

TECK BC CUP SERIES TECHNICAL GUIDELINES 2020

The Teck BC Cup Series is the premier race series in British Columbia. It includes (2) interval start races; (2) mass start races; (2) individual sprint and (1) relay held annually at three different locations throughout the province. The BC Championships is the final event in the Series.

Competitions are held in accordance with CCC Rules & Regulations.

1. SITE SELECTION

Sites are chosen to ensure the greatest number of participants and the least amount of travel. Sites are also selected based on their ability to guarantee quality organization and appropriate courses/distances for developing athletes.

2. SANCTIONING

All events (interval, sprint, mass and relay) in the Teck BC Cup Series are provincially (CCBC) sanctioned.

The interval start, mass start, and individual sprint events in the Series are also nationally (Nordiq Canada) sanctioned.

These nationally sanctioned events (age categories U14 and up) are included on the [Canada Points List](#) and [Canada Sprint List](#). Interval start, mass start, and individual sprint events in the Series are therefore used for provincial team and trip selections.

A sanctioning fee is required by Nordiq Canada for nationally sanctioned competitions. The Cross Country BC Office pays this fee each summer and invoices host clubs during the ski season. The fee charge is per day. The relay event at the BC Championship is *not* included.

Rules: Nordiq Canada Rules and Regulations – <http://www.cccski.com/getmedia/c48d89ca-0412-4937-9e6e-b1814a0c2fb5/2018-ICR-CCR-NOV-including-precisions-3.pdf.aspx>

3. TITLE SPONSOR

Teck, a diversified resource company based in British Columbia, is the title sponsor of the BC Cup Series.

Teck bibs, provided by the Cross Country BC office must be used for all BC Cup races. The office will also provide horizontal and vertical Teck banners for the start and finish area, banners/headers for ZONE4 start lists and results postings, and logos for your race notice, start lists and results.

In addition the office will supply specific awards (medals and ribbons) as described below in section 9.

Contact the Cross Country BC's Administration and Communications Coordinator Sandie Gibson a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison (see attachments below for further information). Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Sandie a minimum of ten days prior your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on:

<http://www.crosscountrybc.ca/sites/default/files/documents/Sponsors%2C%20Awards%2C%20Media%20%28SAM%29%20Pkg%202019-20.pdf>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a national championships (Tier 1), and needs to be scaled down accordingly for Tier 2 events such as the Teck BC Cup Series.

4. RACE NOTICE:

The 'Teck' logo will be provided to race organizers for the race notice, start lists and results lists.

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition. For the ZONE4 posting a header/banner with 'Teck BC Cup Series' on it will be provided to the race organizers by Cross Country BC.

Entries must close no later than Wednesday prior to the competition. NO POST ENTRIES ARE ALLOWED. Competitors should be offered the opportunity to register on ZONE4. If entries are sent via electronic mail, race organizers must notify the sender that their entries have been received.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am to allow more travel time for skiers traveling long distances home. Sprint races usually begin at 9:00 am.

The following must be included:

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all BC Cup races (including the BC Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

CCBC Low Fluoro Glide Waxing Protocol:

- 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.

The race notice should be planned carefully so that there are no changes after it is posted.

5. RACE CANCELLATION

A decision on event cancellation or change of site due to lack of snow will be made by Cross Country BC in consultation with the organizing committee and the Technical Delegate.

The race notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. In addition, please include a basic accommodation list with phone numbers.

6. COACHES MEETINGS AND DRAW

Coaches Meetings are not held at BC Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require.

The draw should be held no later than the Thursday night before the event. This is for the convenience of the event organizers.

For all events except Mass Start, skiers in the Masters' categories and U12 Boy/Girl and younger categories should not be seeded. They should be grouped according to their age category and their positions determined by a random draw procedure.

For Mass Starts:

- a) use the most recent Canada Points List for the draw for U14 through Senior age categories, so the leading points holder is at the front of the chevron start; and
- b) use a random draw for determining start positions for Masters, U12, U10 and U8 age categories.

If, however, any of the U12 and U10 age categories have a large number of entries (for example 30 entries in the U12 Girls category), the organizing committee and TD may, at their discretion, separate that category into year of birth categories (2 categories instead of one) and use a random draw procedure for determining start positions for each of the two categories.

NEW SINCE 2017-18

If two or more age categories of the same gender are skiing a common distance (for example, a 5 km distance for both U16 Girls and U18 Girls) they need to be seeded together/combined for CPL point calculation purposes. The two categories would then be combined in the start list, but separated again in the results.

