



EVENT NOTICE

Mt. Sharkfest 2010 – Alberta Cup #7 and Alberta Cup #8

March 27, 28 2010

This is the 13th annual Mt. Sharkfest. Welcome again to the competitions at the historic Mt. Shark trails. On March 27, there will be the traditional mass start format by category, then on March 28 a new format for Mt. Shark – Team Sprints (two person teams). Please refer to the section on pages 5 and 6 with more detail about the Team Sprints.

A. GENERAL INFORMATION

Host Club: Rocky Mountain Racers Ski Club (RMR) www.rmracers.ca

Venue: Mt. Shark Racing Trails, Kananaskis Country, 35km SE of Canmore Nordic Centre on the Smith-Dorien / Spray Road (742). Turn onto the access road (called Mt. Shark Rd), off Hwy 742 at the Mt. Engadine Lodge turnoff. It is 6km to the Mt. Shark parking lot from the turnoff.

Event: **Saturday March 27, 2010** – Mass starts by category, free technique
Sunday March 28, 2010 – Team Sprint (two person) by category, free technique

Start Time Saturday: 10:30 – 11:00 am: Atoms, Peewees, MiniMidgets
11:00 am: Midgets through Masters categories

Start Time Sunday: 10:00 – 10:40 am: Atoms, Peewees, MiniMidgets
10:40 am: Midgets through Masters categories

Team Captain's Meeting:
Friday March 26, 2010 starting at 7:00pm at the Bill Warren Training Centre

Rules: CCC rules and AB Cup Technical Package apply.

Sanctioning: Cross Country Canada and Cross Country Alberta

Jury:
Technical Delegate: Ken Hewitt
Race Director: Mike Neary, CCA
Chief of Competition: Mike Carleton
Assistant TD: Norm Neil

OC Personnel:
Event Chairman: Ed Gillmor
Chief of Competition: Mike Carleton
Chief of Course: John Mahoney
Competition Secretary: Cathy Jaques

Race Office:

The race office will be located in the ABC Trailer on-site at the Mt. Shark parking lot.

Contacts: Ed Gillmor, Event Chairman: egillmor@westwaterenv.com
Mike Carleton, Chief of Competition: mike.carleton@shaw.ca

Accommodation: Rocky Mountain Ski Lodge is a supporter of the event. It is suggested they be contacted for accommodation. Ask for the Mt. Sharkfest rate.
Phone 1-800-665-6111; FAX 1-403-678-6484
web site: www.rockyski.ca; email: info@rockyski.ca.

For other accommodation copy this link into your browser:

<http://www1.travelalberta.com/en-ca/index.cfm?pageid=3&Search=Search&Locale=Canmore>

Cancellation:

In the event that weather or snow conditions require cancellation of the event, cancellation will follow the Alberta Cup Technical Package protocol. Announcement of event cancellation will be made through the CCA and RMR web sites.

B. VENUE INFORMATION

For those who are new to Mt. Shark, it is a relatively remote area in the mountains of Kananaskis Country with primitive facilities. Be prepared for all weather and road conditions. There are no indoor facilities or electrical power sources. Please consider car pooling, as parking space is limited at Mt. Shark.

Pending road and weather conditions from Mt. Engadine to Mt. Shark parking lot, only vehicles with ability (all wheel or four wheel drive, or winter tires) may proceed; additional car pooling may be necessary. Please leave lots of time. It is recommended that participants arrive by 9:00 am daily, and allow one hour + for the drive from Canmore, or two hours + from Calgary. Expect winter driving conditions on Highway 742 and the Mt. Shark Access road.

Mt. Shark is located in a Provincial Park. Permission has been given by the Parks Department to have the event. Please respect the requirements of the Parks permit which states that the general public has access to the area throughout the weekend.

All grooming and track setting is done by Kananaskis Country staff who do an outstanding job.

The Parks Trails Report with snow and course conditions and road conditions for Mt. Shark can be found at:

<http://www.tpr.alberta.ca/parks/kananaskis/XCSkiTrails%20Reports/MtShark.pdf>

Refreshments will be supplied for competitors in the Stadium area. RMR will also have a BBQ in operation with food and drinks at reasonable cost each race day afternoon.

Remember hats, sun glasses, and sun cream!

