

## 2016 BC Winter Games Technical Guidelines

**Note: 2016 BC Winter Games Para-Nordic Info at bottom of page!!**

**Host community - Penticton, BC  
Venue: Nickel Plate Nordic Centre**

### Background

The BC Games is one of the largest sports events in North America. These Games are directed at young, developing athletes and provide an important step in the athlete development progression of participating sports.

### Quota for Cross Country Skiing

A total of 82 competitors (41 male and 41 female) and 16 coaches (eight male and eight female) are permitted for the sport of cross country skiing. Zone Team Composition: eight zones – eight competitors per zone (four male and four female), two coaches per zone (one male and one female). This is the total number of adults that will be allowed to support our skiers - no chaperones will be permitted. The remaining 18 positions (nine male and nine female) will be allocated to zones according to the total participation numbers of eligible athletes in the Zone Trials.

### Eligibility Restrictions

Refer to Section V-2 of the BC Winter Games Rule Book. In addition, the following age restrictions apply – all competitors must be either 13 or 14 years of age as of December 31<sup>st</sup> 2015. This means that eligible athletes were born in 2001 (Juvenile category), or 2002 (Midget category).

Athletes born in 2002 may compete in the Midget or Juvenile age category. Athletes born in 2001 must compete in the Juvenile age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games.

### BCWG Zone Trials.

The BCWG Trials will be held in all zones on either January 2<sup>nd</sup> or 3<sup>rd</sup>, 2016. It is recommended that the Trials are included in a zone competition that offers all age categories from Atoms to Masters. Note: a minimal entry fee may be charged by the Trials organizers.

- ✓ The Zone Trials are a one-day event.
- ✓ All Trials must be individual start, classic technique events.
- ✓ Race distances for qualifying age categories (Midget and Juvenile Boy/Girl) must not exceed the distances prescribed for these age categories at the BC Winter Games.
- ✓ Athletes must compete in a BCWG Zone Trial in order to qualify for the Games.
- ✓ All athletes competing in the Trials must be a member in good standing with Cross Country BC.

-----Please Note-----

Athletes that qualify at the Zone Trials to attend the BC Winter Games *must* pay a Games Registration Fee (\$175.00) prior to January 18th, 2016. Cheques are to be made payable to “**Cross Country BC**”. Games Registration Fees will be collected by the Zone Representatives.

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**Coaching Certification Requirements:**

All head coaches and assistant coaches for each of the eight zones are required to be NCCP CCI certified. A NCCP CCI ‘certified’ coach has completed the Introduction to Community Coaching (ICC), Community Coaching (CC), L2T (Dryland) and L2T (On-Snow) workshops as well as the evaluation requirements for this level of training.

**Competition Information:**

**Interval Start (1): Friday, Classic Technique**

Midget Boys	13 years	2002	3.5 km
Midget Girls	13 years	2002	3.5 km
Juvenile Boys	14 years	2001	5 km
Juvenile Girls	14 years	2001	5 km

**Individual Sprint (1): Saturday, Free Technique**

Midget Boys	13 years	2002	400m
Midget Girls	13 years	2002	400 m
Juvenile Boys	14 years	2001	400 m
Juvenile Girls	14 years	2001	400 m

**Traditional Relays (1): Sunday, Mixed Technique**

- Zone Teams will consist of two female and 2 male athletes.
- Mixed age categories.
- Distance: 4 x 2.0 km.
- Two legs of the relay are Classic Technique, and two are Free Technique.
- Only official teams are eligible for medals.

**BCWG Entry Deadline:**

Registration of Zone Teams (athletes and coaches) by the Zone Representatives must be completed by 4:00 pm, **January 18th, 2016**.

**NOTE: The BC Games Society will not accept late entries – registration info and payments MUST be submitted to your zone representative PRIOR to January 18th, 2016!**

**Commercial Markings:**

A maximum of two commercial markings that do not conflict with BC Games Corporate Partners are allowed per uniform. The size of the name or trademark logo must not exceed 60cm<sup>2</sup>. The combined total

of all commercial markings on a uniform must not exceed 120cm<sup>2</sup> (i.e. 7.75 cm x 7.75 cm, or 5 cm x 12 cm, or 6 cm x 10 cm).

