



# Coach Update #1

## February 3<sup>rd</sup>, 2020

Kimberley Kootenay Cup  
February 8<sup>th</sup> and 9<sup>th</sup>, 2020

Thank you again for coming to Kimberley and joining us for our first Tier 2 race in over 2 decades! We are very excited to be hosting these races on our newly FIS-homologated courses. The courses are challenging and fun.

Our Jury for these races will consist of our Technical Delegate (Ian Sibbald), Chief of Competition (Jeannie MacDonald) and Chief of Course (Frank Ackermann). Our Race Secretary is Lori Craig ([loricraigcreative@gmail.com](mailto:loricraigcreative@gmail.com)).

Below is some important information that we want to share with you, and **we also need some feedback from you.**

### Tents:

We have 3 separate areas designated for tents, that can accommodate roughly 15 different team tents, each supplied with 2 outlets/tent. One of these areas will be in our limited parking lot, and if we do not need to utilize this area, that will help accommodate more vehicles.

Extension cords will need to be provided by yourselves. **Please let us know ASAP if you are planning to set up a tent.** Please email [frankackermann@me.com](mailto:frankackermann@me.com) with a reply. This will help us manage our limited real estate in the parking lot.

### Waxing Protocol:

This is a reminder that we will follow the same protocols as all other Tier 2 races in BC.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all BC Cup races (including the BC Championships) and tier 2 races. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

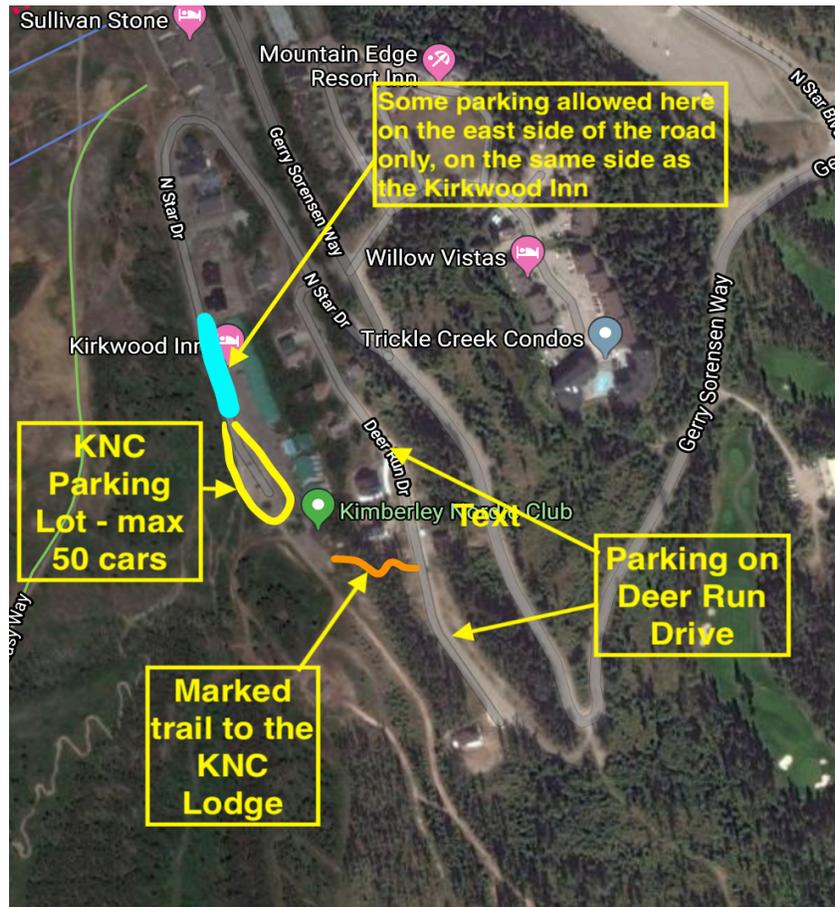
CCBC Low Fluoro Glide Waxing Protocol:

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

Adherence to this protocol is self-governed and is the responsibility of the athlete, coaches, parents and wax technicians.

## Parking:

We have limited parking at the KNC. Please be cognizant of this. Carpool as much as possible. Ideally use the main parking area to drop off skiers and gear and park elsewhere. People can park along the road on Deer Run (see screen-shot below), and there will be a trail marked from the road going up to the lodge. **Do not block any driveways**, or we will not be able to use this area in the future.



