

## RACE NOTICE – 2016 Teck BC Championships

**RACE EVENTS:**

Friday, March 4, 2016	9:00AM	Individual Sprints – Free Technique
Saturday, March 5, 2016	10:00AM	Interval Start – Classic Technique
Sunday, March 6, 2016	10:00AM	Relay - Free Technique (sponsored by Deep Cove Outdoors)

**LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler

**HOSTED BY:** Hollyburn Cross Country Ski Club

**SANTIONED BY:** Cross Country Canada (CCC) and Cross Country BC

**RULES:** [2015 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2015 Precisions highlighted - January 2016](#)

**TECHNICAL GUIDELINES:** For the BC Cup Series Technical Guidelines please refer to the CCBC web-site: <http://crosscountrybc.ca/technical-guidelines>

**COMPETITION COMMITTEE:**

Chief of Competition:	Dirk Rohde
Chief of Course:	Chuck Beebe
Chief of Stadium:	Andrew Horembala
Chief of Timing:	Lawrence Taylor
Chief of Competition Control:	Jamie Stirling
Competition Secretary:	Mo Handford <a href="mailto:mo@handfords.ca">mo@handfords.ca</a> 604-218-4945
Technical Delegate:	Delores Franz Los

**EVENT WEB-SITE:** Information on all event details is at <http://www.hollyburnxc.ca/2016bcchamps.asp>

**REGISTRATION:** Registration and fee payment is online only at: <https://zone4.ca/reg.asp?id=11247>.

Coaches can register with no fee. If you experience any difficulties or have questions about registration please contact the Competition Secretary.

**RACE ENTRY DEADLINE:** Entry deadline is: **Sunday, February 28<sup>th</sup>, 2016 AT MIDNIGHT PST**

***Relay team entry deadline is 12 noon, Saturday, March 5, 2016.***

**LICENSES:** All competitors skiing in **Midget, Juvenile, Junior and Open** categories of both the sprint and/or interval start races must have at least one of the following licenses:

- CCC Racing License
- FIS License
- Other National Ski License
- CCC Supporting Day Member License (can be ordered with on-line registration)

Competitors in **BANTAM AND YOUNGER** classes, and those in **MASTERS** class, do not need a license to compete but must be members in good standing of a CCC club. If they are not CCC club members, participants must pay \$20 to join the hosting club, Hollyburn Cross Country Ski Club, in order to enter in this competition. Names of new club members will be registered with CCBC to meet the insurance requirements.

**SEEDING:** Competitors in the Senior Men and Junior Men categories and those in the Senior Women 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.

There will be no seeding for categories that do not require a racing license (e.g., Bantam and younger). Order of start will be by random draw.

**REFUNDS:** A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification, **WITH** medical documentation, prior to the registration deadline of **February 28<sup>th</sup>**.

**RELAY:** Each relay team is comprised of 3 skiers. There are 8 relay categories:

- Pee Wee Boys: Atoms and Pee Wees (Age 9 & under)
- Pee Wee Girls: Atoms and Pee Wee (Age 9 & under)
- Midget Boys: Bantams and Midgets (Age 10 to 13)
- Midget Girls: Bantams and Midgets (Age 10 to 13)
- Junior Men: Juveniles and Juniors (Ages 14 to 19)
- Junior Women: Juveniles and Juniors (Ages 14 to 19)
- Open Men: Open & Masters Men
- Open Women: Open & Masters Women

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**Relay Rules:**

- Younger skiers may ski on older age category relay team, however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team.
- An 'Official' relay team will have 3 team members from the same club. Club Championship trophy points will not be awarded to unofficial teams.

*Relay registration for pre-registered athletes will be open on Monday, February 29<sup>th</sup> until noon Saturday, March 5<sup>th</sup>.*

*The link to the no-fee, on-line relay registration will be e-mailed to all registered coaches and it will be available on the event web-site.*

**START LISTS:** Start lists for each day of racing will be posted at the WOP Race Office and available online at [www.zone4.ca](http://www.zone4.ca).

