



Alberta Cup 5 & 6 January 27 and 28, 2024 – Edmonton, Alberta

Host Club

[Edmonton Nordic Ski Club](#)

Location

[Gold Bar Park, Edmonton, Alberta](#)

Sanction/Rule

[Nordiq Canada](#) & [Nordiq Alberta](#)

Silent Auction

In support of this event our generous sponsors have graciously donated several excellent items for a silent auction. The auction will close on Saturday at 3:00 and winning bidders can collect their items at the race late Saturday or anytime Sunday. All bids must be made online.

<https://web.bidbeacon.com/share/auction.php?code=FRZJ2Y>

Schedule & Format

Friday, January 26

Courses marked for unofficial training by 12:00.

Athlete (4:30) and Coach's (5:30)

Socials – [Goldbar Pavilion](#)

Saturday, January 27

Mass Start – Classic Technique

09:00 – Racing Starts

Sunday, January 28

Interval Start – Free Technique

09:00 – Racing Starts

Full Schedule and Course Maps on [Event Page](#). Race distances Pg. 3.

Competition Jury

Chief of Competition – Scott Penny

Technical Delegate – Lisa Marr-Laing

Assistant Technical Delegate – Kelly Bogle

Nordiq Alberta Race Director – Ivan Babikov

Race Office:

Competition Secretary – Lianne Seubert & Joe Mann

albertacup@edmontonnordic.ca

Race office is located north of Gold Bar Pavilion in the trailer (see [Site Map](#)).

Friday, January 26 – 12:00 – 16:30

Saturday, January 27 – 07:45 – Finish

Sunday, January 28 – 07:45 – Finish

Communication, Updates and Course Maps

Any change in the event location or timing will be posted as early as it is known. Race maps, detailed start schedule, team captain's meeting minutes and other race information will be available and updated on the Event Website at: www.edmontonnordic.ca/albertacup

[Gold Bar Park Trail Maps](#) - No trail fees! The courses are subject to change.



Race Registration

<https://zone4.ca/register.asp?id=34393>

Entries online only through Zone4. Payment must be made by VISA or Master Card at the time of registration. Waivers must be completed through Zone4 at time of registration.

Confirmation lists, start lists and results will be posted on Zone4. 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](#) if corrections are required.

Registration Opens:

Thursday, January 11, 2024

Registration Closes:

Tuesday, January 23, 2024, 23:59:59

Late Registration Closes:

Wednesday, January 24, 2024, 23:59:59

*A \$10 fee applies to all late registrations.

**After Late Registration Closes, registration will be at the discretion of the Competition Jury, additional fees may be applied, and the racer will not be seeded.

Race Entry Fees

U8, U10	\$10.00 per race
U12	\$25.00 per race
U14, U16, Recreational, Para Nordic	\$40.00 per race
U18, Master, Open (U20, Senior)	\$45.00 per race
Nordiq Canada Event License (formerly SMDL)	\$6.00 per day

*A \$75 fee applies for all timing chips and bibs not returned to the Race Office

**The Recreational category is a for all ages and genders (inc. non-binary).

Snow Enhancement Fee

U8, U10, U12	\$2.50 per weekend
U14, U16, Recreational, Para Nordic	\$5.00 per weekend
U18, Master, Open (U20, Senior)	\$5.00 per weekend

The Snow Enhancement Fee contributes to the snow making program and allows access to all members of Nordiq Alberta and ensures guaranteed training and events can occur including the Alberta Cup Series.

Team Captains Meeting

Friday, January 26 at 18:00 – In person after Coach's Social at [Goldbar Pavilion](#) + Virtual Meeting

Saturday, January 27 at 18:00 – Virtual Meeting only

*Start lists will be available on Zone4. Coaches please register on Zone4.

**Links for Virtual Meetings posted in Coaches chat closer to the event

Coaches

Coaches will be allowed access on course (no skis). Coaches will not be allowed in the stadium.

Coach's must register (no charge) on Zone4 to be added to the distribution list for the Team Captains Meeting and receive other race information by e-mail. The Competition Secretary will be providing some communication through the "AB Cup Coaches 2023/24" WhatsApp Chat.



Race Distances

Saturday, January 27, 2024
Mass Start, Classic Technique

Category	Distance (Course)
U8 B/G	1.0km (Blue)
U10 B/G	1.0km (Blue)
U12 B/G	2.0km (Blue x 2)
U14 B/G	5.0km (Orange x 2)
U16 B/G	7.5km (Orange x 3)
U18 M/W	10.0km (Orange x 4)
Open (U20 & Sr. M/W)	10.0km (Orange x 4)
Masters M/W	10.0km (Orange x 4)
Recreational M/W/non-binary	5.0km (Orange x 2)
Para Nordic Sit Ski	3.5km (PN Sit)

Sunday, January 28, 2024
Individual Start, Free Technique

Category	Distance
U8 B/G	1.0km (Blue)
U10 B/G	1.0km (Blue)
U12 B/G	2.0km (Blue x 2)
U14 B/G	5.0km (Orange x 2)
U16 B/G	5.0km (Orange x 2)
U18 M/W	7.5km (Orange x 3)
Open (U20 & Sr. M/W)	10.0km (Orange x 4)
Masters M/W	10.0km (Orange x 4)
Recreational M/W/non-binary	5.0km (Orange x 2)
Para Nordic Sit Ski	3.5km (PN Sit)

Notes:

- A Technique Zone will be implemented during the classic race U16 and up.
- The U8 / U10 course will have a skill section for Sunday's race.
- Para Nordic stand skiers will ski with their age categories.
- [Course Maps](#) available online. Courses/distances could change prior to the event.

