



OFFICIAL RACE NOTICE

2015 TECK BC Midget Championships

DATE - FEBRUARY 7 & 8, 2015

RACE LOCATION – Mount Washington Alpine Resort, Courtenay, BC
Raven Lodge – Nordic Trails

HOST CLUB – Strathcona Nordic Ski Club



The Strathcona Nordic Ski Club is pleased and excited to be hosting the Teck BC Midget Championships for the very first time. We welcome all the racers, coaches and families to our beautiful "Island in the Pacific" for a fantastic weekend of racing. The objectives of this event are to:

- *Bring young skiers together for a memorable and enjoyable weekend of ski competition & fun,*
 - *Meet the needs of a wide range of skill levels and cross country ski experience,*
 - *Encourage achievement through team effort, and*
 - *Encourage good ski technique*
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REGISTRATION

All registration will take place on Zone 4, please visit www.zone.ca.

FOR UP-TO-DATE INFORMATION

Please refer to [www.twitter.com/@2015bcmidgets](https://twitter.com/@2015bcmidgets) and <http://strathconanordics.com/midgets/>. We will use these methods to send out updates regarding the event starting after January 1, 2015.

RACE COMMITTEE

Event Chair – Lynn Swift
Chief of Competition – Len Apedaile
Competition Secretary: Patty Johnson

Chief of Course: Bob Hauser
Chief of Stadium: Chris Stapff
Chief of Timing: Val Wootton
Technical Advisor: Dirk Rohde

EVENT SCHEDULE

DATE	RACE FORMAT	LOCATION / TECHNIQUE
Friday, February 6th		
12pm– 5pm	Course Inspection	
5pm	Coaches Meeting (watch for twitter/website updates)	Raven Lodge
Saturday, February 7th		
10am	2.0 km Interval Start	Classic Technique
1pm	4 x 1.5 km Team Relay	2 x Classic + 2 x Free Technique
5:30pm	Banquet	Mount Washington Alpine Lodge
Sunday, February 8th		
9am	300m Sprint Qualification Round	Free Technique
10:30am	300m Sprint Heats-Kings Court	Format Free Technique

**Order of skiers for Saturday morning's race and Sunday's race will be year 2002, 2003, 2004, 2005.

RULES

The 2015 Teck BC Midget Championships is an official, registered Cross Country BC event; however, it is not a sanctioned event under CCC or FIS and therefore does not require a ski license. The event is governed by the 2015 Teck BC Midget Championships, Technical Guidelines 2015. CCC rules (CCR) will be used as the official reference.

ELIGIBILITY

- This race is open to all CCBC clubs and elementary schools (that are not officially affiliated by membership to a CCBC Club). Only one team per club or school can register in the championships.
- The Tournament is open to individuals who are not affiliated with a club or school.
- A participant in this event must ski for one team only; you cannot be registered under both a school and a club team.
- Skiers born in ONLY 2002, 2003, 2004, 2005 are eligible.
- Skiers may only enter in one age category for the duration of the event. When a skier initially registers, he/she can move up an age category, but not down.

LICENSES

No ski license is required.

RACE FEE

The event fee is \$60+ taxes. Fee includes: all trail passes (Fri-Sun); races on both days; lunch on Saturday; and the Saturday evening Awards Banquet (including dinner), for athletes.

RACE ENTRIES

Individual entry registration is on Zone 4 under 2015 Teck BC Midget Championships.

Relay Team Registration by coaches or team organizers is on Zone 4 under 2015 Teck BC Midget Championships Relay Registration. Changes to relay teams of previously registered racers, including team names or order of skiers, can be made until 9:00AM Saturday, February 7th at the race office.

There is an on-line waiver as part of the Zone4 registration. This must be read and 'signed' by the parent or guardian of registrant.

For race entry information or any problems using online registration please contact the Competition Secretary, Patty Johnson at paces@strathconanordics.com.

ENTRY DEADLINE

Wednesday, February 4th at 11:59pm

No late entries accepted.

