version 6.0 - 2024-01-15

Hosted by Foothills Nordic Ski Club

20-21 January 2024

Canmore Nordic Centre
Canmore, Alberta





RACE NOTICE - AB Cup 3&4 - January 20-21, 2024

SPONSORS AND PARTNERS

Foothills Nordic Ski Club would like to thank the growing list of sponsors and partners supporting the Bow Valley cross-country ski community at the 2024 Alberta Cup 3&4.





LAND ACKNOWLEDGEMENT

Foothills Nordic Ski Club respectfully acknowledges the lands on which we live and ski. Foothills lives and operates out of the City of Calgary

The Calgary area, where the Bow and Elbow rivers meet, is a place of confluence where the sharing of ideas and opportunities naturally come together. Indigenous peoples have their own names for this area that have been in use long before Scottish settlers named this place Calgary. The Métis call the Calgary area Otos-kwunee. In the Blackfoot language, they call this place, Moh-kins-tsis. The Stoney Nakoda Nation refer to the Calgary area as Wicispa Oyade and the people of the Tsuut'ina nation call this area Guts-ists-i.

We would like to take this opportunity to acknowledge that we are on the traditional territories of the First Nations signatory in Southern Alberta to Treaty 7. This includes: the Blackfoot Confederacy, made up of the Siksika, Piikani, and Kainai First Nations; the Îethka Nakoda Wîcastabi First Nations, comprised of the Chiniki, Bearspaw, and Wesley First Nations; and the Tsuut'ina First Nation. The City of Calgary is also homeland to the historic Northwest Métis and to Métis Nation of Alberta, Region 3. We acknowledge all Indigenous urban Calgaryans who have made Calgary their home.

Alberta Cup 3&4 will take place at Alberta Parks' Canmore Nordic Centre located in Canmore.

In the spirit of reconciliation, Alberta Parks acknowledges that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (Chiniki, Bearspaw, and Goodstoney First Nations), the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta. We honour this land and all those who share it in a spirit of peace, friendship and respect.

The Town of Canmore is located within the Treaty 7 region of Southern Alberta. In the spirit of respect, reciprocity and truth, we honour and acknowledge the Canmore area, known as "Chuwapchipchiyan Kudi Bi" (translated in Stoney Nakoda as "shooting at the willows") and the traditional Treaty 7 territory and oral practices of the Îyârhe Nakoda (Stoney Nakoda) – comprised of the Bearspaw First Nation, Chiniki First Nation, and Goodstoney First Nation – as well as the Tsuut'ina First Nation and the Blackfoot Confederacy comprised of the Siksika, Piikani, Kainai. We acknowledge that this land is also home to the Rocky View Métis District within the Battle River Territory. We acknowledge all Nations who live, work, and play and help us steward this land and honour and celebrate this territory. We commit to working to live in right relations and to advance Truth and Reconciliation.



A. GENERAL INFORMATION

LOCATION

[Canmore Nordic Centre](#)

1988 Olympic Way, Canmore, AB

[Directions](#)

PROGRAM

The competition will run as follows:

DAY	RACE	CATEGORIES	TECHNIQUE
Friday, 19 January Races start: 6:30pm	Fun Race: Obstacle relay *	All Categories.	Free
Saturday, 20 January (AB CUP 3) Races start: 8:30am	Skills	U8 - U10	Classic
	Mass Start	U12+	
Sunday, 21 January (AB CUP 4) Races start: 8:30am	Skills	U8 - U10	Free
	Mass Start	U12+	

NOTE: Unofficial training for Sunday races will be opened up after races are complete on Saturday afternoon. Signage will be in place to mark courses, headlamps are recommended. It should be noted that grooming between races and training will not take place and several courses are common to all days of racing.

*The Obstacle Relay is part of the Bow Valley Race Series and not part of the Alberta Cup, no points will be awarded for this race. Registration information and details about the Obstacle Relay will be made available on the [website](#).

