

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, XC Bragg Creek

Trails: West Bragg Creek Ski Trails, Kananaskis Country

Event details

Event Categories – Alberta Youth Championships

Date	Category	Year of Birth	Distance	Technique
Sat., March 2, 2024 – 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 boys and 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/chaperone s	Club coaches and parents	1km	leg 1 classic legs 2 and 3 skate
Sun., March 3, 2024 – 9:30am	U14	2010-2011	5km	Skate (free) wave start
Sun., March 3, 2024 – 11:10am	U12	2012-2013	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						

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 1,450m; high point on course is 1,480 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 Loughheed 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 150 beds on site and has been reserved for AYC for March 1-3, 2024. <http://easterseals.ab.ca/CampSite/EasterSealsCampHorizon.aspx>

Parents and younger or older siblings 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.

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 in the evening
- Saturday – breakfast at Camp Horizon
- Saturday – lunch delivered to 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](#) available on Sunday at an extra cost. ***If interested in this option, you must pre-order during registration on Zone4.***

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

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

Friday, February 16, 2024 at midnight MST.

Contact Information:

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