## Racing Categories Together:

If similar age groups and genders are racing the same distance in either the sprint day or the distance day, race organisers may combine ages and genders in order to create an ideal sized field.

## Race Maps and Stadium Maps:

These are available through the KNC website and event page ([www.kimberleynordic.org](http://www.kimberleynordic.org)).

## Technique Violations:

Please note, we will have controllers on the course with video cameras and a Jury to decide if any technique violations or ski obstructions have occurred which may result in a written or verbal reprimand, or possible event disqualification. There is a designated “Technique Zone” on the large uphill of the sprint course. The beginning and the end of this zone will be well marked. Within this zone, skiers must follow diagonal stride technique, which FIS describes as **“alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.”** (310.2.2.2 in the ICR-CCR, Dec 2019) Double poling will not be allowed in this zone.

Furthermore, there are “Turning Zones” in the classic sprint races. The beginning and the end of each “Turning Zone” will be marked with whiskers and v-boards placed perpendicular to the flow of traffic on the sides of the trail. **Turning techniques are comprised of steps with the inner ski (requiring a lifting of the ski and a change in direction of the ski) and pushes with the outer ski in order to change skiing directions** (310.2.2.3 in the ICR-CCR, Dec 2019). There will be no tracks in these areas. Skating and pushing on both gliding legs is not allowed and is considered a technique violation.

## Trail Closures:

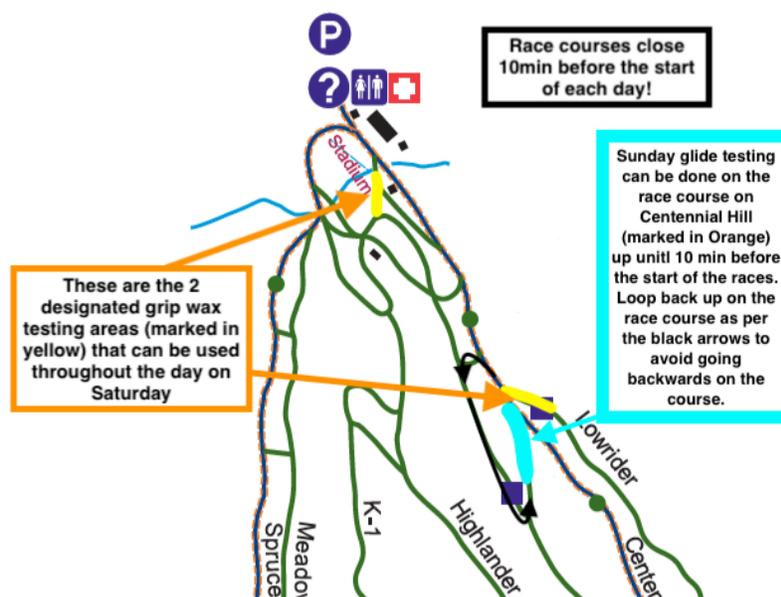
Please be advised that some trails will be closed on Thursday, Friday and Saturday evenings at 8PM to allow for stadium and race course grooming. Please respect trail closures. Trails are accessible to the public via the Meadow and Spruce Trails. Anyone not racing or coaching is required to purchase a trail pass from the Kiosk.

## Seeding:

Racers in the U14 and older age groups who have CPL points (Nordic Canada Points) will be seeded as follow: Skiers holding the highest CPL Sprint points will get earlier qualifier times in their category, and skiers with the highest CPL Distance points will be seeded in the foremost positions in the mass start grid. All skiers without CPL points will be seeded behind the skiers with CPL points in a random fashion.

