

# Okanagan Cup



# Teck

## RACE NOTICE – Teck Okanagan Cup 2



- RACE EVENT:** Sunday, 28 January 2018 Individual Sprint Race – Free Technique (9:00 start)
- LOCATION:** STAKE LAKE NORDIC CENTRE: 25 minutes south of Kamloops on the Lac Le Jeune Rd. Start and Finish are located in the stadium, which is approximately 800 m from the day lodge and parking area. A concession and warming area will be located adjacent to the stadium.
- HOSTED BY:** Overlander Ski Club
- RULES:** For the BC Cup Series Technical Guidelines please refer to the CCBC web-site : <http://www.crosscountrybc.ca/sites/default/files/documents/Teck%20BC%20Cup%20Series%20TG%2C%20Nov%2011%2C%202015.pdf>
- COMPETITION COMMITTEE:**
- |                        |                 |  |
|------------------------|-----------------|--|
| Chief of Competition:  | Natalie Manhard | <a href="mailto:Oscrace@gmail.com">Oscrace@gmail.com</a>   |
| Chief of Course:       | Dana Manhard    | <a href="mailto:dmanhard@shaw.ca">dmanhard@shaw.ca</a>     |
| Chief of Stadium:      | Jason Ladyman   | <a href="mailto:jstieda@telus.net">jstieda@telus.net</a>   |
| Chief of Timing:       | Luc Guilherme   | <a href="mailto:lguilherme@shaw.ca">lguilherme@shaw.ca</a> |
| Competition Secretary: | Nancy Flood     | <a href="mailto:Oscrace@gmail.com">Oscrace@gmail.com</a> - |
- (phone for Competition Secretary: 250-371-7418, 250-372-2425)
- EVENT WEB-SITE:** [http://www.overlanderskiclub.com/club\\_activities/events.htm](http://www.overlanderskiclub.com/club_activities/events.htm)
- REGISTRATION:** Registration opens 12 Jan 2018. Access [www.zone4.ca](http://www.zone4.ca) and locate this event. Credit card payment is required. THERE IS NO ADDITIONAL FEE FOR ONLINE REGISTRATION. If you experience any difficulties or have questions about registration please contact the Competition Secretary Nancy Flood by phone at 250-372-2425 or 250 –371-7418. Event Participation Waiver must be completed as part of the on-line registration.
- RACE ENTRY** Entry deadline is: **Wednesday 24 January, 2018 AT 23:59 PST (1 minute to MIDNIGHT) NO LATE ENTRIES WILL BE ACCEPTED.**

- ELIGIBILITY:** This race is designed to appeal to racers of all levels. If an individual wishes to race and they are not a current member of a CCC/CCBC club, they must sign an Informed Consent and Assumption of Risk Agreement.
- LICENCES:** No Licences are required
- REFUNDS:** Refunds will only be issued for those competitors who withdraw from the race prior to the race entry deadline of 24 January 2018 at 23:59 PST. In the event of a cancellation due to bad weather conditions, the organizers reserve the right to recover costs incurred. Refunds for medical reasons are available upon receipt of a medical note from a physician or nurse practitioner.
- RACE FORMAT:** The Sprint race will offer a qualification round (with 15 second interval starts) for all age categories. The qualification round will be followed by the quarter-final and subsequent heats as soon as the organizers can prepare for them. Heats will be offered for age categories, not YOB. Small categories may be combined. All skiers will be given the opportunity to compete in a minimum of the qualification round and one heat.
- START LISTS:** The start list will be posted at the Overlander Day Lodge and at the stadium It will also be available on-line at [www.zone4.ca](http://www.zone4.ca) following the draw at approximately 10 pm (PST) on Thursday 23 January 2014.
- RACE OFFICE:** The event race office will be in the machine shed/warming building near the stadium. It will be open Sunday from 7:30 am.
- BIB PICK-UP:** Bibs will be distributed from the Race Office beginning at 7:30AM. **BIBS MUST BE PICKED UP BY 8:30 am on SUNDAY (Day of Race).** Clubs are encouraged to designate a coach or other individual to pick up bibs for all skiers in their club.
- AWARDS:** Awards for ages 15 and under are sponsored by Teck. All Atoms who finish will receive a special Teck participant ribbon. Awards for ages 16 and over will be provided by the Overlander Ski Club. An Awards ceremony will occur directly after the race.
- CONCESSION:** There will be a concession available near the stadium serving a menu including chili and a bun, hot dogs, cookies and various drinks. Please have cash for payment.
- FACILITIES:** A heated day lodge and washrooms are located near the parking area at the start of the Stake Lake trail system, which is approximately 800 m from the Race Office and Stadium. The machine shop at the stadium area will be cleared and used as a warming room/lodge for the weekend. Portable toilets are available near the stadium and outhouses are located at various locations along the trails.
- PARKING** A large parking lot is available near the Day Lodge. Parking in the small lot near the stadium is limited and will be controlled by passes; one pass per club will be issued to a coach (coaches please register on Zone4 to facilitate issuing of passes and other communication).
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on race day (Sunday) and on the official training day, Saturday 27 January 2018.

