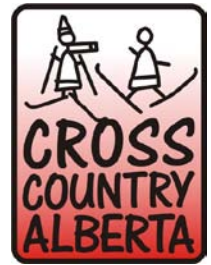




# Mt. SharkFest 2011

## Alberta Cup 5 & 6



### RACE NOTICE

Canmore Nordic Centre  
March 5 & 6, 2011

#### Get ready to Rundle!

To accommodate the busy Alberta nordic race schedule, the Rocky Mountain Racers (RMR) will be hosting the 14<sup>th</sup> annual Mt. SharkFest along the eastern slopes of Mount Rundle at the Canmore Nordic Centre (CNC) on the first weekend of March instead of our usual dates and venue. This will be a great warmup for Nationals competing on the same courses that will be used just one week later.

Be sure to plan on attending the **Alberta Cup wrap-up** on Saturday evening at the Bill Warren Training Centre where final results and awards for the 2010/11 Alberta Cup series will be presented.

#### A. GENERAL INFORMATION

##### Events

Saturday, March 5 – Individual Start, Free technique  
Start Time: 10:00

Sunday, March 6 – Mass Start, Free technique Team Sprint (2 person teams by category)  
Start Time: 10:00

##### Team Captain's Meeting:

**Friday March 4, 2011 starting at 7:00pm in the Timing Room, upstairs CNC day lodge**

Decisions regarding racing for both days will be made at the TCM. A Team Captains' Meeting is not expected on Saturday. Representation at the TCM is strongly recommended.

##### Venue

Canmore Nordic Centre

[http://maps.google.ca/maps?q=canmore%20alberta&rls=com.microsoft:en-ca:IE-SearchBox&oe=UTF-8&rlz=117ACAW&redir\\_esc=&um=1&ie=UTF-8&sa=N&hl=en&tab=wl](http://maps.google.ca/maps?q=canmore%20alberta&rls=com.microsoft:en-ca:IE-SearchBox&oe=UTF-8&rlz=117ACAW&redir_esc=&um=1&ie=UTF-8&sa=N&hl=en&tab=wl)

Races will be held on Canmore Nordic Centre trails. Race courses will match the short distance free technique and team sprint courses for 2011 National Championships as much as possible. Trail passes are required at all times other than during the race. Fines for failing to carry a trail passes are severe. Discounted day passes are available at the race office for \$5/day.

##### Sanctioned by

Cross Country Canada and Cross Country Alberta.  
CCC rules and AB Cup Technical Package guidelines apply.

##### Cancellation

If necessary, cancellation will follow the CCA Technical Package for Provincial Cross Country Ski Events protocol. Announcement of cancellation will be made through the CCA and at [www.rmracers.ca](http://www.rmracers.ca).

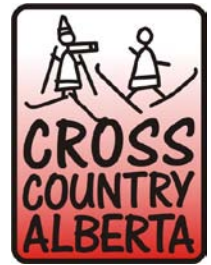


# Teck



# Mt. SharkFest 2011

## Alberta Cup 5 & 6



### Race Committee

Chief of Competition: Leslie Mahoney  
Asst Chief of Competition: Lori Wakley  
Competition Secretary: Carol Jaques  
Chief of Course: Len Gottselig

### Jury

Technical Delegate: Dan Brisbin  
CCA Race Director: Mike Neary  
Chief of Competition: Leslie Mahoney

## B. FACILITY INFORMATION

### Race Office

Main Floor Canmore Nordic Centre day lodge

### Race Office Hours

March 4: Noon – 4:00 pm  
March 5: 8:00 am – 3:00 pm  
March 6: 8:00 am – 2:00 pm

### Contact Information

Competition Secretary – Carol Jaques – [cmjaques@telus.net](mailto:cmjaques@telus.net)  
Chief of Competition – Leslie Mahoney – 403-759-1771 and [ljmahoney@yahoo.ca](mailto:ljmahoney@yahoo.ca)  
Asst Chief of Competition – Lori Wakley – 403-381-6172 and [skiers4@telusplanet.net](mailto:skiers4@telusplanet.net)

### Wax/Change Rooms

Access to public wax rooms is available on site during the competition at no charge.

Teams may request waxing rooms from the Race Secretary before Thursday March 3 at 9 PM MST. A \$40 key deposit will be required at time of key pickup. The deposit will be refunded when the key is returned. Teams are responsible for the condition of the wax room and are liable for any damage incurred. RMR and CNC are not responsible for the security of waxing rooms.