SANCTION

The event is sanctioned by:

- [Nordiq Canada](#) (NC)
- [Nordiq Alberta](#) (NA)



STAKES

- [Canadian Points](#)
- Alberta Cup Points

TECHNICAL BACKGROUND

The event is held under the following:

- [Nordic Alberta Technical Package - 2023 - 2024](#)
- [International Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with most recent Precisions](#)

ORGANIZING COMMITTEE

POSITION	NAME
Event Chairs	Stephanie Rolseth, Sebastian Haager, Lonn Bate
Treasurer	Lonn Bate
Secretary	Cynthia Mate
Awards/Communication/Media	Ryan Murray
Chief of Competition	Roy Custodio



COMPETITION COMMITTEE

POSITION	NAME
Chief of Competition	Roy Custodio
Competition Secretary	Aliah Adams Knopff
Chief of Control	Sebastian Haagar
Chief of Course	Alex Kolesov
Chief of Stadium	Neal Gartner
Chief of Grooming	Jamie Grant
Chief of Timing and Results	Ben Guerard
Chief of Start	Jason Frank
Chief of Medical	Aric Storck

JURY

POSITION	NAME
Technical Delegate	Daniel Brisbin
Assistant Technical Delegate	Tom Marr-Laing
Chief of Competition	Roy Custodio
Race Director	Ivan Babikov

INFORMATION AND COMMUNICATION

Communication during the event will be done via email and WhatsApp. Coaches, team support, and others who wish to receive communication during the event must register on Zone4. Please follow this link to join the WhatsApp AB Cup Coaches group:



<https://chat.whatsapp.com/LhbaCDcUpsd6qfrRZtYFjc>

WEBSITES	
Event Website	https://foothillsnordic.ca/2023-ab-cup-34/
Zone4 Event Page	https://zone4.ca/register.asp?id=33463



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EMAILS		
Event Chair	Stephanie Rolseth, Sebastian Haager, Lonn Bate	eventchair@foothillsnordic.ca
Chief of Competition	Roy Custodio	competitionchief@foothillsnordic.ca
Secretariat	Aliah Adams Knopff	racesecretariat@foothillsnordic.ca
Registrar	Jeremy Myers	racesecretariat@foothillsnordic.ca
Volunteers	Galaxy Volunteer Application	Alberta Cup 3 & 4 - Volunteer

SOCIAL MEDIA	
Facebook	https://www.facebook.com/people/Foothills-Nordic-Ski-Club/100064550389833/
X	https://twitter.com/FoothillsNordic
Instagram	https://www.instagram.com/foothillsnordic/

VOLUNTEERING

Volunteering is a great way to be part of the action and an opportunity to watch the races. If you have some time to give during your stay with us, please register on the [Foothills Galaxy App](#) at https://foothillsnordic.galaxydigital.com/need/index?s=1&need_init_id=103394. Specific questions about roles can be sent to the Chief of Competition at competitionchief@foothillsnordic.ca.



SCHEDULE OF EVENTS

DATE	TIME	EVENT	LOCATION
Monday, December 11, 2023		Registration opens	Zone4
Wednesday January 17, 2024	23:59	Regular registration closes	Zone4
Wednesday January 17, 2024	23:59	Coaches' registration closes (includes wax rooms)	Zone4
Friday January 19, 2024	13:00-21:00	Waxing facilities open	Waxing area
	09:00	Corrections to confirmation list due	racesecretariat@foothillsnordic.ca
	12:00-16:30	Race office open	Race office
	14:00	Corrections to Saturday Seed Lists due	Race office racesecretariat@foothillsnordic.ca
	17:00	Team Captains Meeting	Haig Room - Bill Warren bldg
	18:00 - 20:00	Night Lights Fun Race	Stadium
	19:00	Coaches and Athletes Social following race	Haig Room / Zoom
Saturday January 20, 2023	6:00-21:00	Waxing facilities open	Waxing area
	7:00-16:00	Race office open	Race office
	7:00	Bib pick-up start	Race office
	8:30	Races (per start order) Award ceremonies (per schedule)	Stadium Stadium



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DATE	TIME	EVENT	LOCATION
	14:00	Corrections to Sunday Seed Lists due	Race office racesecretariat@foothillsnordic.ca
	15:00 - 18:00	Unofficial Training (after racing complete)	Skate Courses
	18:00 - 19:00	Team Captains Meeting	Zoom
Sunday January 21, 2023	6:00-15:00	Waxing facilities open	Waxing area
	7:00-14:00	Race office open	Race office
	7:00	Bib pick-up start	Race office
	8:30	Races (per start order) Award ceremonies (per schedule)	Stadium Stadium

CONTINGENCY PLAN

Any change in the event location or schedule will be posted as early as it is known on the event website.