**Provincial Sport Association Advisor:**

Nancy Beaumont  
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Vernon, BC, V1T 9J5  
Ph. (250) 545-9600 (w)  
Email: [programs@crosscountrybc.ca](mailto:programs@crosscountrybc.ca)

**Assistant Sport Advisor (Para):**

Tony Chin  
Ph: (604) 451-8571  
Email: [v2tony@gmail.com](mailto:v2tony@gmail.com)

**Sport Chair:**

Rick Leslie  
S-9, C-17, RR #1  
Naramata, BC V0H 1N0  
Ph: (250) 496-5757  
Email: [ricketjanna@gmail.com](mailto:ricketjanna@gmail.com)

**Zone Sport Representatives:**

**Zone 1: (Kootenay Zone)**

Fred Bushell, Rossland. Ph: (250) 362-7134; E-mail: [kootenayfred@hotmail.com](mailto:kootenayfred@hotmail.com)

**Zone 2: (Okanagan Zone)**

Kerry Haaheim, Kelowna. Ph: (778) 581-5952; Email: [kerrygroup6@gmail.com](mailto:kerrygroup6@gmail.com)

**Zone 3, 4, 5: (Lower Mainland Zones)**

Chris Bishop, North Vancouver. Ph: (604) 925-7059; Email: [cbishop@westvancouver.ca](mailto:cbishop@westvancouver.ca)

**Zone 6: (Vancouver Island Zone)**

Andrea Stapff, Campbell River. Ph: (250) 914-2201; Email: [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)

**Zone 7: (Northwest Zone)**

Jennifer Plummer, Smithers. Ph: 250-847-0314; Email: [jennifer.plummer@hotmail.com](mailto:jennifer.plummer@hotmail.com)

**Zone 8: (Northeast Zone)**

Cynthia Andal, Prince George. Ph: 250-613-0025; Email: [6andals@gmail.com](mailto:6andals@gmail.com)

**Zone Trial Schedule:**

<u>Zone</u>	<u>Date</u>	<u>Location</u>	<u>Contact</u>
Zone 1	Jan 02, 2015	Kimberley	Frank Ackermann; <a href="mailto:frankackermann@me.com">frankackermann@me.com</a>
Zone 2	Jan 02, 2015	Revelstoke	Mike Thomas; <a href="mailto:mike@urbanworkbench.com">mike@urbanworkbench.com</a>
Zone 3	Jan 02, 2015	Callaghan Valley	Dirk Rohde; <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 4	Jan 02, 2015	Callaghan Valley	Dirk Rohde; <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 5	Jan 02, 2015	Callaghan Valley	Dirk Rohde; <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 6	Jan 02, 2015	Mt Washington	Andrea Stapff; <a href="mailto:andrea.stapff@gmail.com">andrea.stapff@gmail.com</a>
Zone 7	Jan 03, 2015	Smithers	Lea-Marie Bowes-Lyon; <a href="mailto:race@bvnordic.ca">race@bvnordic.ca</a>
Zone 8	Jan 02, 2015	Prince George	Jim Burbee; <a href="mailto:competitions@caledonianordic.com">competitions@caledonianordic.com</a>

**Notes:**

- ✓ The Individual Sprint race is comprised of a qualification round and heats.
- ✓ The Interval Start race will use 15 second intervals.
- ✓ There will be increased use of the stadium and laps for all events in order to increase the appeal of the cross-country events to spectators and media.
- ✓ Athletes may participate in cross-country skiing at the BC Games only once during their ski career.

## **2016 BC Winter Games (Para)**

### **Quota for Cross Country Skiing (Para):**

- 1) 8 competitors
- 2) One head coach and two assistant coaches or adult supervisory team members.

**Eligibility Restrictions:** Refer to Section V-2 of the BC Winter Games Rule Book. There are no zone restrictions. The following age restrictions apply - ages 14 to 35 (competitors must be born between 1981 and 2001). Athletes may not attend the BC Winter Games more than twice.

**Participation Fee:** Athletes that qualify to attend the BC Winter Games must pay a Games Registration Fee (\$175.00) prior to January 18th, 2016. Cheques are to be made payable to "**Cross Country BC**". Games Registration Fees will be collected by the Assistant Provincial Advisor.

**Coaching Certification Requirements:** The head coach is required to be NCCP CCI 'certified'.

### **Events:**

Interval Start Event: Friday, Classic Technique, Standing Men and Women (LW 2-9; B1-3) – 5 km  
Interval Start Event: Friday, Classic Technique, Sit-ski Men and Women (LW 2-9) – 3.5 km  
Individual Sprint Event: Saturday, Free Technique, Standing Men and Women (LW 2-9; B1-3) – 400 metres  
Individual Sprint Event: Saturday, Free Technique, Sit-ski Men and Women (LW 2-9) – 400 metres