



RACE NOTICE

Haywood NorAm/Buff Sprint/ Western Canadian Championships and Teck Coast Cup #2 & #3 Jan 19-22, 2017

- RACE EVENTS:**
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|----------------------------|--------|---|
| Thursday, January 19, 2017 | 9:00AM | Official Training |
| Friday, January 20, 2017 | 9:00AM | Individual Sprints – Free Technique NorAm |
| Saturday, January 21, 2017 | 9:00AM | Interval Start – Classic Technique NorAm +
Teck Coast Cup #2 |
| Sunday, January 22, 2017 | 9:00AM | Relay - Free Technique NorAm +
Teck Coast Cup #3 |
- LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler
- HOSTED BY:** Callaghan Valley Cross Country (CVXC)
- SANCTIONED BY:** FIS, Cross Country Canada (CCC) and Cross Country BC (CCBC)
- EVENT WEB-SITE:** Information on all event details is at <http://callaghanxcski.ca/events/westerns2017>
- REGISTRATION:** Registration and fee payment is online only at: www.zone4.ca . **Coaches can register with no fee. Up to date information will be shared with coaches via Zone 4 so coaches are STRONGLY encouraged to register.** If you experience any difficulties or have questions about registration please contact the Competition Secretary.
- RACE ENTRY DEADLINE:** **Regular deadline is: Friday, January 13th, 2017 AT 23:59 PST**
Late deadline is : Monday, January 16th, 2017 AT 23:59 PST.
*****LATE REGISTRATIONS ARE SUBJECT TO A \$10 fee increase per race*****

Relay team entry deadline is 12 noon, Saturday, January 21, 2017. No late entries will be accepted.



RULES:

[2016 Int'l Competition Rules \(ICR\) - Canadian Competition Rules \(CCR\) with 2016 Precisions highlighted - October 2016](#)
http://www.fis-ski.com/mm/Document/documentlibrary/Cross-Country/03/21/20/ICRCross-Country2016_markedup_English.pdf

TECHNICAL GUIDELINES:

The NorAm Westerns Technical Package is available here:

<http://www.cccski.com/getmedia/1184bd64-8ae5-45f6-a7e2-9b256f1ef40e/2016-17NorAm-TP-Nov.pdf.aspx>

For the Coast Cup Technical Guidelines please refer to the CCBC web-site:

<http://crosscountrybc.ca/technical-guidelines>

COMPETITION COMMITTEE:

Chief of Competition: Sherryl Yeager sherryl@callaghanxcski.ca 778-887-7669

Chief of Course: Theresa Oswald

Chief of Stadium: Delores Franz Los

Chief of Timing: Lawrence Taylor

Chief of Competition Control: Len Apedaile

Competition Secretary: Mo Handford mo@callaghanxcski.ca 604-218-4945

Technical Delegate: Shawn Sinclair

Assistant Technical Delegate: Claude Chabot

CCC Race Director: Mark Duperreault

JURY:

The Jury members are the Technical Delegate - who is the chair of the jury, the Chief of Competition, the CCC Race Director, and the Assistant Technical Delegate. At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

LICENSES:

All competitors skiing in **Midget, Juvenile, Junior and Open** categories 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 purchased with on-line registration)

Coast Cup 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

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 **January 16, 2017**.

SPRINTS:

Senior Men and Junior Men categories and the Senior Women and Junior Women categories will be combined in the Qualification race for seeding purposes and run as a single open class but will be separated into junior and senior for heats and awards. The top 30 Junior M/W and Senior M/W will advance to quarterfinal heats. Unless the Competition Secretary receives notice of an athlete's intent at the start of the Team Captains' Meeting on Thursday, January 19, 2017, all qualifying Junior M/W will be entered into the Junior quarterfinal heats. No changes will be allowed on race day.

Juvenile, Junior and Midget B/G will advance to heats depending on numbers entered.

As per the 2016/17 Technical Package, sprint heats will be timed and ICR rule 325.4.2.7 will apply. Lucky loser advancement will be based on best 3rd and 4th place time.

The "yellow card" written reprimand rule will be in effect for false starts, as per ICR 325.4.2.9.

INTERVAL CLASSIC:

As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole.

RELAY:

Each relay team is comprised of 3 skiers from the same Division

Relay Rules:

Points will be awarded by Division down to top 5 per division.

Unofficial teams are allowed to race but will not be counted for aggregate points purposes.