Seeding

Seeding will be as per the Alberta Technical Package summarized below. Start list to be finalized by 15:00 on Friday, January 26.

Category	1 st Priority	2 nd Priority	3 rd Priority
U16 and older	CPL Points	AB Cup Points (if no CPL points)	Random Draw (if no CPL/AB Cup points)
U14	AB Cup Points	Random Draw	
U12 and younger	Random Draw		

Awards

Outdoor podium ceremonies for individual awards:

U8, U10, Recreational	All finishers
U12	Year of Birth Medals 1 st , 2 nd , and 3 rd for each gender and all finishers
U14, U16	Year of Birth Medals 1 st , 2 nd , and 3 rd for each gender
U18, Open (U20, Senior), Masters, Para Nordic	Category Medals 1 st , 2 nd , and 3 rd for each gender

Protest and Appeals

The protest procedure is outlined in the [Nordiq Canada Official Protest Form](#) that will include a \$100 Protest Fee.



Rules and Technical Guidelines

[Nov-2023-ICR-CCR-NOV-with-precisions.pdf \(nordiqcanada.ca\)](#)

[2023-2024 Nordiq Alberta Technical Package](#)

Alberta Cup Wax Protocol

Nordiq Canada's testing philosophy is to employ a community minded trust approach.

Non-flouro (NF) waxes ARE permitted.

Not permitted:

- Flouro kick wax
- High fluoro (HF), medium fluoro (MF), or low fluoro (LF) glide wax, including HF, MF, or LF powders, pucks, blocks and liquids
- Fluoro cold weather powder additives and hardeners
- Fluor grip powders

For more information on the Nordiq Canada Fluoro Policy it can be found [here](#).

Wax Rooms

Gold Bar Pavilion will be available to athletes for warming. Outdoor space (see [Site Map](#)) will be available to set up clubs/racer waxing facilities (tents/generators) in the designated area. Clubs must supply their own generators as there are no outdoor electrical outlets at the facility.

Warm Up/Wax Testing

A short (500m) warm up, cool down and wax testing loop will be located starting from Gold Bar Pavilion and heading East as marked and shown on the [Site Map](#). Warm up loop is closed during PN Sit race. Wax testing is permitted on course up to 15 minutes prior to the competition. The course will be closed 5 minutes prior to the start of competition. A longer (2.6km) warm up loop is accessible from Capilano Park Parking lot (see [Gold Bar Park Trail Maps](#) loops marked #3 and #4).

Facilities

Parking:

Available on site at Gold Bar Park. Additional parking is available in the surrounding neighbourhood at nearby Capilano Park which is connected by a walking trail. Note: There is no bus service from Capilano Park this year. Skier drop off area in Gold Bar Parking lot. Please carpool where possible. Do NOT park on the entry road from 50th St.

Food and Drinks:

Drinks and snacks will be available to racers at the finish line. Drinking water is available in Gold Bar Pavilion. Food truck will also be available to purchase food and drink (see Menu on [Event Page](#)). Please help us keep our parks clean by putting garbage in proper receptacles.

Washrooms:

Portable toilets will be available on site as well as washrooms located in the Gold Bar pavilion (see Site Map for locations).

First Aid:

Available on site in Gold Bar Pavilion.



Eligibility and Licenses

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 (U12 and under) This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

U12 category and younger do not require a license of any type but do require a valid Nordiq Canada club membership. Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq club, must have a Nordiq Canada Race or Event license to compete.

For U12 and lower age groups at TIER 2's ONLY:

- If you are a Nordiq Canada Club member – NO Additional license required.
- If you are U12 - Are you a Nordiq Canada Club member, racing up to U14, and want CPL points –you will need a Nordiq Canada Development License
- If you are NOT a Nordiq Canada Member – it will not be possible to register for this event.

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](#).

Please make sure you have renewed/purchased your licence(s) for this year [HERE](#) prior to registering.

Weather, Cold-Weather Cut Off, Cancellation and Refunds

Environment Canada forecast: https://www.weather.gc.ca/city/pages/ab-50_metric_e.html

The Nordiq Alberta cold-weather cut off policy will be followed. If a race is cancelled due to cold weather (race day cancellation), race organizers will make best efforts to provide an alternate ski activity for various age groups (e.g., easy ski together).

The Nordiq Alberta cancellation policy, including refunds, will be followed. Announcement of cancellation will be posted on the [Event Website](#).



Sponsors

A special thanks to all our sponsors!



SALOMON



Lendrum
Eye Centre



Edmonton Nordic Ski Club acknowledges the traditional land on which this event will take place is in Treaty Six Territory. We would like to thank the diverse Indigenous Peoples whose ancestors' footsteps have marked this territory for centuries, such as nêhiyaw, Cree, Dene, Anishinaabe / Saulteaux, Nakota Isga / Nakota Sioux, and Niitsitapi / Blackfoot peoples. We also acknowledge this as the Métis' homeland and the home of one of the largest communities of Inuit south of the 60th parallel. It is a welcoming place for all peoples who come from around the world to share Edmonton as a home.