



# FRIDAY NIGHT LIGHTS

## Alberta Cup 7 & 8

February 2 - 4th, 2024  
Red Deer, Alberta  
River Bend Recreation Area

**[Register here to Race the Bend!](#)**

Red Deer Nordic and Parkland Cross Country Ski Club along with Nordiq Alberta, welcome you to River Bend Recreation Area located on the meeting place of Treaty 6 and Treaty 7 regions. This area is the traditional Indigenous territory of the Niisitapi, the Tsuut'ina, Stoney Nakoda, Cree, Saulteaux and Métis peoples. Let's join in the spirit of unity for an action-packed weekend of skiing, camaraderie, competition and fun.

## **Race Schedule (times subject to change):**

### **FRIDAY, FEB 2 - Training and Friday Night Lights**

2:00 - 5:00 PM - OFFICIAL TRAINING

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 Starts* - Meet at Discovery Canyon Shelter**

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) is 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 start - U12 - U16 relay freestyle 2 x 1.75km

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

- **\*\*\* 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.**

### **SATURDAY, FEB 3 - Alberta Cup 7**

9:30 AM - SIT SKI START

10:00 AM - CLASSIC INTERVAL START

Saturday will be an Individual Start with racers for all but the U12 and U14 categories, seeded based on the Nordiq Alberta Technical Package with the fastest skiers starting last. See the 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		

U12 and U14 categories will ski a ladder sprint, classic technique. Results from the Qualifier will be used to seed the wave pursuit on Sunday.

## **SUNDAY, FEB 4 - Alberta Cup 8**

8:30 AM - SIT SKI START

9:00 AM - FREESTYLE PURSUIT START

Sunday will be a standard Pursuit Start for all U16 and older, 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.

The U12 and U14 will race a wave Pursuit, with 1 to 6 racers having similar qualifying times on Saturday being placed in each wave. Waves will be 2 or 3 minutes apart, and winners will be determined by the fastest time of completion (rather than 1st across the line).

U8 & U10 Masters and Recreational categories will be participating in a MASS START.

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 Recreational category and to join the fun with everyone on Friday.

### **Location:**

River Bend 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 30<sup>th</sup> Avenue for 3km. River Bend is on the left.

### **Host Club:**

Red Deer Nordic and Parkland Cross Country Ski Club. See: [reddeernordic.ca](http://reddeernordic.ca)

### **Sanctioned by:**

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

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

### **Race Organizing Committee:**

Chief of Competition: Kelly Bogle

Competition Secretary: Nicole Schmitt

Chief of Timing and Results: Lisa Marr-Laing

Chief of Stadium: Andy Lamb

Chief of Course: Graham Vanderwater

Volunteer Coordinator: 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](mailto:albertacup78@gmail.com)

## **Jury:**

Technical Delegate: John Cowan

Nordiq Alberta Rep: Ivan Babikov

Chief of Competition: Kelly Bogle

## **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](mailto:albertacup78@gmail.com)) before midnight MST on Wednesday, January 31, 2024 if corrections are required.

Registration Opens - Friday, January 12th, 2024

Registration Closes - Tuesday January 30th, 2024 at midnight

Late Registration - Wednesday, January 31st, 2024 at midnight - \$20 additional fee

## **Race Fees:**

**FRIDAY NIGHT LIGHTS:** (See below for more info)

U8 and U10 modified skills course - \$8

U12 - U16 relay team participant - \$13 each team member

U18 and older individual - \$23

(This price includes the race registration and mandatory Nordiq Canada Tier 3 Event fee)

### **ALBERTA CUP 7&8**

U8, U10 - \$10 per race

U12 - \$25 per race

U14, U16 - \$40 per race

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

*N.B. \$75 will be charged for unreturned timing chips.*

**Snow Enhancement Fee:** This year, we're including a Snow Enhancement Fee that will be used to support our vision for the future of cross-country skiing in Central Alberta. Your contribution will support Red Deer Nordic when collaborating with the City of Red Deer to implement snow-making capabilities at River Bend. In the face of climate change, this initiative will ensure consistent, high-quality snow conditions for youth programming, community recreation, and athlete training and racing. By participating, you're not just investing in the current event but also shaping a resilient future for cross-country skiing in our province. Thank you for being part of this vision.

**River Bend Facility Trail Fees - only U12 and up**

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 on page 17 and 18 of the technical package which can be read [HERE](#).

## **Race Events and Order of Race:**

<b>Friday, February 2, 2024</b>			
<b>Friday Night Lights</b>			
Time	Category	Event Description	Distance
<b>2:00-5:00</b>	<b>Unofficial training</b>		
<b>5:30</b>	<b>TCM</b>	Virtual and in person	join us if you are on site
6:30	Up to 9	Modified Skills Course	
6:45	up to 15	Mixed Relay	1.75 x 2 legs
7:30	16 thru adult	Individual	3.5 km
"Prizes" at finish line for all participants			