7. START AND RESULT LISTS

*Younger age categories (U14 and younger) **MUST** be first on the start list.*

It is recommended that the race schedule begin with the U8 categories and work up to the U14 categories. U16 and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

*Both start and results list **MUST** include the year of birth and name of home club for each athlete.*

The official results posted on Zone4 should be presented by age categories, NOT year of birth.

The 'Teck' logo must be displayed on the start lists and results lists. For the ZONE4 posting a header/banner with 'Teck BC Cup Series' on it will be provided to the race organizers by Cross Country BC.

The start list should be posted on ZONE4 no later than noon on Friday before the event. It should also be available at the race site no later than Friday afternoon.

8. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection on the afternoon prior to the first event. Many participants will arrive in time to familiarize themselves with the course and they should find the courses for Saturday's competition clearly marked out. **It is very important that the courses are marked correctly.** A course map displayed in the stadium area is not sufficient.

Classic tracks are not set for the Free Technique events at this level of competition.

9. TIMEKEEPING

An electronic timing system is required.

Clubs may have access to the equipment needed through ownership, borrowing some from other cross country ski clubs, borrowing/renting some from other sport groups in their community and/or borrowing some from Cross Country BC/ZONE4.

To access the timing equipment available through Cross Country BC, contact Nancy Beaumont at 250.545.9600 or programs@crosscountrybc.ca.

Each race requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

ZONE4, Cross Country Canada's official race management software *must* be used in order to meet the national format guidelines and to allow entry into the national points system(s).

10. AWARDS FOR THE INDIVIDUAL EVENTS

- 7 & under (U8 B/G) – Teck participant ribbons for all
- 8 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 9 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 10 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 11 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 12 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 13 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 14 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 15 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 16 years - host club responsibility
- 17 years - host club responsibility
- 18-19 years (U20 M/W) - host club responsibility
- 20-22 years (U23 M/W) - host club responsibility
- 23-29 years (Senior M/W) – host club responsibility
- Masters M/W categories - host club responsibility

- Para-Nordic categories - host club responsibility

NOTES:

All entries in the U8 age category who complete their event will receive a special Teck participant ribbon. At this age, each child should receive the same award, and clubs wishing to provide prizes in addition to these ribbons must ensure each participant in the group receives the same award.

Awards for athletes in all age categories from U18 Boys and Girls through to Masters Men and Women 70+ are the responsibility of the host club.

- Awards for athletes 16 and 17 years of age are to be provided to the top three finishers, male and female, for the interval start, mass start, and individual sprint (finals).
- Awards for all categories from U20 Men/Women through to Masters Men and Women 70+ are to be provided to the top three finishers in an age category for the interval start, mass start, and individual sprint (finals). Note that these athletes receive awards are for their age category only, not year of birth.
- Awards will be medals unless permission for a substitute prize is approved by Cross Country BC.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, year and award category.

Out of province skiers are eligible for medals including medals for relay events.

11. RACING LICENCE

In all races except the relays, all participants registered in U14 through Senior categories are required to hold a current CCC Racing Licence. Masters age categories and U12 and younger categories do not require a licence.

The relays are not a nationally sanctioned event (do not offer CPL points) and none of the categories require a licence.

To apply for a licence go to: <http://www.cccski.com/Events/License-Applications.aspx>

At any time event organizers can obtain an up-to-date list of CCC licensees at the following link: <https://store.cccski.com/apps.asp?cmd=reg&id=4&lan=0>

Entries **must** be refused if proof of a valid licence is not available.

12. RACE FORMATS AND TECHNIQUE

TECK BC CUP #1

An **Individual Sprint** race on Saturday (classic technique) and an **Interval Start** race on Sunday (free technique).

The Sprint race will offer a qualification round (15 second intervals) 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 (i.e. Masters) may be combined.

All skiers will be given the opportunity to compete in a minimum of the qualification round and one heat.

Preferred start time for the qualification round is 9:00 am.

Skiers in U12 Boy/Girl and younger categories will not be seeded for the sprint qualifier, but will be grouped according to their category and their positions determined by a normal draw procedure.

The interval start race will use 15 second interval starts.

TECK BC CUP #2

An **Individual Sprint** race on Saturday (free technique) and a **Mass Start** race on Sunday (classic technique).

The Sprint race will offer a qualification round (15 second intervals) 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 (i.e. Masters) may be combined.

All skiers will be given the opportunity to compete in a minimum of the qualification round and one heat.

Preferred start time for the qualification round is 9:00 am.

Skiers in U12 Boy/Girl and younger categories will not be seeded for the sprint qualifier, but will be grouped according to their category and their positions determined by a normal draw procedure.

The Mass Start race will use the chevron start format.

TECK BC CHAMPIONSHIPS

A **Mass Start** race on Friday (free technique), an **Interval Start** race on Saturday (classic technique) and a **Relay** on Sunday (free technique).