Prizes will be awarded as follows - cash prize and merchandise for top three teams in open, medals for top three teams in all others.

RELAY TEAM REGISTRATION

*Relay team registration for pre-registered athletes will be open on Wednesday, January 18th until noon Saturday, January 21. **NO LATE ENTRIES***

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.

RACE OFFICE:

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

- Wednesday 11AM-2PM
- Thursday 9AM-4PM
- Friday 7AM-4PM,
- Saturday 7AM-4PM
- Sunday 7AM-1PM



- BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office.
- Bib pick up will be by Club or Team** – please specify your preference upon registration
- TEAM CAPTAIN MEETINGS** Meetings will be held the night before each race day, on Thursday through Saturday, at 7pm in the Whistler Athletes Centre at Function Junction.
- AWARDS:** **Haywood NorAm Westerns Awards:**
INDIVIDUAL
 Cash Prizes will be given to the top five finishers in the Open Class plus the top U23 finisher for Day 1 and Day 2.
 Awards will also be presented to the top 3 Junior Men and Women.
 Awards will be presented to the top 3 by YoB for Midget thru Junior Boy/Girl races
- RELAY
 Top 3 Official Relay Teams in Open Class will receive cash prizing (1st:\$600, 2nd:\$450, 3rd:\$300).
 Top three official teams in all other categories will receive awards.
 Only skiers with FIS licenses are eligible for cash prizes.
- TECK Coast Cup Awards: (based on TECK Technical Package)**
- *** A schedule of daily awards presentations will be posted at the Race Office*****
- WESTERN CANADIAN POINTS:** Official NorAm race categories, midget through open senior, are eligible for the Championship rankings. Western Canada Championship SWIX/Fischer Cup will be given to Divisions only (not individuals). The Division aggregate will be based on the top 3 racers per Division in each individual category and top 5 racers per Division in the relay category. The NorAm points system is used for scoring. Points will be awarded for all races. Skier affiliation will be with their host club.
- COAST CUP POINTS:** Competitors in the Teck Coast Cup Races can earn points towards the aggregate awards for the overall Teck Coast Cup Series. This includes Juvenile 1 and Midget NorAm categories.
- PROTEST PROCEDURE:** Protest forms will be available in the Race Office. Protests must be made in writing, submitted to the Competition Secretary within 15 minutes of posting of unofficial results and accompanied by a \$50 CAD fee
- 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 showers in the daylodge. 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 eligible coaches for the official training day, January 19, and all race days. Passes for all four days of skiing will be handed out at the WOP entry gate throughout the training day (Jan 19). Trail passes are REQUIRED to enter the gate each day. Trail fees and venue admission are not included for January 18, and required in order



to ski. Each athlete and eligible coach requires a trail pass. If you forget or lose your pass you will be required to purchase a new one at regular price. If you do not get your trail passes on the training day, please arrive early on race day. There will be a dedicated lane for those who have their trail passes to facilitate ingress on race days but recommendations are to arrive early to allow for access and parking.

Park admission and trail fees apply to attendees not registered for the race.

Regular trail pass rates (incl. GST) are as follows: Adult (19+) \$25.75; Youth (6-18) \$15.00. A link to Whistler Olympic Park. <http://www.whistlersportlegacies.com/activities/cross-country-skiing>

Athletes registered only in the Teck Coast Cup #2 and/or #3 in the Bantam, Atom and Pee-Wee categories will collect their trail pass at the gate on race day. Please leave sufficient time to enter the gate.

WAX FACILITIES:

Eligible teams will be assigned wax trailer space according to the NorAm Technical package. For larger teams, it may be advisable to bring a generator as outlets are limited within the wax trailers.

Wax trailers will be available from Wednesday Jan 18 to Sunday Jan 22. Allocation will be based on number of athletes registered by division, according to the NorAm Technical Package. A key deposit of \$40 is required for each cabin. Wax cabins will contain 2 chairs, table, garbage cans and broom. Users are responsible for maintaining their space during the event. Extra garbage bags, repair needs etc can be requested from athlete services through the race office. Depending on registration, some teams may be located a short distance from the cross country stadium, at the biathlon venue. Any teams or clubs wishing to rent additional wax cabins may do so at a rate of \$40 per day, on a first come, first serve basis.

WAX TESTING:

A wax testing/warm up area will be provided near the cross-country stadium. Wax testing on course is allowed at the discretion of the jury.

