

**2019 Alberta Youth Cross Country Ski Championships
Bragg Creek, AB**



Date of event: March 1-3, 2019

Host Club: XC Bragg Creek

Co-Event Chiefs: Roy Strum & Erik Anderson, XC Bragg Creek

Assistant Chief: Ann Sullivan, XC Bragg Creek

Trails: West Bragg Creek Ski Trails, Kananaskis Country

Background

Alberta Youth Championships (AYC) is a provincial-level event aimed at a four-year age grouping referred to in Alberta as Mini-midgets and Midgets (2005-2008 birth years). This event is the club championship event for this age group in Alberta. The 2019 AYC will incorporate several features:

- Accommodation and food services included in registration cost
- Three events: individual classic; wave start freestyle; fun team relays (bring your costumes)
- single-year age categories
- coach relays)
- Awards to 10th place in each competition category

Event structure

This comprehensive event proposal includes race events, awards, accommodations, waxing facilities, special events, and food services.

Events

Friday, March 1, 2019

- 6:30 pm – move in to Easter Seals Camp Horizon (Hwy 66), Bragg Creek, AB
- 8:00 pm – Team welcomes and introductions, snack and athlete social
- 8:30 pm – Team Captains/Coaches meeting; race bibs, start lists, course maps

Saturday, March 2, 2019

- 6:30-8:30 am – breakfast at Easter Seals Camp Horizon

- 9:00 am – indoor activities at Camp Horizon – more details to follow but plan to bring some indoor sports wear
- 11:30am-12:30pm – lunch at Camp Horizon – build your own sandwich etc buffet
- 1:00pm – board buses for West Bragg Creek
- 2:00 pm – wave start classic races for midget (wave to make race schedule tighter), coach led fun ski for mini-midgets
- 4:00pm – Bus return to Camp Horizon
- 5:00pm – coaches meeting
- 5:45pm – AYC banquet at Camp Horizon; meal, awards
- 8:00 pm – DJ and dance, coaches social
- 9:30pm – end of program

Sunday, March 3, 2019

- 6:30-8:30 am – breakfast at Easter Seals Camp Horizon, make a bagged lunch for the trail
- 9:00 am – move out of camp
- 9:30 am – departure for West Bragg Creek Ski Trails (no buses on Sunday)
- 10:00 am – arrival at West Bragg Creek Ski Trails

- 11:00 am –wave skate (groups of 5 athletes; 30-second intervals – based on Saturday’s results) – try to run both midget and mini midget (unseeded) races
- 1:00 pm – individual awards
- 1:30 pm – for teams that don’t have strict travel plans, we will hold the fun costume relays.
- 3:00 pm – depart West Bragg Creek for home

- **Event details**

Event Categories – Alberta Youth Championships

Date	Competition Category	Year of Birth	Distance	Technique
Sat, March 2, 2019 – 2:00pm	Midget	2005-2006	4km	Classic - wave
Sat, March 2, 2019 (race day decision)	Mini-midget	2007-2008	2km	Classic - wave
Sun, March 3, 2019 – 11:00am	Midget	2005-2006	2km	Skate (free) wave start
Sun, March 3, 2019 – 11:30am	Mini-midgets	2007-2008	1.5km	Skate (free) wave start
Sun, March 3 2019 – 1:30 pm	4 x 1 km relay – official teams	at least two boys and two girls; at least two mini-midgets	1km	legs 1 classic legs 2,3 and 4 – skate (free)
Sun, March 3, 2019	4 x 1 km relay – unofficial teams	Any combination	1km	legs 1 classic legs 2, 3 and 4 skate (free)
Sun, March 3, 2019	Coach club relay - 3 coaches/chaperones	Club coaches and parents	1km	leg 1 classic legs 2 and 3 skate (free)

Awards

Medals to 10th place in each competition category

Club aggregate banner – awarded to the team with the most points based on the following table. Points will be calculated only for individual and official relay events. Only the top 10 skiers from each club will accrue points toward the aggregate banner.

