



Race Notice

Western Canadian Championships & Peavey Mart Alberta Cup 5/6 January 27-30, 2022

REVISED EVENT DESCRIPTION PAGE 5

Register before Jan 25th and save \$10 per race

- Events:** Thursday, January 27th Official Training 12:00 – 3:00pm
Friday, January 28 Interval Start – Free
Saturday, January 29 Individual Sprint – Free, plus Masters, Sport, Para distance
Sunday, January 30 Interval Start – Classic
See page 5 of this Notice for the detailed table of events. All races start at 9:00am.
- Location:** River Bend Golf and Recreation Area – Red Deer, Alberta.
- 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.
- Hosted by:** Parkland Cross Country Ski Club and [Red Deer Nordic](#). Facebook: [Parkland Cross Country Ski Club](#)
- Sanctioned by:** [Nordiq Alberta](#) (NA) and [Nordiq Canada](#) (NC)
- Event Website:** [Western Canadian Championships and Peavey Mart Alberta Cup 5/6 2022](#)
<https://www.reddeernordic.ca/albertacup56>
- Registration:** Registration and fee payment (credit card only) is online only [at Zone4.ca](#). Be sure to follow through to the confirmation list to confirm accuracy of your registration.
- If you have any difficulty registering, please contact the **Competition Secretary:** competitionsecretariat@gmail.com.
- Coach Registration:** Coaches/Team Managers must register (no fee) in order to receive email/WhatsApp notices and to reserve a coaches' bib.
- Entry deadline:** Regular deadline: Monday, January 24th, 2022 at midnight MDT.
Late deadline: Wednesday, January 26th, 2022 at midnight MDT.
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LIFESPORT



*** LATE REGISTRATIONS WILL INCUR AN EXTRA FEE OF \$10/RACE. LATE REGISTRANTS MAY NOT BE SEEDED. ***

Covid-19 Mitigation **Daily self assessments will be required. See page 5&6 for detailed Covid requirements.**

Rules: [ICR-CCR \(Canadian Competition Rules\) Precisions 2020.](#)

Technical Guidelines: [Nordiq Alberta Technical Package 2021](#) and the [Nordiq Alberta Covid 19 Protocol](#)

Organizing Committee:

| | | |
|------------------------|---------------------------|--|
| Chief of Competition: | Lisa Marr-Laing | chiefofcompetition@gmail.com |
| Competition Secretary: | Elizabeth Wilson | competitionsecretariat@gmail.com |
| Chief of Timing: | Todd Ree | |
| Chief of Course: | Graham Vanderwater | |
| Chief of Stadium: | Kelly Bogle | |
| Chief of Controllers: | Andy Lamb | |
| Chief of Venue: | John Dickin | |
| Volunteer Co-ordinator | Brian Davies/Carol Davies | |
| Covid Liaison: | Brian Davies / Dee Stokoe | |

Jury: The Jury will consist of the Chief of Competition, Technical Delegate (TD), Assistant TD and the Nordiq Alberta Race Director. At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

| | |
|----------------------|----------------|
| Technical Delegates: | Bruce Stephens |
| | Tom Marr-Laing |
| NA Race Director: | Ivan Babikov |

Licenses: All skiers in the **U16 and older categories, including Open**, must have a current NC, FIS or other National Ski Federation racing license to register OR purchase a Supporting Member Day License upon registering at a cost of \$5 per race skied. U14 and younger competitors must be members of a NC-registered club but do not require a license.

Seeding: Seeding will be in accordance with Nordiq Alberta's Technical Package. Competitors in the Senior and U20 categories categories will be combined for seeding purposes and will compete as a single Open competition for each gender. The categories will be separated into Open and Senior for results and awards.

Race Fees and Entry Deadlines:

| | To Jan 24, 2022 | Late to Jan 26, 2022 |
|---------------|-----------------|----------------------|
| U8 B/G | \$25.00 | \$35.00 |
| U10 B/G | \$25.00 | \$35.00 |
| U12 B/G | \$25.00 | \$35.00 |
| U14 B/G | \$40.00 | \$50.00 |
| U16 B/G | \$40.00 | \$50.00 |
| U18 M/W | \$45.00 | \$55.00 |
| U20 M/W | \$45.00 | \$55.00 |
| Senior M/W | \$45.00 | \$55.00 |
| Masters 30+ | \$45.00 | \$55.00 |
| Sport Any age | \$45.00 | \$55.00 |
| Para Any age | \$45.00 | \$55.00 |