CANCELLATION POLICY

75% refunds will be provided to participants who wish to withdraw, provided notice of withdrawal is emailed to the Race Secretary no later than January 23rd, 2015.

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 Strathcona Nordic Ski 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 50% of race fees. Zone 4 online booking fees are non-refundable.

DRAW

There is no seeding for this event. A random draw within each category will be used to create the start lists. The draw for the interval start race, relays, and for the Qualification Round will be held no later than the evening of Thursday, February 5.

START LISTS

Start lists for the Saturday morning races will be available Friday, February 6th online at www.zone4.ca.

Start lists for Sunday's Sprint heats will be posted in the Stadium on Saturday afternoon.

COURSE INSPECTION

The race course will be set-up for inspection on Friday afternoon, February 6th. On race days, the course will be set up an hour before the race and closed 15 minutes prior to the start of the race until the races are finished.

COURSE & STADIUM MAPS

Maps of all racecourses and stadium maps will be posted to the Strathcona Nordics website: <http://strathconanordics.com/midgets/>. These will be available by mid-January.

TRAIL PASSES

Trail passes are included with race fees for all competitors. No skiing alongside race courses will be permitted during the competition.

Trail passes will also be included for coaches and a set number of assistants for the Friday course inspection. Trail passes for coaches and their assistants will not be required for Saturday and Sunday. Families who wish to ski during the event will be required to have a trail pass and Mount Washington will offer a 25% discount off the regular trail pass price. These will need to be purchased at Raven Lodge for each day that a pass is needed, but will not be required if just watching the competition. Watch the SNSC website or twitter account for updates.

CHECK-IN AND BIB PICKUP

Check-in on Friday, February 6th will take place at Raven Lodge from 12pm (noon) until 5pm. Here, teams can pick-up athlete “swag bags” which will include trail passes for the competitors. As well, coaches and assistants will also receive their complimentary trail passes. If you are unable to check-in during this time, participants/coaches, etc can pick up their “bags” along with bibs at Bib Pick-up on Saturday morning.

Bib pick-up will be in the **Vancouver Island Mountain Sport Centre** (across the parking lot from the Lodge).

Teams are to designate one individual to pick up team bibs & “swag bag” packages to distribute to their athletes.

Bib Pickup Schedule:

Saturday

Bibs (and “swag bags with banquet and lunch tickets” that have not already been picked up)

8:00am to 8:45am – For the Individual Start Classic

11:00am to 12:00pm – For the Relay

Sunday

Bibs

8:00am to 8:45am – For the Sprint Qualification

*Any changes to this information will be updated on our twitter account and the SNSC website.

RELAY RACE INFORMATION

The relay is a 4-person relay; two legs classic technique, two legs free technique.

There are two categories: Male or Female. An ‘**official relay team**’ is comprised of skiers from the same club or school and of the same gender. Female skiers may not compete on official male relay teams. Likewise, male skiers may not compete on official female relay teams.

A relay team which has four skiers who are not from the same club or school can participate as an ‘**unofficial relay team**’. An ‘unofficial relay team’ can be comprised of male and female athletes. Unofficial relay team’ participants will acquire individual participation points for their club; but they will not be eligible for prizes or any points earned as a relay team.

‘**Official**’ relay teams must register their four person teams on ZONE4. Any changes to teams, including team names or order of skiers, must be submitted to the race office by 9:30am Saturday morning.

Unofficial’ relay teams should also register on ZONE 4 if possible or at the race office by 9:30am Saturday morning.

SPRINT RACE INFORMATION

The sprints format used will be the **King’s Court** format. The purpose of this is to allow all participants the chance to race all three rounds of heats following the timed qualification round.

Overtaking of other skiers follows the same rules as in other events except in the marked “finish zone”. The leading skier in the marked “finish zone” should stay inside their chosen lane and the overtaking skier is required to change lanes. For safety reasons, it is recommended that all skiers wear protective eyewear when competing in sprint competitions.

CCBC GLIDE WAXING PROTOCOL FOR MIDGET AGE CATEGORIES AND YOUNGER

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Teck BC Midget Championships.

