



FRIDAY NIGHT LIGHTS

Alberta Cup 7 & 8

February 17 - 19, 2023
Red Deer, Alberta
Riverbend Recreation Area

Race Schedule:

FRIDAY, FEB 17 - Official Training

3:00 - 5:00 PM - note that the course direction of travel will be reversed at 5pm to prepare for the Friday Night Lights event; all trails will be treated as two-way. Controllers will be on course to guide athletes.

6:30 PM - FRIDAY NIGHT LIGHTS

Friday Night Lights is a fun, festival-like event under the lights to celebrate the end of a great season. There are events for all ages and skill levels just for fun!

- Children up to 9 will have the chance to participate in an exciting modified skills course.
- Anyone 10 and over (U12-U16) are invited to pick a relay partner to race the fast and exciting relay course. The teams do not have to be the same gender, age or club. If you do not have a friend to ski with, we will find you one!
- Skiers 16 and over (U18 and above) can ski two laps of our 1.75 km course. Start in Discovery Canyon, racing up through the stadium area and down through the start/finish to continue into the lower hills.

6:30 start - U8 - U10 modified skills course

6:45 - U12 - U16 relay freestyle 2 x 1.75km

7:30 start - U18 and older individual freestyle 3.5 km

SATURDAY, FEB 18 - Alberta Cup 7

10:00 AM START - Classic Interval Start

Saturday will be an Individual Start with racers seeded based on the Nordiq Alberta Technical Package with the fastest skiers starting last. See table below for Seeding order.

| 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 | | |

SUNDAY, FEB 19 - Alberta Cup 8

9:00 AM START - Freestyle Pursuit

Sunday will be a Pursuit Start with the top racers starting at intervals equal to their time behind the first finisher of Saturday's race. A wave start will be determined at a fixed time behind the lead skier. This wave will also include all starters without a time recorded from Saturday. The Chief of Competition, in consultation with the Jury, will be responsible for determining the wave time based on Saturday's results and are estimated at three (3) to five (5) minutes behind the leaders for each start group.

U8 & U10 categories will use a reverse pursuit format where the fastest skier from Saturday will start last, and slower skiers will start with a lead equivalent to their time behind from the first day. In this format each competitor has an equal chance to be first across the finish line and is great fun.

Categories skiing the same distance will be intermingled for this start. For example, U18 M/W, U20 M/W, Open M/W will be seeded based on their time behind the fastest skier of all three categories.

For both weekend days we invite Non-Binary athletes to compete in our Sport category.

Location:

Riverbend Golf and Recreation Area: 3800 River Bend Drive, Red Deer, AB T4P 0Y4

Parking: Parking will be available on the East side of the Parking area. The WEST side of the parking lot will be reserved for TEAM WAXING AND TENTS.

Directions: From Highway 2, head east on Highway 11 (67 Street). At the traffic circle east of the river, go $\frac{3}{4}$ of the way around. Head north on 30th Avenue for 3km. River Bend is on the left.

Host Club:

Red Deer Nordic and Parkland Cross Country Ski Club. See: reddeernordic.ca

Sanctioned by:

Nordiq Alberta (NA) - Technical Package [here](#)

Nordiq Canada (NC) - International Competition Rules [here](#)

Race Organizing Committee:

Chief of Competition: Andy Lamb

Competition Secretary: Nicole Schmitt

Chief of Timing and Results: Lisa Marr-Laing

Chief of Stadium: Kelly Bogle

Chief of Course: Graham Vanderwater

Chief of Volunteers: Brian Davies

Chief of Course Controllers: Greg Nelson

Venue and Facilities Lead: John Dickin

If you need to contact any of the above individuals please send your correspondence to albertacup78@gmail.com

Jury:

Technical Delegate: Milaine Thériault

Assistant Technical Delegate: Bruce Stephen

Nordiq Alberta Rep: Ivan Babikov

Chief of Competition: Andy Lamb

Registration:

Registration and fee payment is online at [Zone4](#). Coaches MUST register on Zone4 (no fee). Racers and coaches must check the confirmation list on Zone4 as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the Competition Secretary (albertacup78@gmail.com) before midnight MST on Wednesday, February 15, 2023 if corrections are required.