B. COMPETITION

CATEGORIES

CATEGORY	YEAR OF BIRTH
U8 Girls/Boys	Age 7 and younger (2016 or younger)
U10 Girls/Boys	Age 8 or 9 (2015, 2014)
U12 Girls/Boys	Age 10 or 11 (2013, 2012)
U14 Girls/Boys	Age 12 or 13 (2011, 2010)
U16 Girls/Boys	Age 14 or 15 (2009, 2008)
U18 Girls/Boys	Age 16 or 17 (2007, 2006)
U20 Women/Men	Age 18 or 19 (2005, 2004)



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CATEGORY	YEAR OF BIRTH
Senior Women/Men	Age 20+ (2003 and older)
Master Women/Men	Masters I & II: Age 30 to 39 (1984 to 1993) Masters III & IV: Age 40 to 49 (1974 to 1983) Masters V & VI: Age 50 to 59 (1964 to 1973) Masters VII +: Age 60 and older (1963 and older)
CCUNC Women/Men	N/A
Para-Nordic Sit Ski LW10-12 Women/Men	N/A
Para-Nordic Standing Ski LW2-9 & B1-3 Women/Men	N/A
Sport (Novice) Category (Women / Men / Non-Binary)	N/A

RACES

CATEGORY (Male and Female)	January 20 Interval Start / Mass Start Classic	January 21 Mass Start / Free
U10/U8	1 Km	obstacle
U12	2 Km	1 Km
U14	3.5 Km	2.5 Km
U16	7 Km	3.5 Km
U18	10 Km	5 Km
Masters	11 Km	7 Km
Sport	11 Km	7 Km



CATEGORY (Male and Female)	January 20 Interval Start / Mass Start Classic	January 21 Mass Start / Free
U20	15 Km	7 Km
Senior	15 Km	7 Km
CCUNC	15 Km	7 Km
PN Sit	TBD	TBD
PN Stand	TBD	TBD

Notes:

- Para-Nordic sit category will be available on Saturday morning - 4 km course planned
- All distances are subject to change due to snow conditions, weather, and other unforeseen circumstances.

University and College Skiers

The CCUNC category is integrated into the Open (U20 + Senior) category. Students are eligible provided they are registered as "full-time" by the academic regulations of their University, College or Cegep, or enrolled in a minimum of three half courses (or the equivalent: 9 credit hours) in the term (semester) in which they are competing.

A skier who attends a foreign school, regardless of citizenship or Nordiq Canada License status, is ineligible to compete for CCUNC awards. However, a skier, regardless of nationality, may compete and earn CCUNC medals and score aggregate points if they are officially registered in a Canadian school.

Para-Nordic Skiers

Para-Nordic athletes are either nationally or internationally classified. If national classification has not been possible, the athlete will default to the highest classification in their category (LW12, LW9, B3).

Licences for Para-Nordic guides are the responsibility of the visually-impaired athlete. Although guides do not pay registration fees, they must register on Zone4 and sign the NC Waiver form.



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RACING UP

When deciding to race up, athletes and coaches should consider the [Competition Pathway](#).

REGISTRATION

Registration initially opened on Monday, December 11, 2023. To accommodate the rescheduled race, registration will be reopened January 11, 2024 in [Zone4](#). All registration fees must be paid online through Zone4.

