

## EVENT NOTICE TECK BC CUP #1 December 29 & 30, 2018

BC Cup Series / College University Series/  
2019 Canada Winter Games Trials

- RACE EVENTS:** **Saturday, December 29th Start time 9:00 am**  
PricewaterhouseCoopers Sprints, Individual, Free Technique  
*(Masters Men and Women – Prologue; Interval Start Free Technique)*  
**Sunday, December 30th Start time 10:00 am**  
Pittman Asphalt Interval Start, Classic Technique
- LOCATION:** Otway Nordic Centre, 8141 Otway Rd., Prince George BC
- HOST CLUB:** Caledonia Nordic Ski Club - [www.caledonianordic.com](http://www.caledonianordic.com)
- EVENT WEBSITE:** [Teck BC Cup](#) – at the host club website under Events, then Cross Country
- SANCTIONED BY:** Cross Country Canada (CCC) and Cross Country BC (CCBC)
- RULES:** [FIS ICR – CCR \(Canadian Competition Rules\) 2018](#)
- COMPETITION COMMITTEE:**
- |                        |                  |  |
|------------------------|------------------|--|
| Chief of Competition:  | Jim Burbee       | <a href="mailto:jim@venturfc.ca">jim@venturfc.ca</a>                               |
| Competition Secretary: | Jennifer Nasset  | <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a> |
| Chief of Timing:       | Luc Guilherme    |  |
| Chief of Course:       | Bill Warner      |  |
| Chief of Stadium:      | Andrew Watkinson |  |
| Technical Delegate:    | Valerie Wootton  |  |
- REGISTRATION:** Registration is online at [Zone4.ca](http://Zone4.ca) fees payable by credit card only. GST will be added at check out.  
**\*Coaches and Managers should register (no fee) to receive notices.\***  
**Registrants are responsible to verify the accuracy of their entries; any corrections should be reported to the Competition Secretary.**
- Para Nordic and Special Olympic categories will be included as requested. Contact the Competition Secretary for more information or if you have trouble with the registration process.
- Please note for **Canada Winter Games (CWG) selection purposes**, Juniors must compete in the Open Men/Women's category for the Individual Sprint competition (Saturday), the Open Men/Women's category for the interval start competition (Sunday) to be eligible to qualify.
- For specific details, please click on the [CWG Selection Criteria](#)



- RACE ENTRY:** Deadline for registration is Wednesday December 26<sup>th</sup> 11:59pm PST  
**Late entries may be accepted until 3pm PST Dec 27<sup>th</sup>. A \$20 per race surcharge will apply.**
- REFUND POLICY:** Competitors who withdraw for medical reasons will be refunded, less administrative fees, provided notice and medical documentation are submitted to the Competition Secretary before the entry deadline. After entry deadline, no refunds will be given unless the event is cancelled and then, refunds will be provided to all competitors less administrative fees and incurred event expenses. There are no refunds for day of race cancellations due to weather.
- SPRINT FORMATS:** The Sprint race will offer a qualification round (15 second intervals) for all age categories. The qualification round will be followed by FIS elimination heats. All skiers will be given the opportunity to compete in a minimum of the qualification round and one heat.  
  
Heats will begin as soon as the organizers can prepare for them and will be offered for age categories. Small categories may be combined.
- LICENCES:** Competitors in **Midget, Juvenile, Junior and Open categories must have one of the following valid licences** to be eligible to race in the BC Cup.
- **CCC race licence**
  - **CCC day licence** (\$5 per each day of racing)
- CCC race licenses must be ordered in advance from CCC at: <http://www.cccski.com/Events/License-Applications.aspx> and cannot be issued by the race organizers. CCC race licences will be verified to ensure that they are current. Competitors in the **Bantam or younger, and Masters categories do not need a licence** to compete, but must be members in good standing of a CCC/CCBC club.
- SEEDING:** Competitors in the Senior and Junior Men categories and those in the Senior and Junior Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into Open and Junior for results and awards/prizes. The current Canada Points List (CPL) for both distance and sprint competitions will be used.
- NEW from 2017-18*** *If two or more age categories of the same gender are skiing a common distance (for example, a 5km distance for both Juvenile Girls and Junior Girls) they need to be seeded together/combined for CPL point calculation purposes. The categories would then be combined in the start list but separated again in the results.*
- Categories that do not require a race licence will not be seeded, start order will be by random draw.
- DRAW:** Order of start will be determined by computer draw on the evening of Thursday December 27, 2018.



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## CRANBROOK CLIMB SUPPORTER



## SATURDAY December 29, 2018 – Individual Sprint – FREE Technique

**Presented by PricewaterhouseCoopers**

**Start Time: 9:00 am (15 second intervals)**

**Location: Otway Nordic Centre**

**Masters athletes who wish to sprint should register in the Open category.**

CATEGORY	AGE as at Dec 31, 2018	YEAR OF BIRTH	DISTANCE FREE TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	5 6 7	2013 2012 2011	150m		\$10.00
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	8 9	2010 2009			
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	10 11	2008 2007	250m		\$15.00
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	12 13	2006 2005	450m		\$15.00
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	14 15	2004 2003	800m Orange		\$20.00
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	16 17	2002 2001	800m Orange		\$20.00
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	18 19	2000 1999	1200m Orange		\$ 20.00
Open U23 Men & Women	22 & younger	1996 & later	1200m Orange		\$25.00
Open 23+ Men & Women	23 & older	1995 & earlier			
Masters Men & Women	30-39	1988 to 1979	3.75 km blue (Prologue - Interval Start, Free Technique)		\$25.00
Masters Men & Women	40-49	1978 to 1969			
Masters Men & Women	50-59	1968 to 1959			
Masters Men & Women	60-69	1958 to 1949			
Masters Men & Women	70 & older	1948 & earlier			
Para-Nordic	Open		TBD		TBD
Special Olympic	Open		TBD		No charge