**RACE OFFICE:** The event race office will be in the WOP technical building by the XC stadium. Hours are as follows:

- Thursday 1-4PM
- Friday 8AM-4PM,
- Saturday 8AM-4PM
- Sunday 8AM-1PM

**BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office upon opening of race office.

**AWARDS:**

Teck, a diversified resource company based in BC, is the title sponsor of the BC Cup series. Teck provides the awards for ages 14 and under. All Atoms will receive a special Teck participant ribbon. Awards for ages 15 and over will be provided by Hollyburn. Awards ceremony will occur directly after each day of racing.

Teck BC Cup Series aggregate awards will be presented at the BC Champs Banquet. Please see the Technical package for more information on the aggregate awards.

**CLUB TROPHY:**

The BC Championships is also an annual club competition. Each participating CCBC club accumulates points and the club with the most points is awarded the Club Championship trophy. Points are awarded to the top 5 finishers on Saturday and the top 5 official relay teams on Sunday. See Technical Package for complete details.

**AWARDS CEREMONY:**

The awards for the Teck BC Cup Series aggregate awards will be presented at the BC Champs Banquet and Awards Ceremony. Please see the Technical package for more information on the aggregate awards.

The BC Champs Banquet and Award Ceremony is on the Saturday evening at:

Squamish Nation Totem Hall  
1360 Stawamus Road.  
Squamish, BC  
Tel [604 892-5166](tel:6048925166).

Parking is limited so carpooling is necessary.

Doors open at 5:30 PM  
Dinner at 6:00 PM  
Awards at 7:00 PM

Banquet tickets are limited to 450 attendees due to Hall capacity, and will be sold to athletes and coaches, on a first-come, first-served basis, at time of registration.

**Limit: Two tickets per athlete, to allow younger athletes to bring a parent. One ticket per coach.**

Ticket price is \$25 and includes pasta, salad, dessert and a drink. There will be a gluten-free option. **If any tickets remain once registration is closed, they will be made available for purchase through Zone 4. A notice to all registrants will be sent if this is the case.**

Those wishing only to attend the Awards Ceremony will be allowed into the Hall after 6:45pm

Directions: from Whistler, south on Hwy 99 through to Squamish to the set of lights at the Casino just before the Chief. Totem Hall is on the right.

**CONCESSION:**

There is a full service café at the WOP Day Lodge.

**FACILITIES:**

The Flex Space at the race site will be available to athletes as shelter. There are toilets there as well but several portable toilets will also be located close to the stadium area.

- TRAIL FEES:** Trail fees are included in race fees for athletes and coaches. This includes for Thursday, which is an official training day. We are working with WOP to provide an efficient system for processing all athletes through the gates each day and will send out specifics closer to the weekend.
- WAX FACILITIES:** A limited number of electrical outlets are available outside the Technical Building for waxing irons. There are also a limited number of wax trailers available for rent at Whistler Olympic Park for \$30 per day. Contact them at 604-964-0060 or 1-877-764-2455 for further details or to book a trailer.
- WAX TESTING:** A wax testing/warm up area will be provided near the cross-country stadium. Wax testing on course is allowed up to 5 minutes before the first racer departs.
- GLIDE WAX PROTOCOL:** 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 ***Midget age and younger categories***. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. club races, loppets, regional cup races, BC Cup races, BC Championships, BC Midget Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country. 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.
- COURSE MAPS:** Course maps are available on the event web-site:  
<http://www.hollyburnxc.ca/2016bcchamps.asp?p=maps>
- WEATHER:** For current conditions, visit:  
<http://www.whistlersportlegacies.com/venues/whistler-olympic-park/weather>
- CANCELLATION:** A decision to cancel or move this race to a different venue, will be made in consultation with the organizing committee, the Technical Delegate and Cross Country BC. Race fees are not refundable if the event is moved. Race fees will be refunded, minus a small administration fee, if the race is cancelled outright.
- ACCOMMODATION** Closest accommodation to Whistler Olympic Park is in Whistler, however Squamish is also quite convenient, and is the location of the banquet. **The Executive Suites Hotel is the 2016 Teck BC Champs preferred accommodation in Squamish.**