- Additional Fees:** Nordiq Alberta mandatory Snow Enhancement fee
 U12 and under \$2.50/weekend
 U14 and older \$5.00/weekend
 NC Day licenses if purchased (U16 +) \$5.00/race
- Start Lists:** Start lists will be posted online at Zone4.ca and the event website as soon as possible following the Team Captains Meetings (TCMs) on the evening before each race.
- Team Captains Meetings:** TCMs will be held at 7pm or earlier each evening Thursday, January 27th through Saturday January 29th by Zoom link. One team captain or coach from each team is requested to attend to ensure their athletes' entries are correct and complete prior to the creation of Start Lists. Communication will be through WhatsApp groups and email.
- Race Office Hours:**
- | Thurs 27 th | Fri 28 th | Sat 29 th | Sun 30 th |
|------------------------|----------------------|----------------------|----------------------|
| 11:00-3:00 | 7:30-4:00 | 7:30 – 4:00* | 7:30-4:00 |
- *Heat bib pick up time(s) will be announced at the Friday the night TCM.
- Sprints:** Sprint qualifier rounds will be held starting at 9:00am on Saturday, January 29th. U8 and U10 will take part in Kings Court format sprints.
- 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.
- Timing Chips:** There will be a \$75 replacement fee for transponder chips not returned to Zone4.
- Awards:** Awards will be presented once or twice per day if Covid mitigation allows for in-person presentations. If not in person, awards will be given to coaches to distribute within teams. Medals will be given to the top 3 finishers in each category with the U14 and U16 category getting medals within each year of birth. Participation recognition will be provided at the finish line for U8-U10.
- Points:** CPL points will be awarded for all three race days; AB Cup points will be awarded for Saturday and Sunday races for U12 and above.
- Protest Procedure:** Protest forms will be available in the Race Office. Protests must be made in writing, submitted to the Competition Secretary within 15 minutes of posting of unofficial results and accompanied by a \$100 CAD fee. Protests for sprint races are only allowed for the finals.
- Courses/ Maps:** All Friday courses will be marked and tracks set on Thursday, January 27th. Course maps will be posted to the event website as soon as they are available and at the River Bend Clubhouse the day prior to each race. Courses are subject to change. The courses will close 10 minutes prior to race starts times.
- Weather:** Online at: [River Bend Weather](#) (uses a weather station at River Bend)
<https://www.wunderground.com/dashboard/pws/IREDDDEER9>
- Warm up/
Wax testing:** Warm up/cool down and glide testing areas are located near the stadium. Wax testing on course is permitted up to 10 minutes before the start of competition.

- Wax Facilities:** No power is available on site – bring a generator for your waxing needs. A limited amount of space will be available in the parking lot adjacent to the stadium to accommodate waxing tents. Please advise the OC of your wax space requirements during online registration.
- Glide Waxing Protocol** Nordiq Alberta respectfully requests all coaches, wax technicians and parents of Alberta Cup skiers abide by a self-governed protocol while waxing skis. The glide waxing protocol is as follows:
- Structure tools **ARE** permitted
 - **Glide waxes** containing fluorine in any form **are NOT** permitted
 - Fluorinated **kick wax is permitted.**
- Facilities:** The River Bend Clubhouse will *only be available for the race office and first aid*. There are washrooms in the Clubhouse for those requiring adaptive accessibility, and for all others, portable toilets will be located in the parking lot close to the stadium area. There *is no inside space for changing* so athletes should come to the race in their racing gear or be prepared to change in their vehicle.
- Food Services:** Finish line snacks and beverages will be provided. *There may not be food available for purchase on site – please bring what you need with you.*
- Cancellation:** Decisions about cancellation will be carried out in accordance with Alberta Health Services orders and the Nordiq Alberta Technical Package; and are at the discretion of the Jury.
- Refunds:** Refunds will comply with the [Nordiq Alberta Technical Package](#).
- Accommodation:** **Holiday Inn & Suites and the Holiday Inn Express is the Official Host Hotel** and offers **EXCLUSIVE RATES. Contact Hotels directly at the numbers below or call the reservation line at 1-877-929-9099 to set up your room/block at your preferred property and mention "Western Canadian Championships".**
- [Holiday Inn Express North](#) - 6433 - 6439 Orr Drive, Phone: 587-457-7829
 - [Staybridge Suites Red Deer North](#) – Phone 587-457-7829
 - [Holiday Inn Express Gaetz](#) - 2803 - 50th Ave., Phone 403-343-2112
 - [Holiday Inn & Suites Gasoline Alley](#) - Phone 403-348-8485
 - Find them online at www.bestsleepintown.com