The Mass Start race will use the chevron start format.

The interval start race will use 15 second interval starts.

Relay groups should be started in waves one after the other with only a few minutes between starts in order to complete all events in reasonable time. Three legs. Laps of short courses should be used when possible. No course should be longer than 5 km.

13. AGE CATEGORIES

CATEGORY	AGE	YEAR BORN	
U8 BOYS	U8B-1, U8B-2, U8B-3	5, 6, 7	2014, 2013, 2012
U10 BOYS	U10B-1, U10B-2	8, 9	2011, 2010
U12 BOYS	U12B-1, U12B-2	10, 11	2009, 2008
U14 BOYS	U14B-1, U14B-2	12, 13	2007, 2006
U16 BOYS	U16B-1, U16B-2	14, 15	2005, 2004
U18 BOYS	U18B-1, U18B-2	16, 17	2003, 2002
U20 MEN	U20M-1, U20M-2	18, 19	2001, 2000
U8 GIRLS	U8G-1, U8G-2, U8G-3	5, 6, 7	2014, 2013, 2012
U10 GIRLS	U10G-1, U10G-2	8, 9	2011, 2010
U12 GIRLS	U12G-1, U12G-2	10, 11	2009, 2008

U14 GIRLS	U14G-1, U14G-2	12, 13	2007, 2006
U16 GIRLS	U16G-1, U16G-2	14, 15	2005, 2004
U18 GIRLS	U18G-1, U18G-2	16, 17	2003, 2002
U20 WOMEN	U20W-1, U20W-2	18, 19	2001, 2000
U23 M/W		20, 21, 22	1999 – 1997
SENIOR M/W		23 – 29	1996 - 1990
MASTERS M/W		30 - 39	1989 - 1980
MASTERS M/W		40 - 49	1979 – 1970
MASTERS M/W		50 – 59	1969 - 1960
MASTERS M/W		60 & older	1959 +

In most races the Organizing Committee should treat U23 and Senior skiers (1990 to 1999 inclusive) as Open Men or Open Women.

Note that Master's categories are offered in 10 year increments up to 70 plus.

14. RACE DISTANCES

The distances below reflect Nordiq Canada's LTAD-aligned Competitor Model for developing athletes. The core notion of the LTAD concept is that we do not treat young and growing athletes as mini-adults but rather that we recognize the very specific needs of skiers from infancy to adulthood.

For the U14, U16, U18, U20 and U23 categories, race distances are predetermined. Click here to view the distance chart for these age groups:

<http://www.crosscountrybc.ca/sites/default/files/documents/BC%20Cup%20distances.pdf>

Note that the U20 Women, U23 Women and Senior Women categories should always ski the same distance to allow for comparison of athletes competing in the College/University Racing Circuit. The same applies to U20 Men/U23 Men/Senior Men.

For the remaining age categories the race distances below are recommended. Factors to consider also include what is available, course difficulty, temperature, etc.

The early season races (January) should be at the shorter end of the range provided. Longer distances should be used towards the end of the season (March). February races should be somewhere in between.

Interval & Mass Starts - Males

U8:	7 & under	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
Senior :	23 - 29	10 km to 15 km
Masters:	30 – 70+	10 km to 15 km

Interval & Mass Starts - Females

U8:	7 & under	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
Senior:	23 - 29	5.0 km to 15 km
Masters:	30 – 70+	5.0 km to 15 km

Sprints - Males

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
Senior:	23 - 29	1000-1200 meters
Masters:	30 – 70+	1000-1200 meters

Sprints - Females

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
Senior:	23 - 29	1000-1200 meters
Masters:	20 – 70+	1000-1200 meters

Para-Nordic Standing	TBD
Para-Nordic Ski-ski	TBD

15. TECHNICAL DELEGATE

A Technical Delegate will be appointed by the CCBC Officials Chairperson. The expenses of the TD are the responsibility of the host club. Event organizers are advised to acquire a complete TD package from the CCBC Office. This will explain the TD duties and responsibilities and what the TD will report on when they evaluate an event.

16. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible. Maximum entry fees per day for BC Cup events are as follows:

INTERVAL, MASS AND SPRINT RACE FORMATS:

U8:	\$10.00
U10:	\$15.00
U12:	\$15.00
U14:	\$15.00
U16/U18:	\$20.00
U23:	\$25.00
Senior:	\$25.00
Para-Nordic:	\$25.00
Masters:	\$30.00

RELAY FORMAT:

Maximum fee for registering a team is \$ 30.00.

TRAIL FEES:

The host club will not charge trail use fees to athletes, coaches or persons assisting coaches on official training days or race days. Spectators should be allowed access to the competition trails during the competition without payment of trail use fees, to the extent they do not interfere with the competitors.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club. Athletes are not required to display a pass during the course of competition.