Change rooms with a limited number of coin lockers and coin showers are available in the day lodge.

### Food Services

Food services are available onsite from FAST TRAX cafe.

### Parking

The CNC is popular with many skiers that will not be racing this weekend. Participants are requested to follow the directions and park in biathlon and Bill Warren Training Centre areas so that the main (first) lot is available for other venue users.

## C. COMPETITION INFORMATION

### Schedule of Events

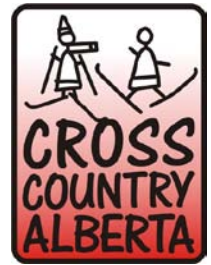
Date	Time	Activity	Details
Friday, March 4	Noon – 4:00 pm	Training	Course open with basic course marking. Course maps will be posted.
Friday, March 4	7:00 pm	Coaches Meeting	Canmore Nordic Centre day lodge
Saturday, March 5	10:00 am – 3:00 pm	Race	Individual Start, Free Technique
Sunday, March 6	10:00 am – 2:00 pm	Race	Team Sprint, Free Technique





# Mt. SharkFest 2011

## Alberta Cup 5 & 6



### Event Categories and Distances – March 5 – Individual Start, Free Technique

Category	Year of Birth	Distance (km)	
		Male	Female
Junior F	1991-92		5.0
Senior W	1981-90		5.0
Junior M	1991-92	10.0	
Senior M	1981-90	10.0	
Atom	2003 or later	0.5	0.5
PeeWee	2001-2002	1.0	1.0
Masters M	1980 or prior	10.0	
Junior B	1993-94	10.0	
Mini-Midget B	1999-2000	2.5	
Mini-Midget G	1999-2000		2.5
Sport W	Open		5.0
Sport M	Open	5.0	
Midget B	1997-98	5.0	
Midget G	1997-98		5.0
Masters W	1980 or prior		5.0
Juvenile G	1995-96		5.0
Junior G	1993-94		5.0
Juvenile B	1995-96	5.0	
Para Nordic	Open	TBD	TBD

Note - The order of racing on Saturday will be as presented above. Actual category start times will be presented at the TCM and will depend on the size of the various categories.

**Note – Distances for Para Nordic categories will be determined when registration is complete.**

**Distances selected will meet the needs of participants. Para Nordic categories will be scheduled within the above list depending on courses used.**

Note – Senior Women and Junior Females will be combined and seeded according to the current CPL ranking.

Note – Senior Men and Junior Males will be combined and seeded according to the current CPL ranking.

### Event Categories and Distances – March 6 – Team Sprint

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 one lap of the designated course, then handoff in an exchange zone to the second team member who skis one lap of the same course. The second skier then hands off to the first team member for the second lap, and so on, until a total of 6 laps have been completed. On the 6<sup>th</sup> and final lap, the second team member crosses the finish line thereby completing the race. 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 qualification rounds. All entries compete in the mass start final for their category.

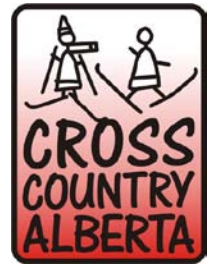
Athletes are encouraged to form club teams in their age group categories. Two skiers of the same gender in different age categories, but from the same club, may combine to make an “official” club team. The team will enter in the category of the older skier (category of the younger skier for masters’ teams).

Two skiers of different genders, from the same club, may combine to make an “official” team if entered in the Mixed category of the oldest athlete on the team. Eg. A 1993 male and a 1996 female register in Senior Mixed a 1996 female and a 1998 Male register in Junior Mixed. The Senior Mixed category is for second year





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## Alberta Cup 5 & 6

Juveniles (1995) and older; the Junior Mixed category is for first year Juveniles (1996) and younger.

Inter-club teams are welcome, but results will not contribute to the Team Sprint Club Award. See below.

Category	Lap Distance
Atom (2003 and younger)	100
Peewee (2001 and 2002)	100
Mini Midget Girls/Boys (1999 and 2000)	200
Midget Girls/Boys (1997 and 1998)	400
Juvenile Girls/Boys (1995 and 1996)	800
Junior Girls/Boys (1993 and 1994)	800
Junior Women/Men (1991 and 1992)	1200
Senior Women/Men (1990 and older)	1200
Masters Women/Men (1980 and older)	1200
Senior Mixed (1995 and older)	800
Junior Mixed (1996 and younger)	400
Sport Women/Men	800

Note – all distances are approximate. Final courses will be announced at Team Captains' Meeting on March 4.