The recommended **glide** waxing protocol is as follows:

- 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, parents and wax technicians.

AWARDS FOR INTERVAL START, SPRINT & RELAY EVENTS

Medals for 1st, 2nd and 3rd place in all four age categories - both male and female - will be provided by Teck. Ribbons will be provided for 4th and 5th place finishers.

Out of province skiers are eligible for medals, including medals for relay events.

SPECIAL INDIVIDUAL AWARDS (FOR GOOD TECHNIQUE, ETC.)

Prizes will be provided to five skiers with excellent classic technique, and to five skiers with excellent skating technique. Evaluation will take place during the classic interval start and free technique sprint competitions.

***Best Costume Awards – Fun awards will be given to the three (3) overall best-dressed Relay Teams.

***Out of province skiers are also eligible for these special awards.

TEAM/CLUB AGGREGATE TROPHY

Points are awarded according to the Technical Guidelines for this event.

The team with the most overall points wins the Team Aggregate Trophy.

MEALS

With the exception of the Saturday Athlete Lunch and the Saturday Evening Banquet, teams/families are on their own for meals. Please note that if renting at Mount Washington, most accommodations will be complete with full kitchens and guests can make home-cooked meals within their suites.

Raven Lodge

Breakfast and lunch can be purchased at the Raven Lodge. A Snowshoe Fondue is available Friday night.

Main Alpine Lodge – Cafeteria, Ted's and Coffee Shop

- Ted's serves breakfast (weekends), lunch and dinner
- Alpine Cafeteria serves breakfast and lunch
- Fresh, coffee bar – serves a variety of hot drinks, assorted baked goods and light lunches

SATURDAY ATHLETE LUNCH

Athlete lunches are included in event registration. Each athlete will receive a ticket in their "Racer Swag Bag". Lunches will be handed out to athletes between **11am and 1pm in the RACE TENT** on Saturday. The lodge will be extremely busy and space will be very limited. Athletes are asked to eat in the **Race Tent** and then move on (not linger) to allow space for the other athletes coming in after them. The **Race Tent** will be for both athletes and their families.

SATURDAY EVENING AWARDS BANQUET & DINNER

The banquet will take place in the main lodge at Mount Washington (Whiskey Jack Room). It is just a short walk from Deer and Bear Lodge and only about a 15 minute walk from anywhere else in the village. Parking will be available in the main parking lot for those who wish to drive.

Date: **Saturday, Feb. 7, 2015**

Time: **5:30-9:30pm**. Doors open at 5:30pm

Dinner: Served buffet style at 6pm

Awards, Presentations & Entertainment: 7-9:30

Note: Athlete's meals will be included in their registration. Parents and additional guests are \$20/adult, \$12/child (12 and under). Tickets can be purchased online at time of registration. A limited number of extra tickets may be sold at the Race Office and at the door.

Cash bar will be available with a selection of wine, beer and cider. Cash only.

Any dietary restrictions or considerations need to be provided to Leanne Webster at kleannewebster@gmail.com on or before Jan. 20, 2015. Mt. Washington is Gluten Friendly, but not Gluten Free.

SHUTTLE SERVICES

For those wishing to stay in the Valley, Mount Washington does provide shuttle service up and down the mountain. There are several pick up points in town as well as the base parking lot of Mount Washington. Guests can park here and catch the bus up rather than driving. If staying down in the Valley and utilizing this service, it is recommended that you remain on the hill Saturday after the races and take the bus down after the banquet (approx. 9:30pm). Rate for return trip is \$10 per person.

Please visit <http://www.mountwashington.ca/travelling-by-bus.html> for bus schedule.

"THE EXTRAS" AT MOUNT WASHINGTON

There are a number of great activities offered at Mt. Washington. On Monday, February 9th, Mount Washington will be offering all families a discounted rate for their alpine passes as part of their Family Day/Weekend festivities. General rates and information for Family Day/Weekend activities on the mountain will be available on the Mount Washington website. Specials for Midget families are listed below.