Race Fees: The race fee for the Friday night fun race will be \$2 cash to be paid the night of the race. Race fees for Saturday and Sunday will be as follows

Category	Fee per event
U10/U8	\$10.00
U12	\$25.00
U14	\$25.00
U16	\$40.00
U18	\$45.00
U20	\$45.00
Open	\$45.00
Para Sit Ski	\$45.00
Para Stand Ski	\$45.00
Masters	\$45.00
Sport	\$45.00

Racers will also be charged the Canmore Nordic Centre \$1 special event fee.

Regular registration closes on Wednesday, January 17, 2024, at 23:59 MST. There is no late registration. Registration after January 17, 2024, is at the discretion of the Jury. Individuals registering after January 17, 2024, forfeit their right to seeding. Such individuals will be assigned zero points and be seeded accordingly.

Sales Taxes: sales taxes (GST) and processing fees will be added to the race fees.



Licences and Eligibility:

All competitors skiing in U14, U16, U18, U20, Senior, Para, and Master (31 & older) categories must have at least one of the following licences:

- U14 - Nordiq Canada Development License
- U16+ - Nordiq Canada License
- Nordiq Canada Associate License (non-Canadian)
- Nordiq Canada Tier 2 Event Licence: Racers who do not hold a valid FIS or Nordiq Canada licence must purchase a \$6 Tier 2 Event licence for each race, this will be added automatically during registration.

If required, click [HERE](#) to renew your Nordiq Canada licence.

- **LICENCES MUST BE OBTAINED PRIOR TO REGISTERING**
- **U12 category and younger do not require a licence of any type, but require a valid Nordiq Canada club membership.**

Athletes of any age who do not have a Nordiq Canada Race Licence and/or are not a Nordiq Canada club member can purchase a Tier 2 Event Licence at the time of race registration.

For non-Canadian skiers, an Associate Licence may be obtained through Nordiq Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with Associate Licences will be included in the Canada Point List calculation and used for seeding purposes. For more information, visit the [Nordiq Canada website](#).

Refund Policy: Should the event or a race day be cancelled for other than cold or adverse weather conditions, the OC will provide a refund of registration fees less the costs associated with expensed items not re-usable at future events, and any reasonable meeting costs incurred during the planning phase of the event by the OC.

College or university skiers: CCUNC racers must indicate that they are a college or university skier in the registration form. CCUNC awards will be presented based on information provided by the corrections deadline.

Coaches and team support staff are required to register on Zone4 by close of registration at 23:59 MST on Wednesday, January 17, 2024. Coaches and team support staff can register for the WhatsApp group at <https://chat.whatsapp.com/EPIImmNEeefF5UKh2x6t7zo> which will be used to communicate key changes or decisions made during the event.

Corrections: Racers and coaches should consult the confirmation list on Zone 4 as soon as possible after they complete their registration. If there are any corrections to be made to your registration, please contact the registrar at racesecretariat@foothillsnordic.ca before 9 am MST, Friday, January 19, 2024.



SEEDING

Seeding will be done according to Section 11 of the Nordiq Alberta 2023-24 Technical Package using the following criteria:

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		

Seeding lists will be distributed at 13:00 on Friday, January 19, 2024 for review by coaches. Please contact the race secretary racesecretariat@foothillsnordic.ca before 14:00 MST, Friday, January 19, 2024, should any corrections be required.

TEAM CAPTAINS' MEETINGS

The Team Captains' Meetings will be held virtually as follow:

- Saturday classic races: Friday, January 19, 2024 at 18:00 MST (Note: option to meet in person at Bill Warren Center is available)
- Sunday distance races: Saturday January 20, 2024 at 18:00 MST

Invitations with links to the virtual meeting will be sent to registered coaches. Agenda will adhere to the NA Technical Package.

Other communication with coaches will be done by WhatsApp, email, and through the event page on Zone4.

START ORDER

Start order and heats schedule will be confirmed at the latest at 1 p.m. on January 19, 2024. The seed lists will be distributed electronically to coaches the day before each race and any corrections must be reported to the secretariat at racesecretariat@foothillsnordic.ca before 2 p.m. MST.

