

BC Cup



Cross Country BC

Teck

CALEDONIA

N O R D I C • S K I • C L U B

EVENT NOTICE

Teck BC Cup #2

February 1-2, 2020

BC Cup Series / College University Series

EVENTS:

Saturday, February 1st Start Time 9:00am

Beswick Hildebrandt Lund CPA Sprints, Individual, Free Technique
(Masters Men and Women – Prologue; Interval Start Free Technique)

Sunday, February 2nd Start Time 10:00am

Pittman Asphalt Mass Start, Classic Technique

RACE LOCATION:

Otway Nordic Centre, 8141 Otway Rd, Prince George, BC

HOST CLUB:

Caledonia Nordic Ski Club – www.caledonianordic.com

EVENT WEBSITE:

Teck BC Cup

(caledonianordic.com; Events tab; Cross Country Events)

SANCTIONED BY:

Nordiq Canada and Cross Country BC

RULES:

[FIS ICR – CCR \(Canadian Competition Rules\) Precisions 2019](#)

TECHNICAL

GUIDELINES:

[Teck BC Cup Technical Guidelines](#)

INFORMATION:

Chief of Competition:

Andrew Watkinson

pgskinut@gmail.com

Competition Secretary:

Robin Ditto

raceoffice@caledonianordic.com

Chief of Timing:

Jennifer Nessel

Chief of Course:

Bob Dewhirst

Chief of Stadium:

Bill Warner

Technical Delegate:

Dan Miller

REGISTRATION:

Registration is online only via [Zone4](#). Fees payable by credit card only. GST will be added at checkout.

*****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.

RACE ENTRY: Deadline for registration is midnight on Wednesday, January 29th.

Late entries may be accepted until 3pm PST Jan 30th. 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.

LICENSES: Licenses are not required for U12 and younger or Masters competitors but competitors must be members in good standing of a Nordiq Canada/CCBC club.

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 Masters 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.

DRAW: Order of start will be determined by computer draw on the evening of Thursday January 30th.

THANK YOU TO OUR LOCAL SPONSORS

DAY 1 PRESENTING SPONSOR

**Beswick
Hildebrandt
Lund CPA**

DAY 2 PRESENTING SPONSOR



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HIGH FIVE SUPPORTERS



CRANBROOK CLIMB SUPPORTER



FUNDING PARTNERS



SATURDAY February 1, 2020 – Individual Sprint – FREE Technique

Presented by Beswick Hildebrandt Lund CPA

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

Location: Otway Nordic Centre

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

CATEGORY	AGE as at Dec 31, 2019	YEAR OF BIRTH	DISTANCE (FREE TECHNIQUE)		FEE		
			M	F			
<u>U8 Boys & Girls</u> U8-1B/U8-1G U8-2B/U8-2G U8-2B/U8-2G	5 6 7	2014 2013 2012	200 m		\$10.00		
<u>U10 Boys & Girls</u> U10-1B/U10-1G U10-2B/U10-2G	8 9	2011 2010					
<u>U12 Boys & Girls</u> U12-1B/U12-1G U12-2B/U12-2G	10 11	2009 2008					
<u>U14 Boys & Girls</u> U14-1B/U14-1G U14-2B/U14-2G	12 13	2007 2006			400 m		\$20.00
<u>U16 Boys & Girls</u> U16-1B/U16-1G U16-2B/U16-2G	14 15	2005 2004			800 m		
<u>U18 Boys & Girls</u> U18-1B/U18-1G U18-2B/U18-2G	16 17	2003 2002			1200 m		
<u>U20 Men & Women</u> U20-1B/U20-1G U20-2B/U20-2G	18 19	2001 2000					
U23 Men & Women	20 - 22	1997 - 1999					
Senior Men & Women	23+	1996 and earlier					
Masters Men & Women	30-39	1989 to 1980					
Masters Men & Women	40-49	1979 to 1970	5.0 km Blue (Prologue - Interval Start, Free Technique)		\$25.00		
Masters Men & Women	50-59	1969 to 1960					
Masters Men & Women	60-69	1959 to 1950					
Masters Men & Women	70 & older	1949 & earlier					
Para-Nordic	Open					TBD	
Special Olympic	Open		TBD		No charge		

