

RACE NOTICE

2019 Teck BC Midget Championships

Sovereign Lake Nordic Club is pleased to host the 2019 Teck BC Midget Championships. The objectives of the Teck BC Midget Championships are to:

- bring young skiers together for a memorable and enjoyable weekend of cross-country ski competition and fun,
- meet the needs of a wide range of skill levels and ski experience,
- encourage achievement through team effort, and
- encourage good ski technique.

RACE EVENTS:	Saturday, February 16 th , 2019	10:00AM	2.0 km Interval Start – Classic Technique
		1:00 PM	4 x 1.5 km Relay – 2 legs Classic, 2 legs Free
	Sunday, February 17 th , 2019	9:00AM	300 metre Sprint Qualifier – Free Technique (Heats to follow directly after qualifier.)

LOCATION: Sovereign Lake Nordic Centre, Vernon, BC

HOSTED BY: Sovereign Lake Nordic Club

RULES: The Teck BC Midget Championships is an official, registered Cross Country BC event, however, it is not sanctioned by CCC or FIS. CCC rules will be used as a guide only.

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

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

COMPETITION COMMITTEE:

Chief of Competition:	Penny Latta	
Chief of Course:	Cathrine Beck	
Chief of Stadium:	Glen Stiven	
Chiefs of Timing:	Sandie Gibson/Greg Sadesky	
Competition Secretary:	Verena von Bremen	race@sovereignlake.com 250-540-0869
Event Co-Chairs:	Sue Cairns, Kerry Van Sickle	
Technical Advisor (CCBC):	Jill Stamp	

EVENT WEB-SITE: <https://www.sovereignlake.com/event/2019-teck-bc-midget-championships/>



ELIGIBILITY: A CCBC club or an Elementary School (that is not officially affiliated by membership to a CCBC Club) can register a Team in this event. Only one team per club or school can register in the Championships. A participant in this event must ski for one team only; you cannot be registered under both a school and a club team.

The Championships are open to individuals that are not affiliated with a club or school.

Skiers born in **2006, 2007, 2008** and **2009** only are eligible to participate in this event. There will be no exceptions.

Skiers may only register in one age category for the duration of the event. Skiers may compete in an older age category, but not a younger one.

LICENSES: No licenses are required to participate in this event.

FEE: The event fee is \$85. This fee includes:

- trail passes for Friday, Saturday and Sunday
- 2 races on Saturday (interval start CL, relay)
- lunch on Saturday between races
- Saturday evening dinner and awards banquet including entertainment
- Sprint qualifier on Sunday morning followed by sprint heats
 - Please note that both lunch and dinner will include vegetarian and gluten-free menu options.

REGISTRATION: Registration and fee payment is on-line only at: <https://zone4.ca/reg.asp?id=20113>

All coaches should also register online at the above link in order to receive email correspondence before and during the event.

If you experience any difficulties or have questions about registration, please contact the Competition Secretary at race@sovereignlake.com.

The Participation Waiver must be completed as part of the on-line registration.

RACE ENTRY DEADLINE: Entry deadline is: **Tuesday, February 12th, 2019 AT MIDNIGHT PST**

LATE ENTRIES WILL NOT BE ACCEPTED.

Relay team entry deadline is 9:00 AM, Saturday, February 16th, 2019.

REFUNDS: Refunds will only be issued for those competitors who withdraw from the race prior to the entry deadline of February 12th at midnight.

DRAWS: There is no seeding for this event, just a random draw. The draw will occur on Thursday, February 14th. All efforts will be made to post start lists to the Midget Event Page on Zone 4 by Friday, February 15th at 10:00 a.m.

TRAINING DAY: The race course will be signed for pre-skiing on Friday, February 15th by noon. Friday trail passes for registered athletes and coaches are included in the event fee.

