

Okanagan Cup



Cross Country BC

Teck



Nickel Plate

NORDIC CENTRE

Established June 1989

RACE NOTICE

2019 TECK OKANAGAN CUP RACES 1&2

Nickel Plate Nordic

- DATE:** Saturday, January 5th – Sunday, January 6th, 2019
- LOCATION:** Nickel Plate Nordic Ski Club, Penticton, B.C.
- HOST CLUB:** Nickel Plate Nordic Ski Club
- RULES:** CCC rules and regulations
- INFORMATION:**
- | | | |
|------------------------|---------------------|--|
| Chief of Competition: | Carolyn Buzikievich | vp.nickelpn@gmail.com |
| Competition Secretary: | Chris Neenan | chris@cancadd.ca |
| Chief of Timing: | Steve Buzikievich | steveb@vip.net |
| Chief of Course: | Dave Michael | dave.michael75@gmail.com |
| Chief of Stadium: | Ray Mumby | rmmumby@telus.net |
| Chief of Start: | Peter Matthews | petermatt1066@gmail.com |
- ELIGIBILITY:** Ski licenses are not required. Teck Okanagan Cup Series is meant to be affordable and accessible to all skiers. We do not have facilities to accommodate para-nordic athletes at this time.
- This race is designed to appeal to racers of all levels**, from children and their parents just starting out to advanced racers.
- LICENCES:** No race license is required
- RACES:** Saturday – Individual Start Free Technique
Sunday – Mass Start Classic
- RACE ENTRIES:** **Online Registration only at:** www.zone4.ca
Credit card payment is required. E-mail confirmation after registration will be sent if you have registered correctly. *Race Entry Fees do include a trail ticket for competition days, which will be available for pick up at the ticket office.
- DEADLINE:** Entries must be received by Wednesday, January 2nd, 2019 at 9:00 p.m.
NO LATE ENTRIES WILL BE ACCEPTED

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CANCELLATION: There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race.

No refunds will be issued if the organizers are required to cancel the race due to weather or other unforeseen circumstances.

VOLUNTEERS: Many volunteers are required, no experience required. Please help out and register at: ******Insert Zone 4 Volunteer registration link here****.**

DRAW: Start position for both free technique individual start and classic mass start will be determined by random draw. There will no seeding.

START LISTS: Start lists will be posted on <http://zone4.ca> after the Team Captains' Meeting the night before the race and printed copies will be available Saturday morning & Sunday morning after 8:30 a.m. at the Nickel Plate Nordic chalet.

BIB PICKUP: Bibs will be available for pick-up at Nickel Plate during the following times:
Saturday: 9 a.m. – 10 a.m. (race start 11 a.m.)
Sunday: 8 a.m. – 9 a.m. (race start 10 a.m.)
All bibs not picked up will be marked DNS.

AWARDS: An awards ceremony will be held on site each day following the races.

INDIVIDUAL AWARDS:

Category (age as of December 31, 2018)	Awards
Atoms (7 year olds and under or born on or before 2011)	Teck participant ribbons
Pee Wee (8 year olds or born in 2010) to Juvenile (14 year olds or born 2004)	Teck medals for top 3 finishers Teck ribbons for 4 th and 5 th finishers
Juvenile (15 year olds or born in 2003) up to Masters	Awards for the top 3 finishers up to and including Open Men/Women and top 3 overall Master Men/Women

CLUB AGGREGATE AWARDS:

Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at:

<http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

The winner of the Club Aggregate Award will be the club with the most points. The Club Aggregate Award will be presented immediately after the final race of the season.

Details	Points
No. of participants in an interval start race	2 points per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1 st place, 6 points for 2 nd place, etc.	
Points are calculated for individuals representing CCBC Okanagan Zone clubs only	

- FACILITIES:** A ski lodge and washrooms are located at Nickel Plate Nordic Centre.
- PARKING:** Please park in the designated lots as directed upon arrival.
- WAXING:** A waxing trailer is available for use at Nickel Plate Nordic (limited space). Space will be available for setting up 10x10 tents, BYOEC (bring your own extension cord).
- WARM UP/
WAX TESTING:** A warm-up area will be available in the vicinity of the race start.
Low-fluoro glide waxing protocol for Okanagan Cup applies to all ages:
- 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.
 - Please see policy: <http://www.crosscountrybc.ca/sites/default/files/documents/CCBC-Glide-Waxing-Protocol v2.pdf>
- COURSES:** A course map will be posted online as soon as the course has been finalized. Check www.nickelplatenordic.org and the [Nickel Plate Facebook Page](#) for the link to the maps for each course.
- CONCESSION:** Food will be available for sale on site at the chalet.
- ACCOMMODATION:** The Race Hotel is the Penticton Ramada. They have graciously supported the Teck Okanagan Cup by blocking off a group of rooms. You must use Group Code **CGCC19** to qualify for the discounted room rate, available for stays between January 3rd and 6th.
- Ramada Penticton**
[Click Here](#)
Phone: [\(250\) 492-8926](tel:(250)492-8926)
- For additional accommodation options:
Visit: Travel Penticton
<https://www.travelpenticton.com/accommodations/>
Apex Resort
<https://www.apexresort.com/accommodations/>

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RACE SCHEDULE

OKAGANAN CUP RACE 1: INTERVAL START – FREE TECHNIQUE

Date: Saturday, January 5, 2019

Location: Nickel Plate Nordic Centre, Penticton, B.C.

