

2024 Alberta Youth Cross Country Ski Championships
Bragg Creek, AB



Date of event: March 1 - 3, 2024

Host Club: XC Bragg Creek

Chief of Event: Michelle Gaudek

Trails: West Bragg Creek ski trails, Kananaskis Country
<https://braggcreektrails.org/xc-grooming-report/>

Background

Alberta Youth XC Ski Championships (AYC) is a provincial-level event aimed at a four-year age grouping referred to in Alberta as U12 and U14 (2010 -2013 birth years). This event is the club championship event for this age group in Alberta. The 2024 AYC will incorporate several features:

- Accommodation and food services included in registration cost;
- Three race events: individual freestyle; Kings Court classic; 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 1, 2024

- 5:00pm Race Course Closes
- 6:30pm – move in to Camp Horizon (Hwy 22 south of Bragg Creek, AB)
<https://easterseals.ab.ca/camp-horizon/>
- 8:00pm – Team welcomes and introductions, snack, athlete social time
- 8:30pm – Team captains/coaches meeting; distribution of race bibs, start lists, course maps

Saturday, March 2, 2024

- 6:30-7:30am – breakfast at Camp Horizon
- 8:15am - first departure of two buses for West Bragg Creek ski trails; buses return to Camp Horizon for second load of athletes and coaches
- 9:15am - second (and final) departure of two buses for West Bragg Creek ski trails
- 10:00am – King’s Court classic race, AYC categories
- 1:30pm –team relays (with costumes)
- 2:45pm – end of competition, return to Camp Horizon by bus
- 4:30pm – coaches meeting
- 5:45pm – AYC banquet at Camp Horizon: meal and awards
- 8:00 pm – DJ and dance, coaches social
- 9:30pm – end of program

Sunday, March 3, 2024

- 6:30-7:30am – breakfast at Camp Horizon
- 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 from King’s Court classic race)
- 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 2, 2023 – 10:00 am	U14	2010-2011	0.7km	Classic – interval qualifier
Sat., March 2, 2024	U12	2012-2013	0.7km	Classic – interval qualifier
Sat., March 2, 2024	U14	2010-2011	0.7km	Classic – Ladder
Sat., March 2, 2024	U12	2012-2013	0.7km	Classic - Ladder
Sat., March 2 2024 – 1:30 pm	4 x 1 km relay – official teams	at least two girls; at least two U12	1km	legs 1 and 2 classic legs 3 and 4 skate
Sat., March 2, 2024	4 x 1 km relay – unofficial teams	Any combination	1km	legs 1 and 2 classic legs 3 and 4 skate
Sat., March 2, 2024	Coach club relay - 3 coaches/chaperones	Club coaches and parents	1km	leg 1 classic legs 2 and 3 skate
Sun., March 5, 2023 – 9:30am	U14	2010-2011	5km	Skate (free) wave start
Sun., March 5, 2023 – 11:10am	U12	2012-2013	2.5km	Skate (free) wave start

Awards

Medals to 10th place in each competition category.

A club aggregate banner will be 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 – Bragg Creek Trails <https://braggcreektrails.org/xc-grooming-report/>

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 1,450 m; high point on race course is 1,480 m. Average snowfall is 50-100 cm. Average ski season is 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. These are the only trails in the greater Calgary area that permit 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

AYC registration includes accommodation at Camp Horizon. It is on the south side of Hwy 66, 27.9 km west of 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 Camp Horizon 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 Camp Horizon. The camp has 150 beds on site and has been reserved for AYC from March 1 to 3, 2024. The Camp Horizon phone number is: [\(403\) 949-3818](tel:4039493818). The website is: <https://easterseals.ab.ca/camp-horizon/>.

Parents and siblings of athletes will be required to find their own accommodation. (Cochrane is located 31.9 km north of Bragg Creek.)

Waxing

Nordiq Alberta (NA) Glide Waxing Protocol for All Categories

Nordiq 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 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 the race site.

Cancellation Policy

In the event of poor conditions or inclement weather on race day, the race jury may decide to cancel the race or to modify the start time or the race course.

