

BC Cup



Teck



EVENT NOTICE TECK BC Cup #1 January 4th & 5th, 2020

BC Cup Series

RACE EVENTS: Saturday, January 4 9:00 am Sprint - Classic Technique
Sunday, January 5 9:00 am Interval Start - Free Technique

RACE LOCATION: Larch Hills Ski Area – Salmon Arm, BC

HOST CLUB: Larch Hills Nordic Society <https://skilarchhills.ca/>

SANCTIONED BY: NORDIQ CANADA
CROSS COUNTRY BC

RULES: NORDIQ CANADA RULES AND REGULATIONS

RACE COMMITTEE: Chief of Competition: Alan Corbett askacorbett@hotmail.com
Race Secretary: Gregor Milne gremil30@gmail.com
Chief of Timing: Keith Hepburn
Chief of Course: Dave Wallensteen
Chief of Stadium: Darius Bucher
Media Liaison: Brad Calkins
Award Coordinator: Rob van Varseveld

REGISTRATION: Registration and fee payment is online only at:
<https://zone4.ca/reg.asp?id=22287>

Fees are payable by credit card only.

*Coaches and Managers should register (no fee) to receive notices.

Registrants are responsible to verify the accuracy of their entries.

The Event Participation Waiver must be completed as part of the online registration.

Contact the Race Secretary with issues regarding registration or to report any corrections that need to be made.

RACE ENTRY: Deadline for registration is **Wednesday, January 1st 10:00 pm PST**
Late entries will not be accepted.

RACE FEES: \$10 per individual race for U8
\$15 per individual race for U10 through U20
\$25 per individual race for U23 and up

REFUND POLICY: Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than the registration deadline. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. Under circumstances of event cancellation, the Host club will refund 75% of race fees. ZONE4 online booking fees are non-refundable.

LICENSES: Competitors in the **U14 through Senior categories** must hold one of the following valid licenses to be eligible to participate in either race.

- Nordiq Canada Race License
- FIS Race License
- Other National Ski License

Nordiq Canada Race Licenses must be ordered in advance from Nordiq Canada at: <http://www.cccski.com/Events/License-Applications.aspx>

Competitors in the **U14 through Senior categories** who do not hold a valid license must purchase a Nordiq Canada Day License. The day license can be purchased during on-line registration for \$5 per day of racing.

SEEDING: *If two or more age categories of the same gender are skiing a common distance (with the exception of the Master's categories) they will be seeded together for CPL point calculation purposes. These categories will be combined in the start list but separated in the results.*

Categories that do not require a race license will not be seeded, start order will be by random draw.

START LISTS: Start times (by category) will be posted at both the race office and online www.zone4.ca.

BIB PICKUP: Please send one team representative to pick up all bibs.
All bibs will be confirmed with the team rep at time of pick up.
Bibs can be picked up from the race office in the chalet basement.

Saturday: 7:30 am – 9:00 am
Sunday: 7:30 am – 9:00 am

FACILITIES: A day lodge with running water and washrooms is on site.

FOOD & DRINKS: A concession will be provided by the Larch Hills Junior Race Team.
The concession will be cash only and will include BBQ hamburgers and hot dogs.

**WARM UP/
WAX TESTING** The courses will be open until 15 minutes prior to first race start time.
There will be an off-course area available for wax testing and warm up throughout the event.

WAXING: There is space for team tents along the North side of the parking lot in front of the Chalet. Teams must supply their own wax tents. Power outlets are available.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all BC Cup races (including the BC Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

CCBC 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.

**TRAIL
CONDITIONS:** Visit <https://skilarchhills.ca/>

COURSE MAPS: Course maps are available at the club website and will be posted at the race office and stadium bulletin boards.

TRAIL PASSES: Trail passes are not required for registered racers and coaches, including pre-skiing of the courses on Friday. Siblings and parents who want to enjoy our trails are welcome to deposit a donation into the trail fee box.

ACCOMMODATION: See list of Hotels and Motels in Salmon Arm at the following link:
<https://shuswaptourism.ca/discover/salmon-arm/accommodation-listings>

EVENT AWARDS: Event awards will be presented at the stadium each day after completion of the final race.

U8:	All will receive a Teck participant ribbon.
U10 to U16:	Teck medals for top 3 by YOB; ribbons for 4 th & 5 th .
U18:	Larch Hills awards for top 3 by YOB.
U20:	Larch Hills awards for top 3.
U23:	Larch Hills awards for top 3.
Senior:	Larch Hills awards for top 3.
Masters:	Larch Hills awards for top 3 by 10 year category.

AGE CATEGORIES: Nordiq Canada has changed the names of the age categories for competitions, effective this coming season. YOB, ages, and categories can be seen at the following link:
<http://www.crosscountrybc.ca/2019-20-teck-bc-cup-series-regional-cup-series-%E2%80%93-yob-ages-categories>



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RACE EVENTS

Sprint:

A qualification round (15 second intervals) will be held for all age categories. Qualifications start at 9:00 am on Saturday. The heats will follow as soon as they are organized.

A King's Court format will be held for U14 and younger age categories, while Elimination format will be used for racers U16 and older.

Category	Year of Birth	Saturday, January 4 Sprint Classic Technique	Sunday, January 5 Interval Start Free Technique
U8 Girls	2012-2013	1 X 150 m	1.0 km
U10 Girls	2010-2011	1 X 200 m	1.5 km
U12 Girls	2008-2009	1 X 250 m	2.2 km
U14 Girls	2006-2007	1 X 450 m	3.5 km
U16 Girls	2004-2005	1 X 800 m	2 X 3.0 km
U18, U20, U23, SW, MW	<=2003	1 X 800 m	2 X 3.0 km
Open Para Sit Women		TBA	TBA
Open Para Stand Women	<i>Available upon request. Contact Race Secretary</i>		
U8 Boys	2012-2013	1 X 150 m	1.0 km
U10 Boys	2010-2011	1 X 200 m	1.5 km
U12 Boys	2008-2009	1 X 250 m	2.2 km
U14 Boys	2006-2007	1 X 450 m	3.5 km
U16 Boys	2004-2005	1 X 800 m	2 X 3.0 km
U18, U20, U23, SM, MM	<=2003	1 X 800 m	3 X 3.5 km
Open Para Sit Men		TBA	TBA
Open Para Stand Men	<i>Available upon request. Contact Race Secretary</i>		

NOTE: Athletes/coaches are encouraged to consult the Larch Hills website to ensure they are aware of the relevant courses for each event.