

2020 Alberta Youth Cross Country Ski Championships

Bragg Creek, AB



Date of event: March 6-8, 2020

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 U12 and U14 (2006-2009 birth years). This event is the club championship event for this age group in Alberta. The 2020 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, accommodation, waxing facilities, special events and food services.

Events

Friday, March 6, 2020

- 6:30pm – move in to Kamp Kiwanis (junction of Hwy 22 and Hwy 8), Bragg Creek, AB;
- 8:00pm – Team welcomes and introductions, snack and athlete social;
- 8:30pm – Team Captains/Coaches meeting; race bibs, start lists, course maps.

Saturday, March 7, 2019

- 6:30-7:30am – breakfast at Kamp Kiwanis; athletes pack bagged lunches;
- 8:15am - first departure of two buses for West Bragg Creek ski trails; buses return to Kamp Kiwanis for second load of athletes and coaches;
- 9:15am - second (and final) departure of two buses for West Bragg Creek ski trails;
- 10:00am – Individual start classic race, AYC categories;
- 1:30pm – fun team relays (with costume);
- 2:45pm – end of competition, return to Kamp Kiwanis;
- 4:30pm – coaches meeting;
- 5:45pm – AYC banquet at Kamp Kiwanis; meal, awards;
- 8:00 pm – DJ and dance, coaches' social;
- 9:30pm – end of program.

Sunday, March 8, 2020

- 6:30-7:30am – breakfast at Kamp Kiwanis;
- 8:00am – move out of camp;
- 8:30am – departure for West Bragg Creek ski trails (no buses on Sunday);
- 8:45-9:00am – arrival at West Bragg Creek ski trails;
- 9:30am – seeded wave freestyle race (groups of 6 athletes; 30-second intervals – based on Saturday's results);
- 12:00pm – individual awards;
- 1:00pm departure from West Bragg Creek for home

Event details

Event Categories – Alberta Youth Championships

Date	Competition Category	Year of Birth	Distance	Technique
Sat., March 7, 2020 – 10:00 am	U14	2006-2007	3km	Classic - interval
Sat., March 7, 2020	U12	2008-2009	2km	Classic - interval
Sat., March 7 2020 – 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 and 2 - classic legs 3 and 4 - skate
Sat., March 7, 2020	4 x 1 km relay – unofficial teams	Any combination	1km	legs 1 and 2 classic legs 3 and 4 skate
Sat., March 7, 2020	Coach club relay - 3 coaches/chaperones	Club coaches and parents	1km	leg 1 classic legs 2 and 3 skate
Sun., March 8, 2020 – 9:30am	U14	2006-2007	5km	Skate (free) wave start
Sun., March 8, 2020 – 11:10am	U12	2008-2009	2.5km	Skate (free) wave start

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						
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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 1450 m; high point on 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. This 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 Loughheed and Ribbon Creek trail systems. Course maps will be posted on www.xcbraggcreek.ca.

Accommodation

Registration in the AYC includes accommodation at Kamp Kiwanis, located at the junction of Hwy 22 and Hwy 8 near Bragg Creek. 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 Kamp Kiwanis will need to bring a sleeping bag, pillow, towel and toiletries. Building on the successful model from Alberta Winter Games, chaperones, athletes and coaches will all be accommodated at Kamp Kiwanis. The camp has 180 beds on site and has been reserved for AYC for March 6-8, 2020.

<http://www.kampkiwanis.ca/>

Parents and younger or older siblings will be required to find their own accommodation. (Cochrane is located 22 km north of Kamp Kiwanis.)

<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 (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 Kamp Kiwanis. 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 the race site.

Food Services

Food services will be included in the AYC registration cost. Food services are being provided by Kamp Kiwanis.

The following meals are included in event registration:

- Friday – a snack (fruit) in the evening;
- Saturday - breakfast on-site at Kamp Kiwanis;
- Saturday – bagged lunch prepared by athlete;
- Saturday - supper at Kamp Kiwanis;
- Sunday – breakfast on-site at Kamp Kiwanis.

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 from Moto Café available on Sunday at an extra cost if you pre-order on the registration.

Average early March air temperature in Bragg Creek – average daytime high of +2C; average overnight low of -8C.

Registration and Event Fees

Registration – www.zone4.ca

\$195 – all categories;

\$170 – sibling price (if more than 1 child from the same immediate family is being registered for this weekend event);

\$100 – coaches, parents, chaperones;

Registration closing date of **Sunday, March 1, 2020, midnight MST.**

Contact Information:

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