Registration Opens - Monday, January 23, 2023

Registration Closes - Wednesday, February 15, 2023 midnight

Race Fees:

FRIDAY NIGHT LIGHTS: (See below for more info)

U8 and U10 modified skills course - \$5

U12 - U16 relay team participant - \$10 each team member

U18 and older individual - \$20

Alberta Cups 7&8:

U8, U10 - \$10 per race

U12 - \$25 per race

U14, U16 - \$40 per race

U18 and older, Para Nordic, Sport - \$45 per race

Additional Fees: As per Nordiq Alberta - **Snow Enhancement fee:**

A Snow Enhancement Fee of \$5 per competition day per for U14 and older athletes; and \$2.50 per competition per day for U12 and younger athletes will be collected by the Host Club during the on-online registration process for events hosted at the Canmore Nordic Centre. The Snow Enhancement Fee contributes to the snow making/storage program run by Nordiq Canada with

other contributing funders, and allows access to all members of NA and ensures guaranteed training and events can occur including the AB Cup Series.

River Bend Facility Trail Fees

River Bend charges a \$5.00 facility fee per day for each participating athlete. These fees go directly to River Bend for trail grooming, maintenance and use of the facility per race day. No trail fees are charged for Friday's Fun Race.

Refund Policy:

If an event is canceled, we will follow the Nordiq Alberta Refund Policy that can be found [HERE](#)

Race Distances and *Approximate* Schedule

| Friday, February 17th | | | |
|--|---------------------|------------------------|-----------------------------|
| Friday Night Lights | | | |
| Time | Category | Event Description | Distance |
| 3:00-5:00 | Unofficial training | | |
| 5:30 | TCM | Virtual and in person | join us if your are on site |
| 6:30 | Up to 9 | Modified Skills Course | |
| 6:45 | up to 15 | Mixed Relay | 1.75 x 2 legs (black) |
| 7:30 | 16 thru adult | Individual | 3.5 km (black x 2) |
| "Prizes" at finish line for all participants | | | |

Order of Race with *approximate* race times

| Saturday, February 18th | | | Sunday, February 19th | | |
|-----------------------------------|--------------------|---------------------|-------------------------------|---------------|-------------------|
| Interval Start, Classic Technique | | | Pursuit Start, Free Technique | | |
| Time | Category | Distance | Time | Category | Distance |
| 10:00 | U18, U20, Open B/M | 7.5 km (orange x 2) | 8:30 | PN Sit M/W | 4.5 km |
| | U18, U20, Open G/W | 7.5 km (orange x 2) | 9:00 | U18 B/G | 15 km (green X 3) |
| 10:50 | U16 B/G | 6.6 km (blue x 2) | | U20 M/W | 15 km (green X 3) |
| 11:10 | U14 B/G | 3.3 km (blue) | | Open M/W | 15 km (green X 3) |
| 11:25 | PN Stand M/W | 3.3 km (blue) | 10:40 | U16 B/G | 10 km (green x 2) |
| 11:50 | U12 B/G | 2.75 km (red) | | U14 B/G | 5 km (green) |
| 12:15 | Awards | | | PN Stand M/W | 5 km (green) |
| 12:30 | U10 B/G | 1.0 km (yellow) | 11:45 | U12 B/G | 3.3 km (blue) |
| 12:55 | U8 B/G | 0.5 km (pink) | 12:10 | Awards | |
| 13:05 | Awards | | 12:25 | U10 B/G | 1.0 km (yellow) |
| 13:20 | PN Sit M/W | 3.0 km | 12:35 | U8 B/G | 0.5 km (pink) |
| 14:05 | Master M/W | 7.5 km (orange x 2) | 12:45 | Awards | |
| 15:00 | Awards | | 13:00 | Master M/W | 15 km (green X 3) |
| 15:00 | TCM | Virtual & In Person | 14:25 | Awards | |



Times and courses are subject to change

Licences:

All competitors skiing in U14, U16, U18, U20, Senior, Para Nordic and Master (31 & older) categories must have at least one of the following licences: a Nordiq Canada Racing Licence, a Nordiq Canada Associate License or a Nordiq Canada Supporting Member Day License (SMDL) which will be charged automatically during registration if required.

U12 category and younger do not require a licence of any type, but must have a valid club membership.

Any athlete, of any age, from other Nordic disciplines including biathlon or Nordic Combined, that are not members of a Nordiq Alberta club, must have a valid Nordiq Canada licence or SMDL to compete.

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

If you do not have a current FIS, Nordiq Canada, or Nordiq Canada Associate Member Licence and are registering in U14 or above categories, \$5 per day will be automatically added for a Supporting Member Day Licence (SMDL). Please make sure you have renewed/purchased your licence(s) for this year [HERE](#) prior to registering.

Awards:

FRIDAY NIGHT LIGHTS FUN RACE

Friday Night Lights is a fun festival-like event under the lights to celebrate the end of a great season. There are events for all ages and skill levels just for fun!