## Wax Testing:

There are specific areas that have been designated as “wax test” areas. On the Saturday Sprint Day, the area within the stadium marked as Test Area will have 3 uphill tracks groomed for testing (see map of stadium for Saturday). There will also be tracks set at the north end of Lowrider (which is south of the Start/Finish area). There will be a marked section of trail for testers to ski on to avoid the traffic from the race course going the opposite direction. There is no designated glide testing area for Saturday. Skiers are allowed on the course until 10min before the start of the course on both days. The Jury can decide to close the course earlier depending on the snow conditions and how well the tracks are holding up. For the Sunday Skate race, glide testing can be done on Spruce and Meadow Trails (the access area for the Warm-Up area), as well as on the Centennial downhill coming back into the stadium. This is part of the 1km course for the U10 skiers on Sunday. Any skiing on the course all weekend must always be in the direction of racing. **There is absolutely NO skiing backwards on the course at any time.** You can loop back up the hill from the cut-off onto the race course to avoid skiing backwards on the course. See map below:

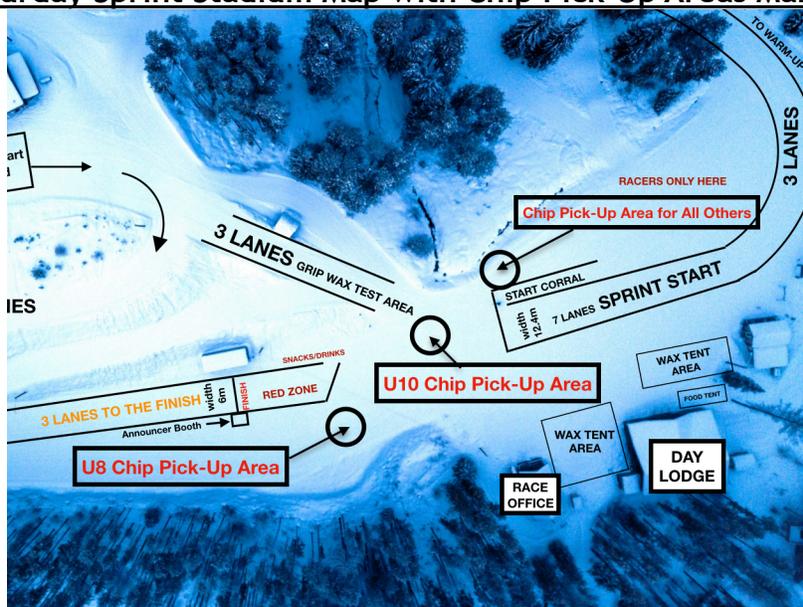


## Chip Pick-Up:

Please note, for the Saturday Sprint day, the U8 and U10 skiers' start grids are in a different area than for all the older categories. See the race maps for details. Please make sure your skiers get to this area with enough time to spare. There will be an area near the Start/Finish corridor on the way to their respective start grids where volunteers will be putting chips onto these young skiers. Remind your skiers (and their parents) to make sure that they stop there to receive their chips on their way to the start. **ALL skiers will need chips and bibs on Saturday and Sunday.** See screenshot

below with a visual for the Saturday chip pick-up area. Please ensure that for **Saturday**, all skiers arrive a minimum of **10 minutes** before their start to have these chips put on their ankles. For the Sunday, chip will be put on skiers in the Start Corral (see stadium map for Sunday). As these are Mass Start races, please make sure that your skiers arrive on **Sunday** at the Start Corral a minimum of **15 minutes** before their start to get their chips. No chip, means no time will be assigned to you!

### Saturday Sprint Stadium Map with Chip Pick-Up Areas Marked



## How to Launch an Official Protest:

If you want to make a protest, it should be filed through a coach. Protests must be filed in writing at the Race Office within 15 minutes after the posting of the Unofficial Results. Any supporting documentation is very helpful. During the sprint races, the timeline pressure of running successive heats does not allow protests to be heard during quarterfinals and semi-finals. Protests will only be accepted after the finals (325.6.2 ICR-CCR). A \$50 deposit must be submitted with the protest. This deposit will be reimbursed if the protest is upheld, otherwise it goes to the account of Nordiq Canada.

## Weather Report:

The KNC has its own weather station that can be reached via the KNC website, or at <https://www.wunderground.com/dashboard/pws/IKIMBERL4>

Other useful links:

<https://www.theweathernetwork.com/ca/weather/british-columbia/kimberley#>

<https://www.yr.no/en/forecast/daily-table/2-10055160/Canada/British Columbia/Regional District of East Kootenay/Mountain Spirit Resort And Spa>

[https://weather.gc.ca/forecast/canada/index\\_e.html?id=BC](https://weather.gc.ca/forecast/canada/index_e.html?id=BC)