Time: 11:00 a.m.

Category	Sub Category	Age on Dec. 31, 2018	Year Born	Distance	Fee
Atom Boys	AB1, AB2, AB3	5, 6, 7	2013, 2012, 2011	1km (1x km)	15.00
Pee Wee Boys	PB1, PB2	8, 9	2010, 2009	2 km (2x 1 km)	20.00
Bantam Boys	BB1, BB2	10, 11	2008, 2007	3 km(2x 1.5 km)	20.00
Midget Boys	MB1, MB2	12, 13	2006, 2005	3 km (2x 1.5 km)	20.00
Juvenile Boys	JVB1, JVB2	14, 15	2004, 2003	5 km (1x 5 km)	20.00
Junior Boys	JB1, JB2	16, 17	2002, 2001	10 km (2x 5 km)	20.00
Junior Men	JM1, JM2	18, 19	2000, 1999	10 km (2x 5 km)	25.00
Open Men		20 and over	1998 & earlier	10 km (2x 5km)	25.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2013, 2012, 2011	1 km (1x 1km)	15.00
Pee Wee Girls	PG1, PG2	8, 9	2010, 2009	2 km (2x 1km)	20.00
Bantam Girls	BG1, BG2	10, 11	2008, 2007	3 km(2x 1.5 km)	20.00
Midget Girls	MG1, MG2	12, 13	2006, 2005	3 km (2 x 1.5 km)	20.00
Juvenile Girls	JVG1, JVG2	14, 15	2004, 2003	5 km(1x 5 km)	20.00
Junior Girls	JG1, JG2	16, 17	2002, 2001	5 km (1x 5 km)	20.00
Junior Women	JW1, JW2	18, 19	2000, 1999	5 km (1x 5 km)	25.00
Open Women		20 and over	1998 & earlier	5 km (1x 5 km)	25.00

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TECK OKANAGAN CUP RACE 2: MASS START – CLASSIC TECHNIQUE

Date: Sunday, January 6, 2019: Teck Okanagan Cup #1

Location: Nickel Plate Cross Country Ski Club, Penticton, B.C.

Time: 10:00 a.m.

Category	Sub Category	Age on Dec. 31, 2018	Year Born	Distance	Fee
Atom Boys	AB1, AB2, AB3	5, 6, 7	2013, 2012, 2011	1km (1x km)	15.00
Pee Wee Boys	PB1, PB2	8, 9	2010, 2009	2 km (2x 1 km)	20.00
Bantam Boys	BB1, BB2	10, 11	2008, 2007	3 km(2x 1.5 km)	20.00
Midget Boys	MB1, MB2	12, 13	2006, 2005	3 km (2x 1.5 km)	20.00
Juvenile Boys	JVB1, JVB2	14, 15	2004, 2003	7.5 km (1x 7.5 km)	20.00
Junior Boys	JB1, JB2	16, 17	2002, 2001	10 km (2x 5 km)	20.00
Junior Men	JM1, JM2	18, 19	2000, 1999	15 km (2x 7.5 km)	25.00
Open Men		20 and over	1998 & earlier	15 km (2x 7.5km)	25.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2013, 2012, 2011	1 km (1x 1km)	15.00
Pee Wee Girls	PG1, PG2	8, 9	2010, 2009	2 km (2x 1km)	20.00
Bantam Girls	BG1, BG2	10, 11	2008, 2007	3 km(2x 1.5 km)	20.00
Midget Girls	MG1, MG2	12, 13	2006, 2005	3 km (2 x 1.5 km)	20.00
Juvenile Girls	JVG1, JVG2	14, 15	2004, 2003	5 km(1x 5 km)	20.00
Junior Girls	JG1, JG2	16, 17	2002, 2001	7.5 km (1x 7.5 km)	20.00
Junior Women	JW1, JW2	18, 19	2000, 1999	10 km (2x 5 km)	25.00
Open Women		20 and over	1998 & earlier	10 km (2x 5 km)	25.00

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SUPPORTERS

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PARTNERS



Nickel Plate
NORDIC CENTRE
Established June 1989