All participants will receive fun prizes at the finish line. **No times or points will be captured for these events.**

***** Special prizes will be awarded to the club with the most team spirit (this might be an official ski club or a group of 5 or more with the best theme, spirit and enthusiasm) and to a select few racers with the best costumes.**

ALBERTA CUP 7

U8/U10 - Participation award for all racers.

U12/U14/U16 - Year of Birth medals for 1st, 2nd and 3rd for each gender

U18, U20, Open, masters (31 and older), para nordic and sport – category medals for 1st, 2nd, and 3rd for each of Men, Women and Non-Binary (Sport category)

ALBERTA CUP 8

U8/U10 - Participation award for all racers.

U12/U14/U16 - Year of Birth medals given out for top 3 PLACINGS in each category for each gender

U18, U20, Open, masters (31 and older), para nordic and sport - Awards given for top 3 PLACINGS** in each category for each gender.

Points:

****Alberta Cup 8 Points will be assigned based on the TIME, not placings across the finish line. Awards will be distributed based on finish placing at finish line****

Selection:

This competition is part of the AB Cup provincial race series. It also serves as a selection event for: Alberta Ski Team (AST - criteria [HERE](#)) and Alberta Development Ski Team (ADST - criteria [HERE](#))

Course Maps:

Maps can be found under the [Course Maps](#) section of the [webpage](#).

Race Office:

The event race office is located in the WEST end of the River Bend Clubhouse.

Hours are as follows: -

Friday, February 17: 3:00 pm – 7:00 pm

Saturday, February 18: 8:00 am – 4:00 pm

Sunday, February 19: 7:30 am – 4:00 pm

We will not be using bibs for Friday night.

Bib Pickup for AB Cup Races will be Saturday and Sunday mornings. Please send **ONE** team representative to the race office to sign out bibs beginning at 8:00 AM Saturday and 7:30 AM Sunday.

Team Captain's Meetings:

Team Captains Meetings will be held in a hybrid format; in-person in the Clubhouse for those who can join us along with a Zoom option for both Friday and Saturday.

Friday, February 17, 5:30 pm

Saturday, February 18, 6:00 pm

The Zoom meeting link will be sent to registered coaches prior to each meeting.

If you are a Coach or Team Captain, please ensure you have joined the Whats App group for coaches. Any important race weekend details will be communicated this way. Scan this QR code to join.

AB Cup Coaches 2022/23
WhatsApp group



Warm Up and Wax Testing:

Warm up and wax testing zones will be held on the driving range to the EAST of the Clubhouse. See the [course maps](#) section of the website for more details.

Wax AREA:

No external power is located on site. Please bring a generator for your waxing needs. A limited number of waxing spaces will be available on the NORTH WEST side of the parking lot. Please advise the organizing committee of your space requirements during the online registration.

Trail Conditions and Weather Reports:

Real-time trail reports and snow conditions can be found on the Nordic-Pulse website [here](#). The River Bend weather station can be accessed [here](#).

Hotel Accomodations:

A huge thank you to the Holiday Inn Group in Red Deer for offering 15% off Best Available Rate Discount to all the athletes and their supporters registering at one of the hotels listed below. Participants must call the hotels directly and state that they are with the "Red Deer Ski Club" to get this discount!

This discount is available at the following Red Deer hotels. Call early to ensure your room on this family day weekend.

Red Deer:

Holiday Inn & Suites Red Deer - Gasoline Alley 403-348-8485

Holiday Inn Express - 50th Ave (Gaetz Avenue) 403-343-2112

Holiday Inn Express - Red Deer North 587-457-7829

Staybridge Suites - Red Deer North 587-457-5851

Food and Warming:

The River Bend Clubhouse kitchen will be open with a set menu for purchase on Saturday and Sunday. The set menu will include sandwiches, chili or burgers. Also, the North end of the clubhouse will be open for warming along with the patios equipped with patio heaters.

Volunteers: come join our vibrant team - [register here](#)

Nordiq Alberta Wax Clinic:

Nordiq Alberta is putting together details for a wax clinic on Saturday, February 18, between 4:30 and 5:30. This will be held in the River Bend Clubhouse. This event is available to anyone interested in honing in on their waxing skills. Register here.

<https://zone4.ca/register.asp?id=31236>

Our Sponsors:



This event
would not
be
possible
without the
generous
donations



GRIT PERFORMANCE

Endurance Sport Physio



and sponsorship of these companies. If
you have a chance to
out to say thanks, please

support them or reach
do!

Elle PHYSIOTHERAPY
And pelvic health

Thank YOU SPONSORS!!