- WAX FACILITIES:** Electrical outlets are available adjacent to the stadium. A few outlets are also available outside the Stake Lake day lodge (800 m from the stadium). No waxing is allowed inside the day lodge. Teams are encouraged to bring their own tent for waxing. Participants/Teams are responsible for cleaning up their waxing area. Please be reminded that at Regional Cup races the CCBC low-fluoro protocol applies to ALL age categories. This protocol includes the following”
- Structure tools ARE permitted.
  - 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 liquids) are NOT permitted.
  - Cold weather powder additives and hardeners are NOT permitted.
- WAX TESTING:** NO WAX TESTING ALLOWED on the course. A wax testing area will be designated.
- COURSE MAPS:** Course maps will be posted on the event website: [http://www.overlanderskiclub.com/club\\_activities/events.htm](http://www.overlanderskiclub.com/club_activities/events.htm). The courses to be used on Sunday will be set and marked for training on Saturday.
- WEATHER:** See [www.overlanderskiclub.com](http://www.overlanderskiclub.com) for up-to-date weather information or phone the snow phone at 250-372-5514. Kamloops weather can be found on the environment Canada website at [http://weather.gc.ca/city/pages/bc-45\\_metric\\_e.html](http://weather.gc.ca/city/pages/bc-45_metric_e.html). Races will be cancelled or postponed if temperature conditions are unsuitable at start time
- ACCOMMODATION** Please check the tourism Kamloops website ([www.tourismkamloops.com](http://www.tourismkamloops.com)) for information on accommodation in Kamloops

## COMPETITION SCHEDULE

### Individual Sprint – Free Technique

Date: Sunday, 28 January 2018

Start Time: 9:00 AM

CATEGORY	YEAR OF BIRTH	DISTANCE	FEE (includes trail fee)
<u>Atom Boys</u> AB1 AB2 AB3	2012 2011 2010	150 m	\$10.00
<u>Atom Girls</u> AG1 AG2 AG3	2012 2011 2010	150 m	\$10.00
<u>Pee wee Boys</u> PB1 PB2	2009 2008	150 m	\$15.00
<u>Pee wee Girls</u> PG1 PG2	2009 2008	150 m	\$15.00
<u>Bantam Boys</u> BB1 BB2	2007 2006	250 m	\$15.00
<u>Bantam Girls</u> BG1 BG2	2007 2006	250 m	\$15.00
<u>Midget Boys</u> MB1 MB2	2005 2004	250 m	\$15.00
<u>Midget Girls</u> MG1 MG2	2005 2004	250 m	\$15.00
<u>Juvenile Boys</u> JVB1 JVB2	2003 2002	500 m	\$20.00
<u>Juvenile Girls</u> JVG1 JVG2	2003 2002	500 m	\$20.00
<u>Junior Boys</u> JB1 JB2	2001 2000	500 m	\$20.00
<u>Junior Girls</u> JG1 JG2	2001 2000	500 m	\$20.00
<u>Junior Men</u> JM1 JM2	1999 1998	500 m	\$20.00
<u>Junior Women</u> JW1 JW2	1999 1998	500 m	\$20.00
<u>Open Men</u> U 23 23+	1997-1988	500 m	\$25.00
<u>Open Women</u> U23 23+	1997-1988	500 m	\$25.00
<u>Master Men *</u>	1987 and earlier	500 m	\$20.00
<u>Master Women *</u>	1987 and earlier	500 m	\$20.00
Para-Nordic Sit Ski Men		500 m	\$25.00
Para-Nordic Sit Ski Women		500 m	\$25.00
Para-Nordic Standing Men		500 m	\$25.00
Para-Nordic Standing Women		500 m	\$25.00

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