BIBS

Bib pick-up will take place in the Race Office on the first floor of the Canmore Nordic Centre. Bibs will be available for pick up at 7:00 am. Bibs will be sorted by Team or Club as identified during registration.



Clubs, teams, and training centres will be charged a bib replacement fee of \$100 for each missing bib, which must be paid prior to another race start being granted.

TRANSPONDERS

GoChip transponders will be used for all the distance races. Transponders will be distributed in the area behind the start. Distribution will begin 15 minutes before first start time. Clubs, teams and training centres will be charged a transponder replacement fee of \$100 for each missing transponder, which must be paid prior to another race start being granted.

WAXING

Participants are expected to follow the Nordiq Alberta waxing protocol:

- Structure tools ARE permitted
- Non-fluoro (NF) waxes ARE permitted
- The use of fluorinated wax or tuning products containing fluorine liquid are NOT permitted for **all** categories. This includes all types of fluorinated glide wax (e.g., LF HF, block, powder, liquid, or kick wax).

WARM-UP

Canmore Nordic Centre is fortunate to have more than 50 km of groomed trails. Athletes are encouraged to make use of these trails for warm up purposes recognizing that they are also open for public use. Rude behaviour to the general public on public trails will not be tolerated and may result in disciplinary actions including removal from the event.

Racers can warm-up on the race course until 5 minutes before the start. The race course will then be closed until the end of the race. During the races, athletes can warm up on open public trails

Skiers must ski in the direction of the race course when warming up. Skiers who do not respect the warm-up guidelines will be sanctioned.

The Jury reserves the right to limit or restrict use of the race course if conditions warrant.

COACHES BIBS Numbered coaches' bibs will be provided (one per team) to allow access on skis to the distance courses in the direction of travel during distance races only. Coaches on skis will not be allowed in the stadium. Register for free and pick up bibs at the Race Office. A \$75 replacement fee will be charged for bibs not returned.

COURSE AND STADIUM MAPS

Courses and stadium maps will be available on the [website](#) by January 17, 2024.



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Schedule, courses, distances and formats are subject to change as conditions and circumstances warrant.

FEEDING

There will be energy drinks available on self-serve basis at the finish of every race.

RESULTS AND PROTESTS

The official timing will be done using Zone4 equipment according to race type; the data will be managed by Zone4. Live streaming of results will be provided on Zone4.

Unofficial and official results will be posted on Zone4. Protests must be submitted in accordance with ICR-CCR 361. A notification will be sent on the coaches What'sApp group to indicate that unofficial results can be consulted. The protest period will end 15 minutes after the notification is sent.

AWARDS

The awards schedule will be confirmed at the Team Captains Meeting. Prize winners must attend the ceremonies to receive their awards.

- U8/U10 - Participation award for all racers.
- U12/U14/U16 - Year of Birth medals for 1st, 2nd, and 3rd for each gender
- U18, U20, Senior, Para, Masters (31 and older) – category medals for 1st, 2nd, and 3rd for each gender

Cash and merchandise prizes may be given based on registration numbers and availability.

C. FACILITY INFORMATION

PARKING

Parking at the Canmore Nordic Centre requires the purchase of a Kananaskis Conservation Pass. Passes **cannot** be purchased at the Canmore Nordic Centre and must be purchased online (<https://www.alberta.ca/kananaskis-conservation-pass>) by 23:59 each day.

The Canmore Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled. Parking Lot 4 and the gravel lot shall be used by race participants. Parking in lot 1 is for the general public and should be avoided.

Please be vigilant and respect the signage and the parking volunteers who will attempt to maximise the use of the available space.



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Please note that there is no vehicle access by the Biathlon and Wax room area due to construction. Violators will be ticketed and towed.

ACCESS FEES TO SKI TRAILS

Athletes require a trail pass while racing and during Official Training. **All athletes and coaches on skis MUST have a valid trail pass.** The fine for skiing without a pass is \$172.00.

For racers without a Canmore Nordic Centre season trail pass, discounted passes must be purchased at the time of registration at a discounted rate of \$7.50 per pass per day.

Discounted tickets are only available for pre-purchase while registration is open.

