



## 2022 Alberta Cup 7 & 8 February 19 & 20, 2022

<b>NAME OF EVENT</b>	<b>2022 Alberta Cup 7 &amp; 8</b>	
<b>RACE SCHEDULE</b>	<ul style="list-style-type: none"> <li>- Alberta Cup 7</li> <li>- Classic Interval Start</li>   <li>- Alberta Cup 8</li> <li>- Free Technique Interval Start</li> </ul>	
<b>RACE LOCATION</b>	<a href="#">Birchwood Trails</a> Fort McMurray AB	
<b>HOST CLUB</b>	Ptarmigan Nordic Ski Club <a href="#">Ptarmigan Ski Club Website</a> Facebook <a href="#">Ptarmigan Nordic Ski Club</a>	
<b>SANCTIONED BY</b>	Sanctioned as an Alberta Cup by <a href="#">Nordiq Alberta</a> and <a href="#">Nordiq Canada</a>	
<b>TECHNICAL GUIDELINES</b>	<a href="#">Nordiq Alberta Tech Package 21/22</a> and <a href="#">Nordiq Alberta Covid-19 Protocol</a>	
<b>RACE RULES</b>	<a href="#">ICR-CCR (CANADIAN COMPETITION RULES) PRECISIONS 2020</a>	
<b>ORGANIZING COMMITTEE</b>	Chief of Competition	Chris Reitz <a href="mailto:chiefofcomp.pnsc@gmail.com">chiefofcomp.pnsc@gmail.com</a>
	Technical Delegate	Tom Marr-Laing
	Assistant TD	Bruce Stephen
	Race Director	Ivan Babikov
	Chief of Timing	Alexa Keightly
	Chief of Course	Greg Breyall
	Chief of Stadium	Ed Salmon/Jared Reitz
	Competition Secretary	Tanya Reitz <a href="mailto:compsec.pnsc@gmail.com">compsec.pnsc@gmail.com</a>
<b>RACE OFFICE HOURS</b>	Friday, Noon-4pm Saturday, 8am-4pm Sunday, 8am- till end of day	

## Alberta Cup Categories 2021/2022 Season

Category	Age / Year of Birth	Code
U8 (B/G)	Age 7 and younger (2014 or younger)	U8
U10 (B/G)	Age 8 or 9 (2013, 2012)	U10
U12 (B/G)	Age 10 or 11 (2011, 2010)	U12
U14 (B/G)	Age 12 or 13 (2009, 2008)	U14
U16 (B/G)	Age 14 or 15 (2007, 2006)	U16
U18 (B/G)	Age 16 or 17 (2005, 2004)	U18
U20 (M/W)	Age 18 or 19 (2003, 2002)	U20
Senior (M/W)*	Age 20+ (2001 and older)	Senior
31 and Older I & II	Age 30 to 39 (1982 to 1991)	M12 / W12
31 and Older III & IV (M/W)	Age 40 to 49 (1972 to 1981)	M34 / W34
31 and Older V & VI (M/W)	Age 50 to 59 (1962 to 1971)	M56 / W56
31 and Older VII + (M/W)	Age 60 and older (1961 and older)	M7+ / W7+
Para Nordic Sit Ski	No age restrictions	
Para Nordic Standing	No age restrictions	
Sport Event (Novice)	No age restrictions	SPM / SPW
University Series	No age restrictions	

• U23 (M/W) is a subcategory of Senior (M/W)

Additional notes:

Open Categories are created by combining U20 M/W with Senior (M/W) to increase the competitive field. Categories start and race together, but the results are split into original categories.

## COMPETITION Saturday, February 19

### Classic - Interval Start

Start Time: 9:00am

Category	Distance	Course Format	Course
Senior/U20 Men	13 km	2 x 5.6 km	
Senior/U20 Women	13 km	2 x 5.6 km	
U18 Men/Women	10 km	1 x 5.6 km + 1 x 3.2 km	
U16 Boy/Girl	8 km	2 x 3.2 km	
U14 Boy/Girl	4 km	1 x 3.2	
U12 Boy/Girl	3.0 km	1 x 2.4 km	
U10 Boy/Girl	1.5 km	2 x Stadium Lap	
U8 Boy/Girl	750m	1 x Stadium Lap	
Masters Men/Women	13 km	2 x 5.6 km	
Para Nordic			
Sport	6 km	1 x 5.6 km	