NIGHT SKIING – special rates for Midget Families

	Lift Passes	Ski/Board Rental package
Adult	\$19.00 (reg 33.00)	\$13.25
Youth	\$15.25 (reg 26.50)	\$13.25

Child	\$9.75 (reg 17.25)	\$7.00
Senior	\$15.25 (reg 26.50)	\$13.25

ALPINE SKIING – All families will receive a 50% discount on Monday, Feb. 9th as part of Family Day celebrations.

TUBE PARK – This is a fun, family-oriented tube park located just outside of the main alpine lodge. The park is serviced by a magic carpet, so no hiking back up. Midget Athletes will receive a rate of \$10/per person plus tax (regular price \$19).

TED'S - Entertainment is available in the pub for those adults who might like to partake on Saturday evening after the banquet. Children are only allowed in the pub until 8pm. So on Friday or Sunday, please feel free to check it out.

SNOWSHOE FONDUE – At Raven Lodge on Friday evening. Details and pricing will be on the Mount Washington website closer to the season. No discounts available.

For more information on Mount Washington and its services, please visit www.mountwashington.ca

RAVEN LODGE

The Raven Lodge is owned and operated by Mount Washington Ski Resort. Athletes and their families are welcome to use the lodge, but it is important to be mindful that there will be regular patrons using the facility at the same time and it will be **very** busy due to the Family Day Long Weekend.

During the event days we ask that all athletes and their families not store gear and personal items all over the upper floor of the Raven Lodge or monopolize seats or tables. Please keep this space clear so that regular patrons can also utilize the Lodge. Be advised that day lockers are also available on the basement floor of the lodge.

A Midget's Race Tent will be set up just outside the main entrance to the Lodge for athletes and their families to use and will be the primary location for Food & Beverage, etc. There may be room to leave gear, but it will be at the risk of each individual. Mount Washington staff, race volunteers and the SNSC will not be responsible for any items left in the tent. A Lost & Found for the event will be set-up (location TBA) and there is a Lost & Found in the Raven Lodge. We ask that participants and their families endeavour to keep their extra items in their vehicles or at their accommodation.

Please be advised that the weather can vary on Mt. Washington so it is advised to be prepared for anything.

TRAVEL

Ferry

Traveling from the mainland to Vancouver Island – recommended to take the Horseshoe Bay/Departure Bay Nanaimo ferry. Please check schedules and rates at www.bcferrries.com. Travel time on the ferry is approx. 1 hour and 40 minutes. Given that the event is taking place on the Family Day long weekend, **we strongly recommend** making reservations in advance. Please check website regarding reservation policies.

Travel time from Nanaimo to Mount Washington is approximately 1.5 hours to the top of the hill depending on weather and road conditions.

For accommodation options, please refer to the **Various Accommodation Options** listed below.

DIRECTIONS

Follow all signs coming off the Horseshoe Bay/Departure Bay ferry directing you toward Parksville, Comox/Courtenay and Campbell River (heading north). You will take the Old Island Hwy (19A) through Nanaimo and it will eventually merge with the Inland Island Hwy (Hwy 19).

If staying up at Mount Washington, follow Hwy 19 (for approx. 60-75 minutes) to Strathcona Parkway (exit 130). Take a left on Strathcona Parkway and follow road up the mountain for 18 km's.

If taking the Tsawwassen-Duke Point ferry, you will take Hwy 19 from the ferry and follow same instructions to either Mt. Washington or Courtenay.

If staying at Deer or Bear Lodge, please be sure to follow any instructions that you have been provided with from Slopeside Accommodations. These two buildings are just past the main lodge in the second (and upper) parking lot.

If staying in Courtenay, take exit 117 for Comox, Courtenay and follow signs to town.

ACCOMMODATION

A list of accommodation options are provided below. **PLEASE BE SURE TO BOOK EARLY AS IT IS FAMILY DAY WEEKEND AND ACCOMMODATION WILL FILL UP QUICKLY.** If traveling as a team or large group, consider booking a cabin on Fosters Place as it will likely be more cost effective. If you have made arrangements with private owners, please be sure to get proper directions including where to park, key arrangements, cancellation policies, etc. as every owner will have a different policy.