<b>Saturday, February 3rd - 9:30am start</b>		<b>Sunday, February 4th - 8:30am start</b>	
<b>Interval Start / Sprint, Classic Technique</b>		<b>Pursuit / Mass Start, Free Technique</b>	
Category	Distance	Category	Distance
PN Sit Ski M/W	2 km (2x White)	PN Sit Ski M/W	3 km (3x White)
U18 B/G	7.5 km (2x Orange)	U18 B/G	15 km (3x Green)
U20 M/W	7.5 km (2x Orange)	U20 M/W	15 km (3x Green)
Open M/W	7.5 km (2x Orange)	Open M/W	15 km (3x Green)
U16 B/G	6.6 km (2x Blue)	U16 B/G	10 km (2x Green)
U14 B/G	400m Sprint Qualifier (1x Purple)	U14 B/G	5 km wave pursuit (1x Green)
U12 B/G	400m Sprint Qualifier (1x Purple)	Awards	
Awards		U12 B/G	3.3 km wave pursuit (1x Blue)
U10 B/G	0.8 km (2x Purple)	U10 B/G	1.0 km Mass (1x Yellow)
U8 B/G	0.4 km (1x Purple)	U8 B/G	0.5 km Mass (1x Pink)
Master M/W	7.5 km (2x Orange)	Awards	
Recreational M/W/NB	3.75 km	Master M/W	15 km Mass (3x Green)
U12 & 14 B/G (combined)	Sprint Ladder Heats	Recreational M/W/NB	5 km Mass (1x Green)
Awards		Awards	

## **Coaches:**

Coaches are allowed on foot on the course during the race but not in the stadium. Please [register](#), at no cost, to provide us with your contact information. See the QR code below for access to the **AB Cup 2023/24 Coaches** WhatsApp chat group through which we will be doing the bulk of our communication. [Register](#) again as a racer to race in Friday Night Lights!

## **Licences:**

All competitors skiing in U14 and older categories must have at least one of the following licenses:

- Nordiq Canada Race License (U16+)
- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)
- Nordiq Canada Development License (U14 and under if CPL points desired - see [NC website](#))
- Nordiq Canada Event License (U14+) This \$6 license was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

For Saturday and Sunday races, cross-country ski club athletes U12 category and younger do not require a license of any type, but do require a valid club membership.

All competitors, regardless of age or other Nordiq Canada race licenses held, will have to pay the new Tier 3 event license of \$3 only for the Friday Night Lights event. See Nordiq Canada's explanation of Tier 3 licensing [here](#).

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 Race or Event license 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+ categories, a daily fee will be automatically added for an Event License (formerly SMDL)

Please make sure you have renewed/purchased your license(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.**

### **ALBERTA CUP 7**

U8/U10/U12 - 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 Recreational – category medals for 1st, 2nd, and 3rd for each of Men, Women and Non-Binary (Recreational category)

### **ALBERTA CUP 8**

U8/U10/U12 - 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 Recreational - Awards given for top 3 PLACINGS\*\* in each category for each gender.

### **Points:**

**\*\*Alberta Cup 8 Points for Pursuits will be assigned based on the TIME, not placings across the finish line. Awards will be distributed based on finish placing at finish line for all but U12 and U14 for which awards will be based on finishing time.**

## **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 2: 2:00 pm – 7:00 pm

Saturday, February 3: 7:30 am – 4:00 pm

Sunday, February 4: 7:00 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 7:30 AM Saturday and 7:00 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 2, 5:30 PM

Saturday, February 3, 6:00 PM

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

Come socialize with other coaches at the Nordiq Alberta Coaches' Social, Saturday at 5:00pm prior to the TCM in the club house.

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.



## **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.

## **Alberta Cup Wax Protocol**

Alberta Cup Wax Protocol Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta. This also applies to coaches, athletes, wax technicians, and parents traveling to Alberta from out-of-province or out-of-country.

Waxing protocol:

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

Occasionally an Alberta Cup may be run in conjunction with a FIS Cup, NorAm, or other FIS sanctioned event. For more information on the Nordiq Canada Fluoro Policy, click here:

<https://nordiqcanada.ca/coaches-and-wax-techs/wax-techs/wax-tech-resources/>



## **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 Accommodations:**

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!

Please use the Red Deer Ski Club discount for your up-coming Ski competition 😊

The 15% off Best Available Rate Discount can be used at any one of our Red Deer Hotels!!

Please have your guests call the hotel directly and state that they are with the Red Deer Ski Club to get this discount or use the booking links below!!

### **Red Deer:**

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

[Alberta Cup 7 & 8- Feb 2-4, 2024- Holiday Inn & Suites Red Deer South](#)

#### **Holiday Inn Express on 50 th- 403-343-2112**

[Alberta Cup 7 & 8- Feb 2-4, 2024- Holiday Inn Express 50th Ave Red Deer](#)

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

[Alberta Cup 7 & 8- Feb 2-4, 2024- Holiday Inn Express Red Deer North](#)

#### **Staybridge Suites- Red Deer North 587-457-5851**

[Alberta Cup 7 & 8- Feb 2-4, 2024- Staybridge Suites Red Deer North](#)

## **Food and Warming:**

The River Bend clubhouse will be available for warming and food may be available for purchase. More details to follow.

## Washrooms:

Facilities will be available for both able-bodied and disabled athletes both outside near the stadium and inside the clubhouse.

**Volunteers:** We need your help. If you are available, come join our vibrant team No experience necessary! Sign up here - <https://zone4.ca/register.asp?id=33488>

## Our Sponsors:

This event would not be possible without the generous donations and sponsorship of these companies. If you have a chance to support them or reach out to say thanks, please do!