SECURITY

Security will not be provided for this event. Athletes and coaches are encouraged to keep their belongings locked up in their vehicles, rented wax room or back at their accommodations.

WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents/trailers.

Teams are encouraged to rent a waxing room both for security and convenience reasons. Rooms will be available on a first come, first serve basis for \$25/day. Note, a **refundable key deposit of \$400 will be required** up front and will be refunded when the wax room key is returned. Wax room key deposits can be in the form of a cheque or exact cash to the race office.

Teams with their own waxing tents/trailers will be given space near the stadium to set up. A weekend charge of \$20 will be charged to use this space. The space does not have power, so teams using this space will be required to bring their own generators.

RACE OFFICE

The race office is located on the main floor of the Canmore Nordic Centre. Opening hours will be as follows:



DATE	TIME
Friday, January 19	12:00-16:30
Saturday, January 20	7:00-16:00
Sunday, January 21	7:00-14:00

NOTICE BOARDS

All communication will be done electronically.

WEATHER

The best source for race site weather is https://weather.gc.ca/city/pages/ab-3_metric_e.html

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

Canmore Nordic Centre temperature station located on the south side of the Stadium will be used by the Jury to make decisions.

TRAIL CONDITIONS

Trail conditions updates will be available at the TCM and via email and WhatsApp to coaches registered on Zone4 should the need arise.

FIRST AID AND MEDICAL SERVICES ON SITE

In the unfortunate event of an accident or illness, first aid attendants will be available on site.

COVID-19

The event will follow local and Provincial public health guidelines regarding event hosting.

LOST AND FOUND

Lost items will be kept in the race office. If you have lost an item, please send an email to raceseecretariat@foothillsnordic.ca.

D. TEAM SERVICES

TRAVEL AND TRANSPORTATION



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The closest airport is the Calgary International Airport (YYC) <https://www.yyc.com/>

Car Rentals at YYC Airport:

<https://www.yyc.com/en-us/navigatingyyc/groundtransportation/carrentals.aspx>

ACCOMMODATION

The Organizing Committee would like to urge any teams planning to attend our event to arrange their accommodations in Canmore as soon as possible. Discount rates at several Canmore hotels are available from Basecamp Resorts and Canmore Lodging Co. using the promo codes below. Other accommodation options can be found on the Tourism Canmore webpage: <https://www.explorecanmore.ca/accommodations/>

Basecamp Resorts: <https://www.basecampresorts.com/>, use promo code **WCC2024** for a 25% discount at the following properties:

MTN House by Basecamp Canmore:

<https://www.basecampresorts.com/mtnhousecanmore>

Northwinds by Basecamp Canmore:

<https://www.basecampresorts.com/northwindscanmore>

Basecamp Resorts Canmore:

<https://www.basecampresorts.com/canmoreresorts>

Basecamp Lodge Canmore:

<https://www.basecampresorts.com/canmorelodge>

Lamphouse by Basecamp:

<https://www.basecampresorts.com/lamphouse>

Basecamp Suites Canmore:

<https://www.basecampresorts.com/canmoresuites>

Canmore Lodging Co: www.banfflodgingco.com, use promo code **GOTEAMGO** for 15% off lowest available rate.

FOOD / DRINKS

There will be energy drinks available on a self-serve basis in the finish zone for racers that have just finished their event. Food can be purchased at Cornerstone Cafe within the Canmore Nordic Centre day lodge. A number of



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grocery stores including Safeway and Save on Foods are located off of Railway Avenue in Canmore.

Subway would like to extend a discount of 10% off to all racers, families and coaches, while they are in Canmore attending the event from Friday January 19th through Sunday January 21th, 2024.

The discount applies to purchases made at both Subway locations in Canmore: 302 Old Canmore Rd suite 101 and 1702 Bow Valley Trail, Unit B. Just let the staff know you are in town for the Alberta Cup.

HOSPITAL

The closest hospital to the venue is the Canmore General Hospital (approximately 7 km):

1100 Hospital Place

Canmore, Alberta

403-678-5536