



November 1, 2008

Dear Skiers:

On behalf of the Alberta XC World Cup Society, I am pleased to extend our warmest invitation to attend Alberta Cups 1 & 2 on December 20 and 21, 2008.

Our races will be held on the World Cup competition trails, and will serve as selection races for the Alberta Ski Team and Alberta Development Team. This event will be the first two races of this season's Alberta Cup series.

Dale Swanson, Chief of Competition

PLEASE SUPPORT OUR SPONSORS...THEY SUPPORT YOU!





Alberta Cup – Canmore, December 20th and 21st, 2008

A. GENERAL INFORMATION

Events: Saturday, December 20th Individual sprint, classic technique
Sunday, December 21st Free technique, mass start

Maps: Available on www.albertaworldcup.com

Hosted by: XC World Cup Society,

Venue: Canmore Nordic Centre

Rules: CCC rules and AB Cup Technical Package apply.

Sanctioning: Cross Country Canada and Cross Country Alberta

Cancellation: In the event that weather conditions require cancellation of the events, cancellation will follow the Alberta Cup Technical Package protocol. Announcement of event cancellation will be made through the CCA website.

Jury: Technical Delegate Len Gottselig
CCA Sport Manager Mike Neary
Chief of Competition Dale Swanson

Race Committee:

Chief of Competition	Dale Swanson	Chief of Course	Mike Norton
Competition Secretary	Ken Hewitt	Chief of Stadium	John Gillett
Chief of Controllers	Eric Schneider	Chief of Timing	Linden Mills-Connery

B. FACILITY INFORMATION

Competition / Race Office: The office will be located in the CNC Daylodge

Phone: 403 678-2400 ext. 201 (during race office hours) OR 403 680-4141 anytime

E-mail: khewitt@albertaworldcup.com

Mailing address: Alberta Cup, Bill Warren Training Centre, Suite 100
1995 Olympic Way, Canmore, Alberta T1W 2T6

Race Office Hours:

December 19 th	Training Day	10:00 am - 6:00 pm
December 20 th	Race Day	7:30 am - 3:00 pm
December 21 st	Race Day	8:00 am - 3:00 pm



Wax Rooms – Team waxing rooms may be requested, and will be assigned based on registered numbers of competitors; smaller teams may have to share wax rooms. There is a \$ 40 deposit on all team room keys, which can be obtained at the Race Office starting 10:00 am on Dec 19th.

Trail Passes:

During the 3 days from Dec.19th to Dec. 21st, all athletes and coaches on skis **MUST have a trail pass or have a bib on. Passes are available at the race office at a competitor rate of \$4/day. Registered coaches will be provided a complimentary pass for each day. Coaches must register at the Race Office. The penalty for skiing without pass is \$172.00, enforced by Parks staff.**

C. COMPETITION INFORMATION:

Schedule of Events:

Dec.19 th Training	12:00pm - 5:00pm 8:00pm	Marked Courses Open for Training Team Captains’ meeting Canmore Nordic Centre Day Lodge
Dec.20 th Race	9:30am 12:30 pm 8:00pm	Individual Sprint - Qualification Sprint Heats Team Captains’ meeting Bill Warren Training Centre
Dec. 21 st Race	10:00am	Free technique, mass start

Awards presentation will be done at east end of the stadium in groups immediately follow race completion .

Race Licences:

All competitors from Juvenile category and up must have a CCC or FIS license. A CCC supporting member license (day license) may be purchased at the time of registration for a fee of \$5.00/day.

Competitors Midget category and younger must be a member of a CCC registered club, but do not require a license. Non CCC club members may register after purchasing a CCC supporting member license.



Waivers:

All racers must sign a waiver. For racers over 18 years of age, this waiver will be signed as part of the on-line registration via Zone4. Those under 18 must have a hard copy of the waiver signed by a parent or guardian. All waivers must be received by the Competition Secretary by 8:00 pm, Dec. 19th, 2008 or registration is forfeited. Waiver forms are available online, attached to the race notice, or at the race office.

Entry Process and Deadline:

1. Entries must be registered and paid for through Zone 4: <http://www.zone4.ca>

2. All Entries must be received by 8 ;00 pm MST, Wednesday, December 17th, 2008.

The first step in achieving correct official results in a timely fashion is the receipt (by the race secretary) of complete, correct, on-time entries. Late entries cause problems, and are therefore **strongly discouraged**. Late entries will be accepted **only in the race office** on Dec. 19th, 2008 until 3 p.m. with full payment **INCLUDING THE LATE ENTRY PENALTY OF \$100.00**, and will forfeit the right to seeding. **There is no race day registration.**

Please contact the Competition Secretary if difficulties are encountered.