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://callaghanxcski.ca/events/westerns2017>

WEATHER: For current conditions, visit:
<http://www.whistlersportlegacies.com/venues/whistler-olympic-park/weather>

MEDICAL EMERGENCY First Aid is provided by the event organizers in conjunction with WOP Ski Patrol.
Chief of First Aid: David Morris
WOP Ski Patrol 778-228-4586
Whistler Health Care Centre 604-932-4911

CANCELLATION: A decision to cancel or move this race to a different venue due to lack of snow will be made in consultation with the organizing committee, the Technical Delegate and Cross Country BC and Cross Country Canada. 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 at the Whistler Athlete Centre, however Squamish is also quite convenient. **The Executive Suites Hotel is the preferred accommodation in Squamish. Please mention the event when you book.**

EXECUTIVE SUITES HOTEL & RESORT SQUAMISH

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

Email: info@executivesuitessquamish.com

Further accommodation information can be found at

<http://callaghanxcski.ca/events/westerns2017>



RACE DISTANCES AND FEES PER RACE (Start time are approximate. See start lists.)

CATEGORY	YEAR OF BIRTH	Fees		Friday, Jan 20th Start: 9AM Individual Sprints Free Technique	Sat, Jan 21, Start: 9 AM Interval Start Classic Technique	Sunday Jan 22 Start: 9AM Relay (3 leg) Free Technique
		Regular Fri Jan 13	Late Mon Jan 16			
<u>Atom Boys</u>						
AB1	2011	\$10	\$15	n/a	830 m	Atom Relay 3 x (1 x 750m) \$30/team
AB2	2010					
AB3	2009					
<u>Atom Girls</u>						
AG1	2011	\$10	\$15	N/a	830 m	
AG2	2010					
AG3	2009					
<u>Peewee Boys</u>						
PB1	2008	\$15	\$20	n/a	1.65 km	Peewee and Bantam Relay 3 x (1 x 1Km) \$30/team
PB2	2007					
<u>Peewee Girls</u>						
PG1	2008	\$15	\$20	n/a	1.65 km	
PG2	2007					
<u>Bantam Boys</u>						
BB1	2006	\$15	\$20	n/a	2.2 km	
BB2	2005					
<u>Bantam Girls</u>						
BG1	2006	\$15	\$20	n/a	2.2 km	
BG2	2005					
<u>Midget Boys</u>						
MB1	2004	\$30	\$40	750 m	4 km	Midget Relay 3 x (2 x 1Km) \$60/team
MB2	2003					
<u>Midget Girls</u>						
MG1	2004	\$30	\$40	750 m	4 km	
MG2	2003					
<u>Juvenile Boys</u>						
JVB1	2002	\$30	\$40	1 km	7.5 km	Juveniles and Juniors Relay 3 x (2 x 2.5 km) \$60/team
JVB2	2001					
<u>Juvenile Girls</u>						
JVG1	2002	\$30	\$40	1 km	7.5 km	
JVG2	2001					
<u>Junior Boys</u>						
JB1	2000	\$35	\$45	1 km	7.5 km	
JB2	1999					
<u>Junior Girls</u>						
JG1	2000	\$35	\$45	1 km	7.5 km	
JG2	1999					



CATEGORY	YEAR OF BIRTH	Fees		Friday, Jan 20th Start: 9AM Individual Sprints Free Technique	Sat, Jan 21, Start: 9 AM Interval Start Classic Technique	Sunday Jan 22 Start: 9AM Relay (3 leg) Free Technique
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<u>Junior Men</u> JM1 JM2	1998 1997	\$45	\$55	1.4 km	15 km	OPEN RELAY
<u>Junior Women</u> JW1 JW2	1998 1997	\$45	\$55	1.2 km	10 km	3 x (3 x 2.5km) M
<u>Open Men</u> U 23 23+	1996, 1995, 1994 1993-1987	\$45	\$55	1.4 km	15 km	3 x (2 x 2.5km) F
<u>Open Women</u> U23 23+	1996, 1995, 1994 1993-1987	\$45	\$55	1.2 km	10 km	\$90/team
<u>Master Men *</u>	1986 & earlier	\$30	\$40	n/a	15 km	Masters Relay
<u>Master Women *</u>	1986 & earlier	\$30	\$40	n/a	10 km	3 x (2 x 2.5km) \$30/team
<u>Open PN Sit-Ski</u>	Male/Female	\$45	\$55	tbd	tbd	tbd
<u>Open PN Standing</u>	Male/Female	\$45	\$55	tbd	tbd	tbd

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