If the race is cancelled 3 days or more in advance, the Organizing Committee will inform registered participants, coaches, officials, and volunteers by e-mail, social media, and on the race website, and the Organizing Committee may refund a portion of the entry fee to reflect costs already incurred. If the race is cancelled less than 3 days in advance, no refund is likely. If the race takes place, no refunds will be issued. If you register for the race and then choose to withdraw before or during the event, you will receive no refund.

Parking Passes

All participants parking at West Bragg Creek Trail Head are required to have a [Kananaskis Conservation Pass](#).

Food Services

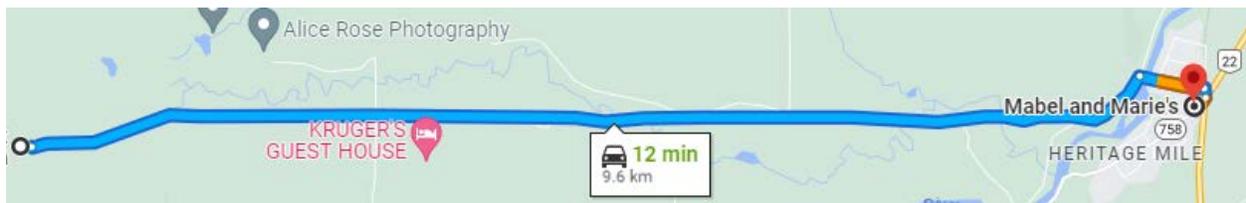
Food services will be included in the AYC registration cost. Food services are being provided by Camp Horizon.

The following meals are included in event registration:

- Friday – a snack (fruit) in the evening
- Saturday – breakfast at Camp Horizon
- Saturday – hot lunch at race site
- Saturday – supper at Camp Horizon
- Sunday – breakfast at Camp Horizon

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 [Mable and Marie's Bakery](https://www.mabelandmaries.com/) (<https://www.mabelandmaries.com/> 403.949.2253) available on Sunday at an extra cost. ***If interested in this option, you must pre-order during registration on Zone4.***



If you order lunch for the road, remember to pick it up on your way home through Bragg Creek.

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

Registration and Event Fees

Registration

Athlete- <https://zone4.ca/register.asp?id=33384>

Coaches- <https://zone4.ca/register.asp?id=33676>

\$260 – all categories

\$220 – sibling price (if more than 1 child from the same immediate family is being registered for this weekend event);

\$120 – coaches, parents, chaperones;

Registration closing date is **Friday, February 16, 2024 at midnight MST.**

Contact Information:

Michelle Gaudek, Chief of Event - 403.714.6514, clubadmin@xcbraggcreek.ca

List of items to bring to Alberta Youth Champs

- o Sleeping bag
- o Pillow
- o Optional-bottom sheet for mattress
- o Toiletries
- o Watch
- o Ear plugs if you have trouble sleeping in group environments (especially useful for chaperones)
- o Towel
- o Ski clothes
- o Long underwear
- o Middle layer
- o Club jacket
- o Gloves/mitts (mitts are more appropriate for this weather)
- o Hat (bring more than one)
- o Spare hat
- o Race suit (if you have one)
- o Socks (cotton-free)
- o Buff/neck tube (more than one)
- o Warm-up pants
- o Skis
- o Ski boots
- o Ski poles
- o Pyjamas
- o Favourite stuffy
- o Water bottle
- o Underwear
- o Hot shots
- o "Street clothes" (non-ski clothes for the dance on Saturday night)
- o Warm ski jacket
- o Small backpack to transport snacks, water, boots and additional clothing layers to race site (such as dry socks and spare toque)
- o Mug for hot chocolate

We suggest you leave valuables such as electronics and money at home as these sorts of items will be tough to keep track of. (*Note-There is no cell service in West Bragg Creek at the trail system*). Also, please leave pocket knives at home.

All items should be clearly marked. Due to several children with severe allergies, this event will be nut-free. Please do not send any snacks or foods containing nuts with your child.