## SUNDAY December 30, 2018 – Interval Start – Classic Technique

**Presented by Pittman Asphalt**

**Start time: 10:00 am (15 sec intervals)**

**Location: Otway Nordic Centre**

CATEGORY	AGE as at Dec 31, 2018	YEAR OF BIRTH	DISTANCE CLASSIC TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	5 6 7	2013 2012 2011	1.0 km Blue		\$10.00
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	8 9	2010 2009	1.0 km Blue		
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	10 11	2008 2007	2.3 km Blue		
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	12 13	2006 2005	3.3 km Blue		\$15.00
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	14 15	2004 2003	5.0 km Blue		\$20.00
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	16 17	2002 2001	5.0 km Blue		\$20.00
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	18 19	2000 1999	10 km (2 x 5 Blue)	7.5 km (2x 3.75 Blue)	\$20.00
Open U23 Men & Women	22 & younger	1996 & later	10 km (2 x 5 Blue)	7.5 km (2x 3.75 Blue)	\$25.00
Open 23+ Men & Women	23 & older	1995 & earlier			
Masters Men & Women	30-39	1988 to 1979	10 km (2 x 5 Blue)	7.5 km (2x 3.75 Blue)	\$25.00
Masters Men & Women	40-49	1978 to 1969			
Masters Men & Women	50-59	1968 to 1959			
Masters Men & Women	60-69	1958 to 1949			
Masters Men & Women	70 & older	1948 & earlier			
Para-Nordic	Open		TBD	TBD	\$25.00
Special Olympic	Open		TBD	TBD	No charge



**START LISTS:** Start lists for the Saturday race will be available by noon, Friday December 28 on [Zone4.ca](http://Zone4.ca) and at the Otway Nordic Centre. Start lists for Sunday's race will be available after awards presentations on Saturday.

**RACE OFFICE AND BIB PICK UP:** The Race Office will be located on the lower level of the Rotary Nordic Lodge, with entry through the Rental Office.

	Friday Dec 28	Saturday Dec 29	Sunday Dec 30
<b>Open</b>	Noon – 3:00pm	7:30am – 4:00pm	8:30am – 3:00pm
<b>Bib pick up</b>	-----	7:30am – 8:30am	8:30am – 9:30am

**(heat bibs pick up time will be posted at the race office on race day)**

**COLD WEATHER PROVISIONS:** Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.

*With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition.*

*For skiers born 2006 and later, with air temperatures below -15C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.*

**WEATHER:** [Current on-site weather](#) conditions and temperatures can be found on the host club website. For local area conditions visit environment Canada [weather page for Prince George](#).

**CCBC Low-fluoro Glide Waxing Protocol:** *Implementation date: January 1, 2017*

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia. This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

**Low-Fluoro glide waxing protocol:**

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

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

**WAXING:** Outdoor waxing outlets with enough electrical power for waxing purposes are available at the race site. Teams must supply their own tents. Indoor waxing areas will be made available if necessary due to cold.  
**No Heated Fluorocarbon Waxes to be applied indoors**



**WARM UP/  
WAX TESTING:** Warm up and wax testing areas are located near to the waxing facilities near the stadium. There is a designated wax testing area on course. A map will be posted to the website and at the club.

**RACE COURSES:** All courses will be marked, and tracks set for 9 am on Friday Dec 28<sup>th</sup>.

**COURSE MAPS:** Course maps will be posted to the event website as soon as they become available and at the Otway Nordic Centre by 1pm Friday Dec 28<sup>th</sup>.

**FACILITIES:** A day lodge with a First Aid facility and indoor washrooms is on site. Portable toilets are located close to the parking and stadium area.

**FOOD SERVICES:** Finish line: Snacks and Gatorade sponsored by Save-On-Foods  
Concession: there will be a concession on site serving hot foods, beverages and baked goods in the Rotary Lodge.

**TRAIL FEES:** Trail fees are waived for all competitors and coaches on each race day and the official training day Friday, December 28<sup>th</sup>.

**AWARDS:** Awards will be presented as follows:  
• Ages 7 and under receive Teck participant ribbons at the finish line.

At the end of the competition day:  
• Ages 8-15: Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>  
• Age 16-17: Club medals for top 3 finishers  
• Medals for top three finishers in Junior, Open and Masters M/W categories

**AIRPORT:** Prince George Airport ( [www.pgairport.ca](http://www.pgairport.ca) ) is serviced by Air Canada, WestJet, Central Mountain Air and Pacific Coastal Airlines.

**ACCOMMODATION/  
AMENITIES:** Visit Tourism Prince George for more information on accommodation; services and amenities

Phone: 250-562-3700 toll free: 1-800-668-7646  
email: [tourism@initiativespg.com](mailto:tourism@initiativespg.com)  
website: [www.tourismpg.com](http://www.tourismpg.com)