- START LISTS:** Start lists for each day of racing will be posted in the Sovereign Lake Day Lodge and available on-line at www.zone4.ca .
- RACE OFFICE:** The race office is the brown log cabin behind the Technical Building. Hours are as follows:
- Friday 12 Noon-4PM
 - Saturday 8AM-4PM
 - Sunday 7:30AM-2PM
- BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office upon opening of race office. Relay bibs will be available for pick up at 11:30 a.m. on Saturday.
- RELAY INFO:** The relay is a 4-person relay: 2 legs classic technique followed by two legs free technique. There are two categories: Male or Female. An '*official relay team*' is comprised of skiers from the same club or school and the same gender. Female skiers may not compete on official male relay teams. Likewise, male skiers may not compete on official female relay teams.
- A relay team with skiers from more than one club or school can participate as an 'unofficial relay team'. An 'unofficial relay team' can be comprised of male and female athletes. Relay team participants will acquire participation points for their team, however, they will not be eligible for prizes or any points as a relay team.
- If your club has already formed official relay teams, there will be a free on-line registration on zone4.ca beginning on Monday, February 11th.
- Link for relay team registration: <https://zone4.ca/reg.asp?id=20205>
- All relay teams must register their team name and a list of team members by 9:00 a.m. Saturday, February 16th. Any changes to teams, including order of skiers, must also be submitted by 9:00 a.m. Saturday.
- SPRINT INFO:** The sprint format used is the King's Court format. The purpose of this is to ensure that all participants race all four rounds, the time trial qualification followed by three rounds of heats. The top skiers in each heat move up within their category while the bottom skiers move down to ski against other top or bottom skiers in other heats. Heats may be comprised of up to six skiers, where the top three skiers would move up and the bottom three skiers move down for the next series of heats.
- The initial sprint heat start positions will be based on the earlier morning time trial finish times.
- Overtaking of other skiers follows the same rules as in other events except in the marked "finish zone". The leading skier in the marked "finish zone" should stay inside their chosen lane while in this zone and the overtaking skier is required to change lanes without impeding any other skier.
- For safety reasons, it is recommended that all skiers wear protective eyewear when competing in sprint competitions.*
- AWARDS:** Teck, a diversified resource company based in BC, is the title sponsor of the BC Midget Championships. Teck provides the awards for all races and categories.
- Individual awards for Interval Start, Relay and Sprint:** Medals will be awarded for 1st, 2nd and 3rd place male and female finishers in each age category for the interval start and sprint events,

as well as each member of the top three Official Relay Teams in the relay event. Ribbons will be provided for 4th and 5th place finishers.

Technique Awards: Prizes will be provided for five skiers who demonstrate excellent classic technique and to five skiers who demonstrate excellent skate technique. Evaluation will take place during the Classic Interval Start and Free Technique Sprint events. Please note that out of province skiers are eligible for technique awards.

Team/Club Aggregate Trophy: Each participating club team or school team accumulates points towards the Team Aggregate Trophy. Team points are earned as follows:

	Point Definition	Points value
1	No. of participants in an interval start race	1 point per participant
2	Each participant on an Official relay team	1 point per participant
3	Each participant on an Unofficial relay team	1 point per participant
4	No. of participants in a sprint race	1 point per participant
5	Top 4 placings in the interval start race	5, 4, 3, 2 points*
6	Top 4 placings in the sprint race	5, 4, 3, 2 points*
7	Top 4 placings in the interval start race	5, 4, 3, 2 points**
8	Top 4 official team placings in a relay event	10, 8, 6, 4 points
9	Top 5 best classic technique	5 points each
10	Top 5 best skating technique	5 points each

**This is in addition to points earned for participation*

*** Based on total time of the best four times*

Points are calculated for official Teams only (i.e. teams comprised of participants from the same club or school). The team with the most overall points wins the Team Aggregate Trophy. A banner will be provided to the winning team.