**NOTE: "Technique zones" will be implemented during the classic race.**

## COMPETITION Sunday, February 20

### Free Technique - Interval Start

Start time: 9:00am

Category	Distance	Course Format	Course
Senior/U20 Men	12 km	3 x 3.2 km	
Senior/U20 Women	12 km	3 x 3.2 km	
U18 Men/Women	8 km	2 x 3.2 km	
U16 Boy/Girl	5 km	1 x 3.2 km	
U14 Boy/Girl	4.0 km	1 x 3.2 km	
U12	1.5 km	2 x Stadium	
U10	1.5 km	2 x Stadium	
U8	750 m	1 x Stadium	
Masters Men/Women	12 km	3 x 3.2 km	
Para Nordic			
Sport	4 km	1 x 3.2 km	

<b>RACE REGISTRATION</b>	<p>Pre-Registration for all races. Please register ONLINE on <a href="http://Zone4.ca">Zone4.ca</a> look up - 2022 Alberta Cup 7 &amp; 8</p> <p>If you experience any difficulties registering on-line please contact the Competition Secretary, Tanya Reitz (<a href="mailto:compsec.pnsc@gmail.com">compsec.pnsc@gmail.com</a>).</p> <p>Racers and coaches <b>must</b> 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 (<a href="mailto:compsec.pnsc@gmail.com">compsec.pnsc@gmail.com</a>) before 9 a.m. on Thursday February 17th, if corrections are required.</p>
<b>LICENSES</b>	<p>All competitors in U16 and older categories must have a valid Nordiq Canada or FIS license in order to accrue CPL points. Any athlete in the U16 category and older that does not have a race license must purchase a day license to compete using the registration process on Zone4.</p> <p>A Nordiq Canada supporting member license (day license) may be purchased during on-line registration for a fee of \$5.00/day.</p> <p>Please note: U14 category and younger competitors do not require a license, but must be a member of a Nordiq Canada registered club.</p>
<b>RACE ENTRY DEADLINE</b>	<p>Regular Deadline: <b>Monday February 14th, 11:59pm MST</b></p> <p>Late Deadline: <b>Wednesday February 16th, 11:59pm MST</b></p> <p>A \$10.00 late fee per race will be assessed for all entries received after Monday February 14th.</p> <p><b>Coaches/Team Managers MUST register (no fee) in order to receive email/What'sApp notices.</b></p> <p>Late entrants may not be seeded.</p>
<b>RACE FEES</b>          <b>ADDITIONAL FEES</b>	<p>Payment must be made on-line in zone4.ca. Credit cards only.</p> <p>U8,U10,U12 - \$20 per race U14,U16 - \$35 per race U18, Open (U20, Senior), Master - \$40 per race ParaNordic - \$40 per race Sport -</p> <p><b>A \$10.00 late fee per race will be assessed for all entries received after Monday February 14th.</b></p> <p>Supporting Member Day License(U16+) - \$5 per day Nordiq Alberta mandatory Snow Enhancement Fee U12 and under \$2.50/weekend U14 and older \$5.00/weekend The Snow Enhancement Fee contributes to the snow making/storage program run by NA in partnership with Winsport and other contributing funders.</p>

<b>TEAM CAPTAINS MEETINGS</b>	Team Captains Meeting will be held via Zoom at 7:00pm on Friday and Saturday. The link will be emailed to coaches registered on Zone4.
<b>START LISTS</b>	Start lists will be posted online at <a href="http://Zone4.ca">Zone4.ca</a> and the <a href="http://Ptarmigan Website">Ptarmigan Website</a> as soon as possible following the Team Captains Meetings (TCMs) on the evening before each race.
<b>BIB PICKUP</b>	Date: Saturday February 19, 2022 Time: 8:00am Date: Sunday February 20, 2022 Time: 8:00am Location: Race Office in the Doug Barnes Cabin (log cabin)
<b>COACHES BIBS</b>	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. <a href="#">Register for free</a> and pick up bibs at the Race Office. A \$75 replacement fee will be charged for bibs not returned.
<b>TIMING CHIPS</b>	There will be a \$75 replacement fee for transponder chips not returned to Zone4.
<b>AWARDS</b>	U8 & U10 will receive participation items at the finish line. U12 to U16 – Year of Birth medals for 1st, 2nd and 3rd. U18 and older - Category medals for 1st, 2nd and 3rd. There will be no awards ceremonies; however, awards can be picked up after Official results are posted.
<b>WAXING</b>	Temporary power will be available on site. A limited amount of space will be available adjacent to the stadium to accommodate waxing tents. Please advise the OC of your wax space requirements during online registration.  Nordiq Alberta respectfully requests all coaches, wax technicians and parents of Alberta Cup Protocol skiers abide by a self-governed protocol while waxing skis. The glide waxing protocol is as follows: <ul style="list-style-type: none"> <li>• Structure tools ARE permitted</li> <li>• Glide waxes containing fluorine in any form are NOT permitted</li> <li>• Fluorinated kick wax is permitted.</li> </ul>
<b>WARM UP/WAX TESTING</b>	Warm up, cool down and testing areas are located on Moose Trail Adjacent to the Doug Barnes Cabin facility. Wax testing is permitted on course up to 10 minutes prior to the competition.  THE COURSE WILL BE CLOSED TEN (10) MINUTES BEFORE THE START OF COMPETITION.
<b>COURSE MAPS</b>	The Course maps will be published no later than 2 weeks prior to the event at <a href="https://www.ptarmigannordic.org/albertacup">https://www.ptarmigannordic.org/albertacup</a>

