



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

2018 BC Winter Games Zone 6 Trial



& SNSC Club Race

Saturday, December 30th, 2017

INDIVIDUAL START, CLASSIC TECHNIQUE

MT. WASHINGTON NORDIC CENTRE



- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Date/Time:** Saturday, December 30th, Classic Interval Start– 10:30 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Technical Guidelines:** The 2018 BC Winter Games Technical Guidelines are found on the CCBC website: <http://www.crosscountrybc.ca/sites/default/files/documents/2018BCWinterGamesTechnicalGuidelines.pdf>
- Competition Committee:** Chief of Competition: Val Wootton
 Competition Secretary: Patty Johnson races@strathconanordics.com
 Chief of Timing: Esther Guimond
 Chief of Course: Bill Noble
 Chief of Stadium: Chris Stapff
 Event Coordinator: Brenda Blakley
- Eligibility:** **Open to skiers of all ages and abilities!** No race license is required.
Athletes trying out for the Winter Games must be either 13 or 14 years of age as of December 31st, 2017. This means that eligible athletes were born in 2003 (Juvenile category), or 2004 (Midget category).
Para skiers of all ages welcome. Those born between 1983 and 2003 are eligible to qualify for BCWG.
- Event:** **Saturday, December 30, 2017, Interval start - classic technique**
- Registration:** Registration and fee payment is online at [Zone 4](#)
- Deadline:** **December 29th at 12:00 noon.**
 NO LATE ENTRIES WILL BE ACCEPTED
- Cancellations:** If the organizers are required to cancel the race due to weather, or other unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees. There are no refunds for racers who register, then withdraw or do not show.
- Start Lists and Results:** Start lists will be posted on **Zone4** by Friday by 7 pm (December 29th) and will also be available in Raven Lodge the morning of the race. Skiers are not seeded, but grouped by category and their positions determined by a normal draw procedure.
- Bib Pickup:** At Raven Lodge between 9:00 am and 10:00 am on Saturday December 30th.
- Awards:** There will be an awards ceremony in the stadium near the finish area immediately after all of the races have finished. Athletes will receive their participation awards at the finish line. (If the weather is inclement, the awards ceremony will be held inside the Raven Lodge.)



- Facilities:** The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership including Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge facilities, food services, rentals, retail sales, lockers, sauna and showers and also services a growing snowshoe base and toboggan area.
- Waxing:** There are 2 outdoor waxing benches on the lower level and 3 indoor waxing benches in the wax cabin between the lodge and the stadium. Ski testing on course during warm up must be in direction of travel and is allowed until 5 minutes before the first start. Wax /ski testing/warmup is available on non-race trails throughout the day.
- Cross Country BC has adopted a **'No Fluoro/Low Fluoro' policy** for all age categories at Regional Cup races. **Low-fluoro glide waxing protocol:**
- Structure tools are permitted.
 - Only non-Fluoro (NF) or Low Fluoro (LF) glide waxes permitted.
- Course:** Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the courses have been finalized. Course distances/laps may be subject to change.
- In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.**
- Accommodation:** Mt Washington Resort has links to various on-site accommodation listings: <https://www.mountwashington.ca/accommodations.html>
Accommodation in the Comox Valley (approximately 40-minute drive): <http://www.discovercomoxvalley.com/stay/accommodations>
Tourism Mount Washington Website: <http://www.discovermountwashington.com/stayandplay/onmountainaccommodation.htm>
- Volunteers:** **Many are needed. Please contact [races @ strathconanordics.com](mailto:races@strathconanordics.com)**



The BC Games is one of the largest sports events in North America. These games are directed at young, developing athletes. A total of 82 competitors are permitted for the sport of cross country skiing.

- To qualify athletes must compete in a BCWG Zone trial.
- Competitors must be either 13 or 14 years of age as of December 31st, 2017.
- 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.
- Para athletes between ages 14 to 35 may participate (born between 1983 and 2003). Athletes may not attend the BCWG more than twice.

All Athletes competing in the Trials must be a member in good standing with Cross Country BC.



EVENT SCHEDULE

Date:	Saturday, December 30th, 2017 Classic Technique Interval Start
Start Time:	10:30 a.m.

*Age as of December 31, 2017

Category	Subcategory	Age	Year Born	Distance	Course	Fee*
Atom Boys	Atoms	< 7	2010 or later	1.0 km	1.0 km	5.00
Pee Wee Boys	PB1, PB2	8, 9	2009, 2008	2.0 km	2.0 km	10.00
Bantam Boys	BB1, BB2	10, 11	2007, 2006	2.5 km	2.5 km	10.00
Midget Boys	MB1, MB2	12, 13	2005, 2004	3.5 km	3.5 km	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2003, 2002	5.0 km	2x2.5 km	10.00
Junior Boys and Men		16-19	1998-2001	7.5 km	3x2.5 km	10.00
Open and Masters Men		20+	1997+	7.5 km	3x2.5 km	10.00
Adaptive Men Stand		All		5.0 km	2x2.5 km	10.00
Adaptive Men Sit		All		3.5 km	1x3.5 km	10.00
Atom Girls	Atoms	< 7	2010 or later	1.0 km	1.0 km	5.00
Pee Wee Girls	PG1, PG2	8, 9	2009, 2008	2.0 km	2.0 km	10.00
Bantam Girls	BG1, BG2	10, 11	2007, 2006	2.5 km	2.5 km	10.00
Midget Girls	MG1, MG2	12, 13	2005, 2004	3.5 km	3.5 km	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2003, 2002	5.0 km	2x2.5 km	10.00
Junior Girls and Women		16-19	1998-2001	5.0 km	2x2.5 km	10.00
Open & Masters Women		20+	1997	5.0 km	2x2.5 km	10.00
Adapt Women Stand		All		5.0 km	2x2.5 km	10.00
Adaptive Women Sit		All		3.5 km	1x3.5 km	10.00

*Fees do not include a trail ticket. All skiers must have a valid ski ticket or season pass.

SAVE THE DATES!!

COAST CUP #5, FEB 10TH, 2018 – TEAM SPRINT RELAY ON A SKI CROSS COURSE – FREE TECHNIQUE & COAST CUP #6 AND VANCOUVER ISLAND LOPPET FEB 11, 2018 – MASS START FREE TECHNIQUE
THE MOUNT WASHINGTON NORDIC CENTRE

