

## 2018 BC Winter Games Technical Guidelines

**Note: 2018 BC Winter Games Para-Nordic Info at bottom of page!!**

**Host community - Kamloops, BC  
Venue: Stake Lake Trails**

### 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: there are eight zones, with eight competitors allowed per zone (four male and four female). In addition there are 18 'wildcard' positions available (nine male and nine female). Each participating zone is required to have two coaches (one male and one female).

### 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> 2017. This means that eligible athletes were born in 2003 (Juvenile category), or 2004 (Midget category).

Athletes born in 2004 may compete in the Midget or Juvenile age category. Athletes born in 2003 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.

### Selection Criteria

The first two finishers in each of the four categories held at the Zone Trials will automatically qualify. The remaining 18 wildcard positions will be allocated according to the results and total participation numbers of eligible athletes in specific categories in the Zone Trials.

### BCWG Zone Trials

The BCWG Trials will be held in all zones on either December 30<sup>th</sup> or 31<sup>st</sup>, 2017. 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 22<sup>nd</sup>, 2018. 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	2004	3.5 km
Midget Girls	13 years	2004	3.5 km
Juvenile Boys	14 years	2003	5 km
Juvenile Girls	14 years	2003	5 km

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

Midget Boys	13 years	2004	400m
Midget Girls	13 years	2004	400 m
Juvenile Boys	14 years	2003	400 m
Juvenile Girls	14 years	2003	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 22nd, 2018**.

**NOTE: The BC Games Society will not accept late entries – registration info and payments MUST be submitted to your zone representative PRIOR to January 22<sup>nd</sup>, 2018!**

**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  
106 -3003 -30th St  
Vernon, BC, V1T 9J5  
Ph. (250) 545-9600 (w)  
Email: [programs@crosscountrybc.ca](mailto:programs@crosscountrybc.ca)

**Assistant Sport Advisor (Para):**

TBD  
TBD  
TBD

**Sport Chair:**

Tammy McDonald  
Box 1261 4325 Mountain Road  
Barriere BC V1E 1E0  
Ph: (250) 672-0121  
Email: [mcdonaldtamlee@gmail.com](mailto:mcdonaldtamlee@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, Vancouver . Ph: (604) 612-6676; 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)**

Alan Baxter, Smithers. Ph: 250-877-3560; Email: [alan.baxter@westfraser.com](mailto:alan.baxter@westfraser.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	Dec 30 2018	Fernie	C. Weber, <a href="mailto:bluerockeng@telus.net">bluerockeng@telus.net</a>
Zone 2	Dec 30 2018	Salmon Arm	A. Corbett, <a href="mailto:askacorbett@hotmail.com">askacorbett@hotmail.com</a>
Zone 3	Jan 6 2018	Callaghan Valley	D. Rohde, <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 4	Jan 6 2018	Callaghan Valley	D. Rohde, <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 5	Jan 6 2018	Callaghan Valley	D. Rohde, <a href="mailto:info@hollyburnxc.ca">info@hollyburnxc.ca</a>
Zone 6	Dec 30 2018	Mt Washington	P. Johnson, <a href="mailto:paces@strathconanordics.com">paces@strathconanordics.com</a>
Zone 7	Dec 31 2018	Smithers	J. Plummer, <a href="mailto:jennifer.plummer@hotmail.com">jennifer.plummer@hotmail.com</a>
Zone 8	Dec 30 2018	Prince George	J. 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.

## 2018 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 1983 and 2003). 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 22<sup>nd</sup>, 2018. 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