Things To Consider With Your Mountain Accommodation...

Keys - Please be sure to check on how and when you get your keys. If staying at Deer or Bear Lodge, they have an on-site check-in area. Most other accommodations do not, so you may be required to stop and get keys somewhere en route, or they may be mailed to you. Some owners have keys on site or locks with codes. This does make it simpler for you.

Parking - Please be sure to check on parking for your accommodation. If staying at Deer, Bear Lodge, or some of the other condo complexes, they have underground parking, but not all. We can get a lot of snow on the hill in February, so it is important to know where you can park as guests will not be permitted to park on the sides of roadways. Vehicles are not permitted in the Village, so please be aware of that when renting. Guests in the Village will be required to carry in all gear. There is a cat service available. Please check with the owner for details. Condos and cabins not in the main Village are typically drive-in/out and many are ski-in/out to the Nordic area.

Chains and Snow Tires. Be sure to carry chains regardless if you have snow tires or not. Mt. Washington can get excessive amounts of snow in a short amount of time and (if the lights are flashing on the road sign) drivers are required to put on their chains even if they have snow tires. Snow tires on this route may be mandatory. Please check <http://www.drivebc.ca/>

ON-HILL ACCOMMODATION OPTIONS

Slopeside Accommodations

One, two and three bedroom privately owned units in Deer or Bear Lodge.

Visit: www.mountwashington.ca

Call - (250) 338-4383 Fax (250) 338-4366 Email: slopeside@mountwashington.ca

Private Accommodation

Visit www.mountwashington.ca for other private accommodation listings. There is a large selection of privately owned units or cabins. Rates and policies will vary. Many are located closer to the Raven Lodge, and are not far to walk to the Main Lodge. Deer and Bear are closest to Main Lodge, but farther from the event location at Raven.

COURTENAY ACCOMMODATION

We have secured rates for the Holiday Inn Express and Suites and the Best Western Plus Westerly hotels. Note, staying in Courtenay means you are 30-40 minutes from the hill. All functions will be taking place on the mountain, so it may be more cost effective and less tiring to stay on the hill and avoid all the driving, especially if the weather is bad. **EITHER WAY, BE SURE TO BOOK EARLY!**

BC Ferries Vacation Package Quotes - 2015 TECK BC Midget Championships

Holiday Inn Express and Suites Comox Valley, 2200 Cliffe Ave., Courtenay, BC V9N 2L4

Quote:

Roundtrip on board BC Ferries for 1 vehicle, 2 adults, 2 children (5-11 years) and 2 nights accommodation at the Holiday Inn Express and Suites Comox Valley in a Deluxe room:
\$453.28 (inclusive of taxes)

Quote:

Roundtrip on board BC Ferries for 1 vehicle, 1 adult, 3 children (5-11 years) and 2 nights accommodation at the Holiday Inn Express and Suites Comox Valley in a Deluxe room:
\$440.68 (inclusive of taxes)

Room Category, Deluxe room with 2 queen beds, kitchenette (microwave, small fridge) complimentary wi-fi (additional room types are available – call to inquire)

Amenities - complimentary continental breakfast, newspaper, swimming pool/slide with hot tub, complimentary parking

Best Western Plus Westerly Hotel, 1590 Cliffe Ave., Courtenay, BC V9N 2K4

Quote:

Roundtrip on board BC Ferries for 1 vehicle, 2 adults, 2 children and 2 nights accommodation at the Best Western Plus Westerly Hotel in a Comfort room:
\$444.88 (inclusive of taxes)

Quote:

Roundtrip on board BC Ferries for 1 vehicle, 1 adult, 3 children (5-11 years) and 2 nights accommodation at the Best Western Plus Westerly Hotel in a Comfort room:
\$432.28 (inclusive of taxes)

Room Category, Comfort room with 2 deluxe queen beds or a king bed (additional room types are available – call to inquire)

Amenities – swimming pool, hot tub, on site restaurant, lounge and pub, fitness centre, complimentary parking, wi-fi