17. AGGREGATE AWARDS FOR THE OVERALL TECK BC CUP SERIES

Aggregate awards are provided to the first three finishers for each year of birth from the first year in the U10 category through to the final year in the U18 Boy/Girl, and for each age category from u20 Men/Women through Masters 70+ Men/Women.

Aggregate awards are provided to the first three finishers of each of the PN Standing Men, PN Standing Women, PN Sit-ski Men and PN Sit-ski Women categories.

There are no aggregate awards for the Atoms category.

Scores are earned from the six individual events in the BC Cup Series - the interval start (2), mass start (2), and individual sprint (2) races, Relays are not included in the overall awards calculations.

A competitor must compete in at least FOUR events to be eligible for the overall awards. The winner will be determined by points from the competitor's four best (of a possible six) races. A minimum of TWO classic and TWO free technique events must be included among the four events selected to determine the points.

A competitor is not required to compete in the BC Championships in order to win the overall awards.

Points for the Aggregate Awards will be awarded in each class as follows:

1. Points will be taken from the four best results from a maximum of six races.
2. Points are calculated for BC residents only.
3. In the case of a tie, where the total points are the same, the winner will be determined by the results of those races in which both skiers competed. If there is still a tie, a tie will be declared.
4. It is not necessary to compete in the BC Championships to win an overall BC Cup title.

PLACE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
POINTS:	25	20	15	12	11	10	9	8	7	6	5	4	3	2	1

The BC Cup Series overall awards and the Club Award are the responsibility of Cross County BC.

18. RULES & REGULATIONS SPECIFIC TO THE TECK BC CHAMPIONSHIPS

The BC Championships is the annual club competition. Each participating club accumulates points towards the Club Championship Trophy.

CLUB CHAMPIONSHIP TROPHY

- Points are earned from Saturday's Interval start race and Sunday's relays only, **not** Friday's races.
- Points are earned for results in an age category (not year of birth).
- Points for the individual start events on Saturday are:
 - 1st place 5 points
 - 2nd place 4 points

- 3rd place 3 points
- 4th place 2 points
- 5th place 1 point
- Points for the relay events (Sunday) are the same as above.
- If there are less than five competitors in a category, the points will still begin at 5 points for 1st place, 4 points for 2nd place, etc.
- Points are calculated for official teams only as per the Nordiq Canada Rule Book.
- Points are calculated for individuals and relay teams representing CCBC clubs only. If out-of-province individuals/teams finish in the top five positions, skip to the next individual/official team from BC until five BC relay teams have received points.

The winner of the trophy is the club with the most points. CCBC is responsible for ensuring that the plaque recognizing their victory is engraved and attached to the trophy. The Club Trophy is displayed throughout the remainder of the year at the CCBC Office in Vernon.

BC CHAMPIONSHIP BANQUET

The host club will provide a *banquet/awards ceremony* **or** an *awards ceremony with refreshments* on Saturday evening. The overall BC Cup Series awards and the awards for Saturday's interval start events will be presented at that time.

Banquet/Awards Ceremony: the maximum fee may not exceed \$50.00.

Awards Ceremony: the maximum fee may not exceed \$17.00.

RELAYS

Following are the age categories for the relay events. Host venues may not have all the distances listed here, so these distances are recommendations only. Organizers are expected to follow the guidelines as closely as possible.

Categories:

U10 Boys:	9 years and under	3 x 1.0 km
U10 Girls:	9 years and under	3 x 1.0 km
U14 Boys:	13 years and under	3 x 2.0 km
U14 Girls:	13 years and under	3 x 2.0 km
U20 Men:	19 years and under	3 x 3.0 km
U20 Women:	19 years and under	3 x 3.0 km
Open Men:	U23/Senior & Masters Men	3 x 3.0 km
Open Women:	U23/Senior & Masters Women	3 x 3.0 km

Rules

Younger skiers may ski in an older age group, but not the reverse.

An official relay team must have three (3) team members from the same club. Club status is determined by (a) the Nordiq Canada Race Licence Policy (for licenced competitors) or (b) the first club that an individual registered with in a given season (for unlicensed competitors). Club Championships Trophy points will not be awarded to unofficial teams.

A maximum of one female skier may compete on either an official male relay team or an unofficial male relay team, but not the reverse.

Medals will be awarded to all three members of each of the top three (3) finishing teams for each age category in the relay. CCBC will provide the medals for the U10 and U14 categories. The other awards are the responsibility of the host club.

The relay awards and Club Championship Trophy will be presented immediately after Sunday's events have been completed.

August, 2019