Awarded according to the following criteria:

Finish position	Points	Finish position	Points	Finish position	Points	Finish position	Points
1 st	100	2 nd	80	3 rd	70	4 th	60
5 th	50	6 th	40	7 th	30	8 th	25
9 th	20	10 th	15	11 th	14	12 th	13
13 th	12	14 th	11	15 th	10	16 th	9
17 th	8	18 th	7	19 th	6	20 th	5
21 st and greater	1						

Trail grooming – Greater Bragg Creek Trails Association

Event site details – West Bragg Creek Ski Trails are located entirely within Kananaskis Country, 8 km west of the Hamlet of Bragg Creek, AB. Base elevation of trails is 1450m; high point on Stairway to Heaven race course is 1480 m. Average snowfall – 50-100 cm. Average ski season – early December to mid-March. The trails are the closest Kananaskis Country trails to Calgary and are heavily used by locals and recreational skiers from the greater Calgary area. It is the only greater Calgary area ski area that permits dogs on the ski trails. The trails were designed in the early 1980s by Don Gardner primarily as race trails and are the same vintage as Peter Lougheed and Ribbon Creek trail systems. Course maps will be posted on www.xcbraggcreek.ca

Accommodation

Registration in the AYC includes accommodation at Easter Seals Camp Horizon, located southwest of Bragg Creek on Highway 66. The event committee is aiming to create a social experience in addition to a ski experience. We would like all athletes regardless of their place of residence to stay at the camp. The facility includes bunk beds in dorm rooms. Everyone staying at Easter Seals Camp Horizon will need to bring their own sleeping bag, pillow, towel and toiletries. Building on the successful model from Alberta Winter Games, chaperones, athletes and coaches will all be accommodated at Easter Seals Camp Horizon. The camp has 180 beds on site and has been reserved for AYC for March 1-3, 2019. <http://easterseals.ab.ca/CampSite/EasterSealsCampHorizon.aspx>

Parents and younger or older siblings will be required to find their own accommodation. (Cochrane is located 42 km north of Easter Seals Camp Horizon.)

<https://www.wyndhamhotels.com/super-8/cochrane-alberta/super-8-hotel-and-suites-cochrane/overview>

Waxing

CCA Glide Waxing Protocol for All CATEGORIES

Cross Country Alberta requests that all coaches, athletes, wax technicians, and parents abide by a self-governed protocol while waxing skis for all athletes. This request applies to all local, regional and provincial events taking place in Alberta (e.g. club races, loppets, regional cup races, AB Cups, AB Youth Championships, and AB Winter Games). This request also applies to athletes traveling to Alberta from out-of-province or out-of-country. The recommended glide waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, athletes, parents and wax technicians.

There will be an indoor waxing room with electricity and heat at Camp Horizon. No electricity or waxing building is available at West Bragg Creek Ski Trails. Clubs are encouraged to bring their own tent or shelter if desired to use at West Bragg Creek Ski Trails.

Food Services

Food services will be included in the AYC registration cost. Food services are being provided by Easter Seals Camp Horizon. The following meals will be included in the event registration:

A snack of fruit will be provided on Friday evening.

Breakfast – Saturday on-site at Camp Horizon

Lunch – Saturday – lunch buffet

Supper – Saturday at Camp Horizon

Breakfast – Sunday on-site at Camp Horizon

Lunch – Sunday make your sandwich at camp and cookies/drinks at the trailhead

Any other food (trail snacks, Gatorade, etc.) required by teams will need to be supplied by individual teams.

There is an add-on pickup bagged lunch in Bragg Creek available on Sunday at an extra cost if you pre-order on the registration (these will be delivered to the trail now for those who ordered)

Average early March air temperature in Bragg Creek – This weekend is going to be cold, bring all your warm clothes.

Registration and Event Fees

Registration – www.zone4.ca

- \$195 – all categories
- \$145 – sibling price (if more than 1 child from the same immediate family is being registered for this weekend event)

AYC - \$95 – coaches, parents, chaperones

Registration closing date of Sunday, Feb 24th, midnight MST

Contact Information:

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