How to book: Customized packages are available! Call: 1-888-223-3779 x3

Email: travelservices@bcferries.com Check BCF out online:

<https://www.bcferriesvacations.com/>

NOTES

Sailing Reservations:

We strongly recommend that you make reservations to ensure your specific boarding. **Reservations booked 7 days or more in advance of travel cost \$15.00 each way; reservations booked less than 7 days in advance of travel cost \$18.50 each way. Reservations are non-refundable once booked.**

*Reservations must be claimed at the ticket booth 30 minutes prior to your scheduled sailing. Within 30 minutes, your reservation will no longer be valid and you will travel stand-by. We recommend arriving 45 minutes prior to sailing to ensure check-in. Ferry Schedule:

<http://www.bcferries.com/schedules/mainland/>

Cancellation Policy:

CANCELLATIONS, CHANGES TO SERVICES, NO-SHOWS:

Please read over the full Terms and Conditions regarding cancellations, changes, and no-shows on our website. http://www.bcferriesvacations.com/terms_and_conditions.html

If you wish to cancel or change an existing travel package reservation made through BC Ferries Vacations or if you do not use the Services or products provided by BC Ferries or third-party providers at the time for which they are reserved, the following apply:

(a) Cancellations:

- (i) Subject to subsection (iii), if you cancel three (3) or more full days prior to the date of the reserved Services, BC Ferries will refund the money you paid for the Services, less a \$25 processing fee per booking.
- (ii) If you cancel fewer than three (3) full days prior to the date of the reserved Services, none of the money you paid for the Services will be refunded.
- (iii) Notwithstanding the foregoing, no refund will be provided if BC Ferries' contractual obligations with a third-party supplier providing the Services do not allow BC Ferries to obtain a refund of sums paid by BC Ferries to the third-party supplier on your behalf. Additional terms and conditions may apply to group bookings.

(b) Changes:

- (i) Subject to subsection (v), if you change your reservation three (3) or more full days prior to the date of the reserved Services, BC Ferries will charge you a \$25 processing fee per booking to make the change.
- (ii) You may not make any changes to reserved Services fewer than three (3) full days prior to the date of the reserved Services;
- (iii) In the event that the number of vehicles or individuals that wish to use the Services is greater than the number reserved, BC Ferries and/or its third-party supplier will charge you for any additional vehicles and/or individuals. In addition, you acknowledge that any vehicles or individuals exceeding the number reserved are not entitled to use the reserved Services and will only be provided with Services based on availability.
- (iv) In the event that the price of the changed Services is greater than the price of the reserved Services, you will be responsible for any additional charges that occur because of the requested change.
- (v) Notwithstanding the foregoing, changes to reservations may not be possible if BC Ferries' contractual obligations with a third-party supplier providing the Services (or that supplier's policies) do not allow for changes at the time the request is made. Additional terms and conditions may apply to group bookings.

(c) **No-Shows:**

Subject to any permitted cancellations or changes as set out above, if you do not use the Services at the time for which they are reserved, none of the money you paid for the Services will be refunded.

Please note, the Holiday Inn Express Cancellation and Changes to Services policy varies from BC Ferries Vacations' Terms and Conditions.

**** Cancellation is 7 days prior to arrival.***

Distances:

- *Distance between Courtenay and Mount Washington ski resort is approximately 45 minutes*
- *Ferry schedule for February 2015 for Horseshoe Bay to Nanaimo Departure Bay terminal, <http://www.bcferrries.com/schedules/mainland/hbna-current.php?scheduleSelect=sch07241302.html>*
- *Distance from the Nanaimo Departure Bay terminal to Courtenay, (1 hour 15 minutes)*
- *Ferry schedule for February 2015 for Tsawwassen to Duke Point terminal, <http://www.bcferrries.com/schedules/mainland/tsdp-current.php?scheduleSelect=sch072413015.html>*
- *Distance from the Duke Point terminal, (1 hour 20 minutes)*
- *Link to local attractions, events, <http://www.discovercomoxvalley.com/>*