Western Canadian Championships 2022 - Red Deer Alberta

Categories and race distances

| Categories (M/W) | Friday, January 28, 2022 | | | Saturday, January 29, 2022 | | | Sunday, January 30, 2022 | | |
|--------------------|---------------------------------|--------|-------------|--------------------------------------|--------|--------|------------------------------------|---------|-------------|
| | Interval Start - Free Technique | | | Sprint - Free Technique | | | Interval Start - Classic Technique | | |
| | Start: 9:00am | | | Start: 9:00am | | | Start: 9:00am | | |
| | Male | Female | Course | Male | Female | Course | Male | Female | Course |
| U8 B/G | 1 km | 1 km | 1 km x 1 | 125 m | 125 m | 1 lap | 1 km | 1 km | 1 km x 1 |
| U10 B/G | 1.2 km | 1.2 km | 1.2 km x 1 | 125 m | 125 m | 1 lap | 2 km | 2 km | 1 km x 2 |
| U12 B/G | 2.6 km | 2.6 km | 1.2 km x 2 | 250 m | 250 m | 1 lap | 2.5 km | 2.5 km | 2.5 km x 1 |
| U14 B/G | 5 km | 5 km | 2.5 km x 2 | 500 m | 500 m | 1 lap | 3.75 km | 3.75 km | 3.75 km x 1 |
| U16 B/G | 5 km | 5 km | 2.5 km x 2 | 800 m | 800 m | 1 lap | 7.5 km | 7.5 km | 3.75 km x 2 |
| U18 B/G | 7.5 km | 7.5 km | 3.75 km x 2 | 800 m | 800 m | 1 lap | 10 km | 10 km | 3.3 km x 3 |
| Western's Open M/W | 10 km (3.3 km x 3 laps) | | | 1200m (1 lap) | | | 15 km (3.75 km x 4 laps) | | |
| Masters I & II | 10 km (3.3 km x 3 laps) | | | 7.5 km Distance (2.5 km x 3 laps) | | | 15 km (3.75 km x 4 laps) | | |
| Masters III & IV | | | | | | | | | |
| Masters V & VI | | | | | | | | | |
| Masters VII+ | | | | | | | | | |
| Sport | N/A | | | 5 km Distance (2.5 km x 2 laps) | | | 3.75 km (1 lap) | | |

N.B. Distances are subject to change depending on conditions.

Ages within Categories:

| Categories (M/W) | Code | Age |
|--------------------|---------------------------------|--|
| U8 B/G | U8 | Age 7 and younger (2014 and later) |
| U10 B/G | U10 | Age 8 or 9 (2013, 2012) |
| U12 B/G | U12 | Age 10 or 11 (2011, 2010) |
| U14 B/G | U14 | Age 12 or 13 (2009, 2008) |
| U16 B/G | U16 | Age 14 or 15 (2007, 2006) |
| U18 B/G | U18 | Age 16 or 17 (2005, 2004) |
| Western's Open M/W | U20 and Seniors seeded together | Sub categories of: |
| | | a) U20 M/W Age 18 or 19 (2003, 2002) b) Seniors M/W Age 20 + (2001 and earlier) |
| Masters I & II | M12/W12 | Age 30-39 (1982-1991) |
| Masters III & IV | M34/W34 | Age 40-49 (1972-1981) |
| Masters V & VI | M56/W56 | Age 50-59 (1962-1971) |
| Masters VII+ | M7+/W7+ | Age 60+ (1961 and earlier) |
| Sport | SPM/SPW | No Age Restrictions |

COVID-19 Guidelines:

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

This Event will adhere to the current AHS and Nordiq Alberta health and sport guidelines to best ensure everyone is kept as safe as possible.

- All athletes (over the age of 11), coaches, support personnel and volunteers MUST be fully vaccinated with a Government of Canada approved COVID vaccine(s) or have a valid proof of negative PCR results from a test 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.
- Anyone using PCR tests will be contacted by the Race Secretariat with a link to upload their negative results. Additional details on the attestation and documents to be uploaded may be found on the [Zone4.ca registration](https://zone4.ca/registration).
- All uploaded documents will be verified and will be deleted after the Event; 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 Nordiq Canada and Nordiq Alberta do not allow harassment of any sort. Harassment may result in sanctions.

Detailed references:

- [Nordiq Canada Covid Protocol - Nordiq Canada](#)
- [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.

Thank you very much to our sponsors and sanctioning bodies:



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