BANQUET:

There will be a dinner and awards banquet on the Saturday evening at Priest Valley Gymnasium, 3409-35 Avenue, in downtown Vernon. The taco bar dinner will include vegetarian and gluten-free options. The fee for the Banquet is included in the race entry fee for athletes. A limited number of additional tickets for family and coaches (\$20 per ticket) can be purchased on-line as part of the athlete/coach registration process.

Doors open at 5:30 PM; dinner will be served at 6:00PM. Awards and entertainment to follow.

Banquet tickets will be distributed by club/team and will be given to the team representative picking up bibs for the CL interval start event on Saturday morning.

TRAIL FEES:

Trail fees will be waived for all competitors, registered coaches and registered assistant coaches on each race day and on the official training day, Friday, February 15th. Parents of athletes wanting to recreational ski during the event may purchase trail passes at a discounted rate of \$10/day. In order to receive this reduced rate, tickets must be paid for with athlete registration on zone 4. Please note that we are only able to refund trail pass payment if the event is cancelled.

FACILITIES:

SLNC offers a heated day lodge with indoor washrooms. In addition, outhouses will be located close to the parking and stadium areas. First aid attendants will be available on site.

CONCESSION:

Volunteers from Sovereign Lake Programs will be barbecuing smokies and providing lunch for the athletes on Saturday. These will also be available for purchase by family members. A limited selection of other food and drinks are available for purchase at the daylodge counter.

WAX FACILITIES:

Teams are requested to set up tents for waxing in the area under the flags between the lower parking lot and the day lodge. The grooming garage will have limited space available for this

event. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge. The wax cabin is for the use of recreational day skiers only.

WAX TESTING: Warm up/cool down and glide testing areas are located on Passmore, Woodland Bell and the Montezuma trails.

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 BC Midget Championships. 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.

COURSE MAPS: Course maps are available on the event web-site:
<https://www.sovereignlake.com/event/2019-teck-bc-midget-championships/>

WEATHER See the SLNC website at www.sovereignlake.com for trail conditions and web cam information.

CANCELLATION: If required, a decision to cancel or move this race to a different venue within the Okanagan Valley will be made in consultation with the organizing committee, the Technical Advisor and Cross Country BC. If this event is cancelled 80% of race fees will be refunded.

ACCOMMODATION: Preferential rates for participants at this event have been secured by our event chairs at:

Fairfield Inn and Suites

5300 Anderson Way, Vernon V1T 9V2
(250) 260-7829
\$125 - 2 Queen Beds (Hot Buffet Breakfast incl)

Holiday Inn Express & Suites

4716 34th Street, Vernon V1T 5Y9
(250) 550-7777
\$109 - 2 Queen Beds (Hot Buffet Breakfast incl)

The Village Green Hotel

4801-27th Street
Vernon, BC V1T 4Z1
(250) 542-3321
\$89 - 2 Queen Beds



Fairfield
BY MARRIOTT

Village Green
Hotel Complex





Event Timetable

Date	Time	Event	Location
Tuesday, February 12 th	Midnight PST	Registration deadline	Zone 4
Friday, February 15 th	10 a.m. – 4 p.m.	Official training	Sovereign Lake Nordic Centre
	noon – 4 p.m.	Race office open	Brown log cabin behind green technical building
Saturday, February 16 th	8 a.m. – 4 p.m.	Race office open	Brown log cabin behind green technical building
	9 a.m.	Relay registration deadline	Zone 4
	10 a.m.	Interval Start Classic Event	Stadium
	11:30 a.m.	BBQ concession open (free for athletes) Relay Bib Pick-up	Daylodge Race Office
	1 p.m.	Relay Event	Stadium
	5:30 p.m.	Dinner and Awards Banquet	Priest Valley Gymnasium, 3409-35 Avenue
Sunday, February 17 th	7:30 a.m. – 2 p.m.	Race office open	Brown log cabin behind green technical building
	9 a.m.	Sprint Individual Time Trial	Stadium
	approx. 10:45 a.m.	King's Court Sprint Heats	Stadium
	upon completion of sprint heats	Awards	Stadium