



Kootenay Cup #5: February 2nd, 2014, Mass Start Free Technique

Host Club: Nelson Nordic Ski Club www.nelsonnordicski.ca

Dates: Sunday February 2nd, Mass Start Free Technique

Start Times: **Bunnies and Atoms** 10:30am and 10:45am
PeeWees and Up 11:00am and later

Race Location: Nelson Nordic Ski Club, Hwy 6, 10 km south of Nelson BC

Rules: Cross Country Canada Rules and Regulations

Information: Chief of Race – Matt Nuttall 250-352-6399
Race Secretary – Louise Poole 250-825-9202.

**Deadline: Registration Deadline is Friday January 31st @ 23:00 PST.
Please, no day of race entries!!!!**

How to Enter: Registration and fee payment is online at www.zone4.ca
Click on the Teck Kootenay Cup Series #5 to register.
The fees include the online Zone4 processing fee.

Event Waiver: Event Participation Waiver is completed as part of the online registration.

Start Lists: Start list will be posted race day on the board outside the Nelson Ski Hut.
Note: Depending upon the level of participation, categories may be combined.

Bib Pickup: Bib pickup at the Nelson Ski Hut at 10am.

Awards: Awards will be made outside the Nelson Hut following the race.
(Note: Bunnies/Atoms awards will be given immediately after their races.)

Facilities: At the trailhead, there is a cabin and first aid kit. Outhouses are located beside the ticket booth. Limited waxing facilities are available at the race site.

Accommodation: We have a special rate of \$99.95 at the Prestige Inn at 250-352-3595,
and \$139.95 at the Prestige Resort (on the water) at 250-352-7222.



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Category	Age	Year of Birth	Distance	Race Fee
Bunnies	5 and under	2009 or later	0.5 km	\$5
Atoms	6-7	2006-2008	0.8 km	\$5
Peewees	8-9	2004-2005	1 km	\$10
Bantams	10-11	2002-2003	2 km	\$10
Midgets	12-13	2000-2001	3 km	\$10
Juveniles	14-15	1998-1999	7.5 km	\$12
Junior Girls	16-17	1996-1997	11 km	\$12
Junior Boys	16-17	1996-1997	11 km	\$12
Junior M/W	18-19	1994-1995	11 km	\$15
Open M/W	20-29	1984-1993	11 km	\$20
Masters A	30-49	1964-1983	11 km	\$20
Masters B	50+	1963 & earlier	11 km	\$20
Recreational	All ages		7.5 km	\$10