Event Categories, Distances & Fees:

Category	Year of Birth	Saturday Dec. 20 Classic Technique Individual Sprint		Sunday Dec. 21 Free Technique Mass start		Entry Fees	
		<i>male</i>	<i>female</i>	<i>male</i>	<i>female</i>	<i>per race</i>	<i>both days</i>
Atom	2001 >	150m	150m	750 m	750m	\$10.00	\$20.00
Pee Wee	1999-2000	150m	150m	1.0 km	1.0 km	\$10.00	\$20.00
Mini Midget	1997-98	150m	150m	2.5 km	2.5 km	\$10.00	\$20.00
Midget	1995-96	500m	500m	3.75 km	3.75 km	\$10.00	\$20.00
Juvenile	1993-94	500m	500m	5 km	5 km	\$30.00	\$45.00
Jr. Boy/Girl	1991-92	1000m	1000m	10 km	5 km	\$30.00	\$45.00
Jr. Men/Women	1989-90	1000m	1000m	10 km	5 km	\$30.00	\$45.00
Sr. Men/Women	1979-88	1000m	1000m	10 km	10 km	\$30.00	\$45.00
Masters I-II	1969-78	1000m	1000m	10 km	10 km	\$30.00	\$45.00
Masters III-IV	1959-68	1000m	1000m	10 km	10 km	\$30.00	\$45.00
Masters V-VI	1949-58	1000m	1000m	10 km	10 km	\$30.00	\$45.00
Masters VII-VIII	1939-48	1000m	1000m	10 km	10 km	\$30.00	\$45.00
Masters IX+	1938 or <	1000m	1000m	10 km	10 km	\$30.00	\$45.00



Course distances may vary according to weather and trail conditions.

A note about ‘age categories’:

Each skier has a ‘competition age’, which remains the same for the entire competition season. All competitive ski seasons span 2 calendar years (ie 2008, 2009). For purposes of ‘competition age’, the latter year is used. So, for this upcoming season, 2009 is used for all skiers. This means that a skier’s ‘competition age’ for this entire season is the age attained on his/her birthday in the year 2009.

Course maps available at www.albertaworldcup.com after Nov. 20.

Seeding: Seeding will be performed in accordance with the Alberta Cup Technical Package. Verification lists will be prepared prior to the coaches meetings in consultation with the Technical Delegate. These will be reviewed by the coaches / team captains during the first 15 minutes of Friday’s team captains’ meeting. **This will be the last chance for corrections or changes**, after which the start lists will be prepared. Therefore, it is **highly recommended** for all racers that they be represented by a coach / manager at this meeting.

D. PARANORDIC SKIERS:

Paranordic skiers are invited to compete in all Alberta Cups. Final decisions about race distances and categories will be made on Friday, December 19th, dependent upon Paranordic registrations received by that time.

E. EVENT WAIVER AND RELEASE:

1. Athletes under 18 years of age must have a hard copy waiver signed by their parent or guardian and submitted manually.
2. On line waivers will only be accepted for racers 18 years of age and older.

Manually submitted waivers can be hand delivered, faxed (403 678-3644), or mailed to the race office:

Alberta Cup – Race Secretary
Bill Warren Training Centre
Suite 100
1995 Olympic Way
Canmore, Alberta T1W 2T6

All waivers must be received prior to completion of the Friday night Team Captains’ Meeting. Bibs will not be given to skiers who have not provided waivers.



Event Participant Waiver and Release

Name of Event: Alberta Cup 1 and 2 2008 **Date of Event:** Dec. 20-21, 2008

In consideration of Cross Country Canada, Cross Country Alberta, Foothills Nordic Ski Club, Canmore Nordic Ski Club, X-C World Cup Society, and named landowners accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, release and forever discharge the above named organizations, their directors, agents, sponsors, volunteers and employees from any claims, demands, damages, actions or causes of action arising out of or in consequence of any loss, injury, or damage that may arise by reason of the negligence of Cross Country Canada, Cross Country Alberta, Foothills Nordic Ski Club, Canmore Nordic Ski Club, X-C World Cup Society, and named landowners, their agents, sponsors, volunteers or employees.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or here-in-after have resulting from any decisions of Cross Country Canada, Cross Country Alberta, Foothills Nordic Ski Club, Canmore Nordic Ski Club and X-C World Cup Society.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the events for whatever reason.

I further recognize that competitive Nordic Skiing may include the risks of injury, death and damage to my equipment. As a participant in these races, I have read and understood the above Waiver and Release.

I certify that I am a current registered member of a Cross Country Canada member club.

Adult Participant Release and Waiver

As a participant in the Alberta Cup, I have read and understood the contents and intent of this waiver:

Name: _____ Date: _____

Signature: _____

Witness: _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the legal age of 18, I have read and understand the content and intent of this waiver and accept its terms and conditions on behalf of _____.

Name of Parent/Guardian: _____ Signature _____



F. CANMORE ACCOMMODATION

Rocky Mountain Ski Lodge is the “official” hotel for Alberta Cup 1&2. Ask for the “World Cup Society” room rate when booking. Room block is available until December 1, 2008.

711 Mountain Ave
phone: 403- 678-5445
Toll Free 1-800-665-6111



fax: 403-678-6484
rockyski@telusplanet.net

For a list of other accommodations in and around Canmore, see the following websites:

www.tourismcanmore.com
Tourism Canmore:
Phone: 1-866-CANMORE
info@tourismcanmore.com