<b>FACILITIES</b>	PNSC offers indoor washrooms downstairs for coaches and athletes use only. In addition, there will be portable toilets on site. The Doug Barnes Cabin will not be open for congregating or seating.
<b>FOOD AND DRINKS</b>	Drinks and snacks will be available to racers at the finish line. There will be no food or drink on site for sale.
<b>FIRST AID</b>	There will be first aid available on site located in the Doug Barnes cabin if needed.
<b>PARKING</b>	We have limited parking spaces by the Doug Barnes Cabin. There will be lots of on street parking along Tamarack Way and Duncan Drive. There is a large overflow parking available at Centerfire Place (across Thickwood Blvd from the stadium area).
<b>PROTEST PROCEDURE</b>	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.
<b>POINTS</b>	AB Cup points will be awarded for Saturday and Sunday races for U12 and above; participation recognition will be provided for U8-U10.
<b>COLD-WEATHER CUT OFF</b>	If a race is canceled due to cold (day of race cancellation), race organizers will make best efforts to provide an alternate ski activity for various age groups. eg Easy ski together.  Cold-weather cut off policy as per <a href="#">Nordiq Alberta Tech Package</a> .
<b>WEATHER</b>	Please see <a href="#">Environment Canada website (link)</a> for current weather conditions.
<b>CANCELLATION</b>	Decisions about cancellation will be carried out in accordance with Alberta Health Services orders and the <a href="#">Nordiq Alberta Tech Package</a> and are at the discretion of the Jury.
<b>REFUNDS</b>	Refunds will comply with the <a href="#">Nordiq Alberta Tech Package</a> .

**Thank you to our Partners and Supporters:**



## EVENT TIMETABLE

DATE	TIME	EVENT	LOCATION
Monday 14 Wednesday 16 (late registration closes)	11:59pm 11:59pm	<b>Early registration closes</b> <b>Final deadline for registration</b>	Zone4.ca If you have any problems with registration please email <a href="mailto:compsec.pnsc@gmail.com">compsec.pnsc@gmail.com</a>
Friday 18 Unofficial Training Day	12:00pm  12:00pm - 4:00pm  7:00pm	Race Office open  Trails Available for Skiing/Training  Team Captains Meeting	Doug Barnes Cabin (log cabin) Birchwood Trails  via Zoom
Saturday 19	8:00am  9:00am 7:00pm	Race Office open Bib Pickup Classic - Interval Start Team Captains Meeting	Doug Barnes Cabin (log cabin) Birchwood Trails  via Zoom
Sunday 20	8:00am  9:00am	Race Office Open Bib Pickup Free Technique - Interval Start	Doug Barnes Cabin (log cabin) Birchwood Trails

PLEASE NOTE THAT SCHEDULED TIMES AND START ORDER ARE SUBJECT TO CHANGE DUE TO WEATHER OR OTHER JURY DECISIONS.

## Accommodations



1-866-650-3678

[BOOKING LINK](#)

**Standard 2-Queen \$104**  
**Deluxe King \$104**  
**One Bed/Exec Suite \$124**

Complimentary free parking  
Complimentary wired and wireless internet  
Complimentary breakfast  
Fitness centre  
The keg steakhouse, live coffee house, and live bar & grill



1-866-650-3678

[BOOKING LINK](#)

**Superior Room \$109**  
**Business Suite \$114**  
**Extend Stay Suite \$129**

Complimentary heated underground and above ground parking  
Complimentary wired and wireless internet  
Complimentary breakfast  
Full service restaurant and lounge  
Fitness centre, indoor pool and hot tub  
Extended stay suites include separate living room, kitchen with stove top



1-780-743-2400

**Booking Code: ABSKI**  
[BOOKING LINK](#)

**Queen Room \$119**  
**Studio Suite \$129**

Complimentary parking – large truck parking available  
Complimentary wired and wireless internet  
Complimentary breakfast  
Full service restaurant and lounge  
Fitness center, indoor pool and hot tub