**EXECUTIVE SUITES HOTEL & RESORT SQUAMISH**

Phone: 1-877-815-0048 or 1-604-815-0048

Website: [executivesuitesaribaldi.com](http://executivesuitesaribaldi.com)

Email: [info@executivesuitessquamish.com](mailto:info@executivesuitessquamish.com)

Further accommodation information can be found at

<http://www.hollyburnxc.ca/2016bcchamps.asp?p=accommodation>

**RACE DISTANCES AND FEES (Start time are approximates. See start lists.)**

CATEGORY	YEAR OF BIRTH	Friday, Mar 4 <sup>h</sup> Start: 9AM Individual Sprints Free Technique		Sat, Mar 5th Start: 10AM Interval Start Classic Technique		Sunday, Mar 6th Start: 10AM Relay (3 leg) Free Technique \$12 per person (\$36/team)
		Distance:	Fee:	Distance:	Fee:	
<u>Atom Boys</u> AB1 AB2 AB3	2010 2009 2008	200m	\$10.00	1.0 km	\$10.00	PEE WEE RELAY (ATOMS & PEE WEES Age 9 & under) 3 x 1.0 km
<u>Atom Girls</u> AG1 AG2 AG3	2010 2009 2008	200m	\$10.00	1.0 km	\$10.00	
<u>Peewee Boys</u> PB1 PB2	2007 2006	200m	\$15.00	1.5km	\$15.00	
<u>Peewee Girls</u> PG1 PG2	2007 2006	200m	\$15.00	1.5km	\$15.00	
<u>Bantam Boys</u> BB1 BB2	2005 2004	400m	\$20.00	1 x 2.5km	\$20.00	MIDGET RELAY (BANTAMS & MIDGETS Ages 10 - 13) 3 x 2.5 km
<u>Bantam Girls</u> BG1 BG2	2005 2004	400m	\$20.00	1 x 2.5km	\$20.00	
<u>Midget Boys</u> MB1 MB2	2003 2002	400m	\$20.00	2 x 2.5km	\$20.00	
<u>Midget Girls</u> MG1 MG2	2003 2002	400m	\$20.00	2 x 2.5km	\$20.00	
<u>Juvenile Boys</u> JVB1 JVB2	2001 2000	1000m	\$25.00	1 x 7.5km	\$25.00	JUNIOR RELAY (JUVENILE & JUNIORS Ages 14-19) 3 x 3.75 km
<u>Juvenile Girls</u> JVG1 JVG2	2001 2000	1000m	\$25.00	1 x 7.5km	\$25.00	
<u>Junior Boys</u> JB1 JB2	1999 1998	1200m	\$25.00	2 x 5km	\$25.00	
<u>Junior Girls</u> JG1 JG2	1999 1998	1200m	\$25.00	1 x 7.5km	\$25.00	
<u>Junior Men</u> JM1 JM2	1997 1996	1400m	\$25.00	2 x 7.5km	\$25.00	
<u>Junior Women</u> JW1 JW2	1997 1996	1200m	\$25.00	2 x 5km	\$25.00	
<u>Open Men</u> U 23 23+	1995, 1994, 1993 1992-1986	1400m	\$30.00	2 x 7.5km	\$30.00	OPEN RELAY (OPEN & MASTERS) 3 x 5.0 km
<u>Open Women</u> U23 23+	1995, 1994, 1993 1992-1986	1200m	\$30.00	2 x 5km	\$30.00	
<u>Master Men *</u>	1985 & earlier	3.75km Prologue	\$35.00	2 x 7.5km	\$35.00	
<u>Master Women *</u>	1985 & earlier	3.75km Prologue	\$35.00	2 x 5km	\$35.00	
<u>Open PN Sit-Ski</u>	Male	750m	\$25	2 x 2.5km	\$25	
<u>Open PN Sit-Ski</u>	Female	750m	\$25	2 x 2.5km	\$25	
<u>Open PN Standing</u>	Male	1200m	\$25	2 x 5km	\$25	3 x 3.75 km
<u>Open PN Standing</u>	Female	1200m	\$25	1 x 7.5km	\$25	3 x 3.75 km

\*Masters Age Categories will be offered in 10 year increments from 30-39 up to 70+