C. EVENT SCHEDULE AND COMPETITION INFORMATION

Friday, March 26 – Courses are available for training. Note however, that grooming and track setting on Friday will be as done by Parks earlier in the week. The Parks staff will groom prior to each race day: Friday evening, and again on Saturday evening.

The **Team Captain's Meeting (TCM)** will be held **Friday evening March 26, 2010 at 7:00pm** at the Bill Warren Training Centre building at the Canmore Nordic Centre. A decision with regard to the draw for start positions on both days will be held at the TCM. A Team Captain's Meeting is not expected on Saturday.

Saturday March 27, 2010 MASS STARTS BY CATEGORY (Free Technique)

8:30am: RACE OFFICE at MT. SHARK (ABC Trailer) OPEN

9:30am: DEADLINE FOR BIB PICKUP

10:30am: ATOMS, PEEWEES, and MINI-MIDGETS, MASS STARTS BY CATEGORY

11:00am: MIDGETS THROUGH MASTERS, MASS STARTS BY CATEGORY

12:00pm: AWARDS for ATOMS, PEEWEES, and MINI-MIDGET CATEGORIES

2:15pm: AWARDS – MIDGETS through MASTERS CATEGORIES

5:00pm: CCA Alberta Cup Awards Banquet at CNC Daylodge

Sunday March 28, 2010 TEAM SPRINT MASS STARTS by CATEGORY (Free Technique)

8:30am: RACE OFFICE at MT. SHARK (ABC Trailer) OPEN

9:30am: DEADLINE FOR BIB PICKUP

10:00am: ATOMS, PEEWEES, and MINI-MIDGETS, MASS STARTS BY CATEGORY

10:40am: MIDGETS THROUGH MASTERS, MASS STARTS BY CATEGORY

12:00pm: AWARDS for ATOMS, PEEWEES, and MINI-MIDGET CATEGORIES

3:00pm: AWARDS – MIDGETS through MASTERS CATEGORIES

Eligibility and Waivers:

All competitors from juvenile 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 age and younger must be a member of a CCA registered club, but do not require a license.

Competitors who do NOT have a CCC license or membership in a CCA club must sign a waiver. Those under 18 must have their waiver signed by a parent or guardian. All waivers must be received by the Competition Secretary before a racing bib will be given out. The CCC standard waiver form is available on the RMR website www.rmracers.ca and copies will be available at the race office.

Seeding:

Seeding will be performed in accordance with the Alberta Cup Technical Package and decisions of the Jury. Entrants / seeding lists will be prepared prior to the Team Captains Meeting Friday March 26, 7:00pm at the Bill Warren Training Centre, in consultation with the Technical Delegate. The lists will be reviewed by the team leaders/coaches prior to the draw at the TCM. **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 team leader/coach at this meeting.

Categories and Race Distances:

March 27, 2010 Mass Starts		Categories and Race Distances (km)	March 28, 2010 Total Team Distance		Category Year of Birth
Male	Female	Category	Male	Female	
1 km	1 km	Atom (8 and under)	600 m	600 m	2002 or later
1.5 km	1.5 km	Peewee (9 and 10)	600 m	600 m	2000-01
2 km	2 km	Mini Midget (11 and 12)	1200 m	1200 m	1998-99
4 km	4 km	Midget (13 and 14)	2400 m	2400 m	1996-97
5 km	5 km	Juvenile (15 and 16)	4500 m	4500 m	1994-95
6.5 km	5 km	Jr Boy/Girl (17 and 18)	6000 m	6000 m	1992-93
10 km	6.5 km	Jr Men/Women (19 and 20)	6000 m	6000 m	1990-91
10 km	6.5 km	Seniors (21 to 30)	6000 m	6000 m	1980-89
10 km	6.5 km	Masters 1/2 (31 to 40)	6000 m	6000 m	1970-79
10 km	6.5 km	Masters 3/4 (41 to 50)	6000 m	6000 m	1960-69
10 km	6.5 km	Masters 5/6 (51 to 60)	6000 m	6000 m	1950-59
10 km	6.5 km	Masters 7/8 (61 and older)	6000 m	6000 m	1949 and earlier

Note that the exact choice of courses will be made based on current conditions and consultation with the Technical Delegate before the event.