SUNDAY, February 2, 2020 – Mass Start – Classic Technique

Presented by Pittman Asphalt

Start time: 10:00 am Location: Otway Nordic Centre

CATEGORY	AGE as at Dec 31, 2019	YEAR OF BIRTH	DISTANCE (CLASSIC TECHNIQUE)		FEE
			M	F	
<u>U8 Boys & Girls</u> U8-1B/U8-1G U8-2B/U8-2G U8-2B/U8-2G	5 6 7	2014 2013 2012	1.0 km		\$10.00
<u>U10 Boys & Girls</u> U10-1B/U10-1G U10-2B/U10-2G	8 9	2011 2010	2.0 km (1.0 km x2)		
<u>U12 Boys & Girls</u> U12-1B/U12-1G U12-2B/U12-2G	10 11	2009 2008	2.5 km Blue		
<u>U14 Boys & Girls</u> U14-1B/U14-1G U14-2B/U14-2G	12 13	2007 2006	5.0 km Red		
<u>U16 Boys & Girls</u> U16-1B/U16-1G U16-2B/U16-2G	14 15	2005 2004	7.5 km (3.75 km Red x2)		\$20.00
<u>U18 Boys & Girls</u> U18-1B/U18-1G U18-2B/U18-2G	16 17	2003 2002	10.0 km (5.0 km Red x2)	7.5 km (3.75 km Red x2)	
<u>U20 Men & Women</u> U20-1B/U20-1G U20-2B/U20-2G	18 19	2001 2000			
U23 Men & Women	20 - 22	1997 - 1999			
Senior Men & Women	23+	1996 and earlier			
Masters Men & Women	30-39	1989 to 1980	10 km (5.0 km Red x2)		\$25.00
Masters Men & Women	40-49	1979 to 1970			
Masters Men & Women	50-59	1969 to 1960			
Masters Men & Women	60-69	1959 to 1950			
Masters Men & Women	70 & older	1949 & earlier			
Para-Nordic	Open		TBD	TBD	No charge
Special Olympic	Open		TBD	TBD	

START LISTS: Start lists for the Saturday's race will be posted on Zone4 and on site by noon on Friday, January 31st. Start lists for the Sunday's race will be posted on Zone4 and on site as soon as possible after Saturday's results are posted.

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

	Friday Jan 31	Saturday Feb 1	Sunday Feb 2
Open	Noon – 3:00pm	7:30am – 4:00pm	8:30am – 3:00pm
Bib Pick Up	-----	7:30am – 8:30am	8:30am – 9:30am

(Individual pick up for heat bibs will be announced by category as soon as possible after the qualification round.)

Timing chips will be picked up near the start line. Athletes should allow sufficient time prior to their start.

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. With competition distances greater than 15 km and temperature less than -18°C without wind factor, the Jury must postpone or cancel the competition.

For skiers born in 2007 or 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](#).

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

CCBC Glide Wax Protocol:

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. This protocol 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.

WARM UP/ WAX TESTING: Warm up and wax testing areas are provided. A map showing their locations will be posted to the website and at the club.

- RACE COURSES:** Courses will be marked and tracks set by 9am on Friday, Jan 31st.
- COURSE MAPS:** Course maps will be posted at the venue and on the event website as soon as they become available and at the Otway Nordic Centre by pm on Friday, Jan 31st.
- FACILITIES:** A day lodge with First Aid facilities and indoor washrooms is on site.
- FOOD & DRINKS:** Finish Line: Snacks and Gatorade sponsored by Save-On Foods.
- Team Diller will be hosting a concession serving hot foods, baked goods, and a variety of beverages in the Rotary Lodge. All funds raised directly support the Prince George Relay for Life.
- TRAIL FEES:** Trail fees are waived for all competitors and coaches on each race day and the official training day Friday, January 31st.
- AWARDS:** **Awards will be presented as soon as possible after posting of final results.**
- U8: Teck participant ribbons for all
 - U10 to U16: Teck medals for top 3 finishers by YOB; Teck ribbons for 4th and 5th place finishers by YOB
 - U18 and up: Club medals for top 3 finishers by YOB
 - U23 and Seniors: Club medals for top 3 finishers by category
 - Masters: Club medals for top 3 finishers in each 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:
<http://www.crosscountrybc.ca/2019-20-teck-bc-cup-series-regional-cup-series-%E2%80%93-yob-ages-categories>
- AIRPORT:** Prince George Airport (www.pgairport.ca) is serviced by Air Canada, WestJet, Central Mountain Air, and Pacific Coastal Airlines.
- ACCOMODATION/ AMENITIES:** Visit Tourism Prince George for more information on services and amenities
 Phone: 250-562-3700
 toll free: 1-800-668-7646
 email: tourism@initiativespg.com
 website: www.tourismpg.com

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