Note – order of categories will be announced at Team Captains' Meeting on March 4.

### Awards

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

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

Awards will be presented at CNC stadium as soon as possible after the completion of each event.

Alberta Cup points and medals will be awarded for Saturday's individual race (Alberta Cup 5). Alberta Cup awards will be presented for Team Sprint events on Sunday afternoon, but Alberta Cup points are not awarded for this event.

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 6.

### Cross Country Alberta Awards Reception:

The annual CCA Awards Reception will be held Saturday evening March 5th at the Bill Warren Training Centre. The individual CCA AB Cup awards will be handed out to the top three in each of the AB Cup individual categories. This year will feature 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](mailto:cca@xcountryab.net).

### Fees

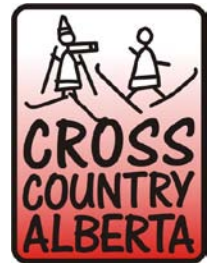
Category	Fees
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# Mt. SharkFest 2011

## Alberta Cup 5 & 6



	Per Race	Both Races
Atom	\$10	\$20
PeeWee	\$10	\$20
Mini-Midget	\$10	\$20
Sport	\$28	\$50
Para Nordic	\$28	\$50
Midget	\$28	\$50
Juvenile	\$28	\$50
Junior B/G	\$33	\$60
Junior M/W	\$33	\$60
Senior M/W	\$33	\$60
Masters I to IX	\$33	\$60

### Seeding

Seeding will be in accordance with the Alberta Cup Technical Package and decisions of the Jury. Competitor seeding lists will be prepared prior to the Team Captains' Meeting 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 list will be prepared.

It is **highly recommended** that all racers be represented by a coach/manager at the team captains meetings.

Final start lists will be posted on [www.zone4.ca](http://www.zone4.ca) the evening before each race.

### Course Maps & Profiles

Course maps and profiles will be posted on [www.rmracers.ca](http://www.rmracers.ca). The posted courses may be subject to change as required to accommodate changing conditions. Final course alignments will be presented at the Team Captain Meeting.

## D. ENTRY PROCESS AND DEADLINE

### Registration

All entries and payments must be processed through Zone4 at [www.zone4.ca](http://www.zone4.ca) prior to the deadline.

Individual registration for the Team Sprint must be completed through Zone4 prior to the deadline. Final team pairings must be presented to the Race Office before noon on Saturday, March 5, 2011.

### Deadline

All registrations and payments must be received by **9:00 PM MST, Wednesday, March 2, 2011**. No registrations will be accepted after this. No race day registrations.

To ensure accuracy of entries and facilitate race list completion, Coaches/Team Leaders are expected to carefully check their entries on the Zone 4 confirmation list and send corrections to the Competition Secretary at [cmjaques@telus.net](mailto:cmjaques@telus.net) by 9 PM MST, Thursday, March 3.

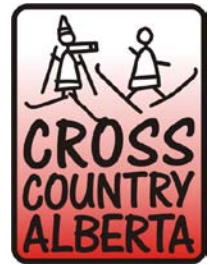
## E. RACE LICENSE REQUIREMENTS

Race License requirements are as per Cross Country Alberta and Cross Country Canada directives.





# Mt. SharkFest 2011



## Alberta Cup 5 & 6

All competitors born in 1996 (juvenile) and older 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 born in 1997 (midget) and younger must be a member of a CCA registered club, but do not require a license.

### F. WAIVER/EVENT ACKNOWLEDGEMENT OF RISK AND CONSENT

**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 <http://www.rmracers.ca> and copies will be available at the race office.

### IMPORTANT NOTE

Race bibs will be withheld until all Race License and Waiver requirements are met. To avoid frustration on Race Day, please scan and email a signed hard copy, prior to the race to the Competition Secretary at [cmjaques@telus.net](mailto:cmjaques@telus.net).

### G. ACCOMMODATIONS

**Rocky Mountain Ski Lodge** is a supporter of the event.

Make Rocky Mountain Ski Lodge your home for Mt. SharkFest

Ask for the Mt. SharkFest rate.

Phone 1-800-665-6111; FAX 1-403-678-6484

website: [www.rockyski.ca](http://www.rockyski.ca); email: [info@rockyski.ca](mailto:info@rockyski.ca).

Other accommodation information is available at:

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