Race fees are: Atoms, Peeweeps, Mini-Midgets: \$10.00 per day;
Midget and Juvenile \$29.00 per day;
All other categories \$32.00 per day

Deadline for Entries: **Wednesday March 24, 2010 at 9:00pm.**

Entries and details via Zone4: www.zone4.ca.

If there are problems with registration, please contact the Chief of Competition mike.carleton@shaw.ca

D. AWARDS INFORMATION

Awards: Will be presented on site each day; Atoms, Peewees, and Mini Midgets at approx. 12:00 noon, all other categories ASAP after the conclusion of the competitions.

CCA medals for first, second, third in all categories.

CCA ribbons for fourth, fifth, and sixth positions for categories Atoms through Juveniles.

For the Team sprints, medals and ribbons will be presented to both team members.

There will be a Team Sprint Club Award for the club with the most points based on the Team sprint, which will be presented after the category awards are completed on Sunday March 28.

There will be a feature draw prize for a stay at Mt. Engadine Lodge; the Lodge is a great supporter of the event.

Cross Country Alberta Awards Reception:

The annual CCA Awards Reception will be held Saturday evening March 27th at the Canmore Nordic Centre Day Lodge in the upstairs Banquet room. The individual CCA AB Cup awards will be handed out to the top three in each of the AB Cup individual categories. This year we will change from the previous sit down dinner to an informal wine and cheese, food tray type reception from 5:00 to 6:00 PM, and the AB Cup awards being presented from 6:00 to 6:30 PM. So come out and receive your award, or come and socialize and support your friends and team mates when they receive theirs. Any questions please contact the CCA office 780-415-1738 or by e-mail at cca@xcountryab.net.

E. MT. SHARKFEST 2010 TEAM SPRINTS SUNDAY MARCH 28, 2010

Format:

The Team Sprint format involves two person teams in each of the standard Alberta Cup categories. The first team members for each category will mass start together, ski the designated course as a lap, then handoff in an exchange zone to the second team member who skis the same course, then hands off to the first team member again, and so on, until a total of 6 laps has been completed. On the final lap the second team member crosses the finish line. Each team member will complete three laps in total. The handoff in the exchange zone is done as a body to body tag.

Note that there are no semi-final qualification rounds as occurred at the recent Olympic version of this event. All entries in each category are basically in a final round competing for the medals.

Start Times:

The overall time to complete the races in all categories will be a bit longer than the usual mass starts by category format. **It is planned to move up the start time to 10:00am, for Sunday March 28 only.** All races should be completed before 3:00pm.

Course Distances: The table overleaf has the approx. distances for each category, and the start order.

Team Sprints March 28, 2010

Distances By Category in meters, and expected start order:

Approx. Lap Distance	Total Number of laps	Total Team Distance	Age Category	Notes:
100	6	600	Atom (8 and under)	Boys and girls teams together
100	6	600	Peeewe (9 and 10)	Boys and girls teams together
200	6	1200	Mini Midget Girls (11 and 12)	
200	6	1200	Mini Midget Boys (11 and 12)	
400	6	2400	Midget Girls (13 and 14)	
400	6	2400	Midget Boys (13 and 14)	
750	6	4500	Juvenile Girls (15 and 16)	
750	6	4500	Juvenile Boys (15 and 16)	
1000	6	6000	Junior Girls (17 and 18)	
1000	6	6000	Junior Boys (17 and 18)	
1000	6	6000	Junior Women (19 and 20)	
1000	6	6000	Junior Men (19 and 20)	
1000	6	6000	Senior Women (21 to 30)	
1000	6	6000	Senior Men (21 to 30)	
1000	6	6000	Masters 1/2 Women (31 to 40)	Start masters women
1000	6	6000	Masters 3/4 Women (41 to 50)	categories together
1000	6	6000	Masters 5/6 Women (51 to 60)	
1000	6	6000	Masters 7/8 Women (61 and older)	
1000	6	6000	Masters 1/2 Men (31 to 40)	Start masters men
1000	6	6000	Masters 3/4 Men (41 to 50)	categories together
1000	6	6000	Masters 5/6 Men (51 to 60)	
1000	6	6000	Masters 7/8 Men (61 and older)	