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FORT ST. JOHN 2020 BC WINTER GAMES
FEBRUARY 20 - 23



2019 BC Winter Games Trials
Zone 2- Okanagan
and

Interval Start Classic Time Trial for all other athletes



- Race Event:** Sunday December 29, 2019- 11:00am Interval start, Classic Technique
- Race Location:** Mt Macpherson Ski Area, Revelstoke, BC
- Host Club:** Revelstoke Nordic Ski Club www.revelstokenordic.org

Directions to Mt Macpherson Ski Area: 300 meters west of the Columbia River Bridge turn south on Highway 23 South at the lights. Drive 7.3 kms, turn right off the highway at the [Revelstoke Nordic Lodge](#) and the Mt Macpherson Trails.

- Race Committee:** Chief of Competition: Mike Thomas ~ 250-814-4583 ~ mike@urbanworkbench.com
Chief of Timing: Jeff Wilson
Chief of Course: Ryan Gill
Chief of Stadium: Paul Maloney
Race Secretary: Koreen Morrone ~ 250-814-9505 ~ koreenmorrone@gmail.com

Technical Guidelines: [BC Winter Games Technical Guidelines](#)

Rules:

Nordiq Canada Rules and Regulations apply, even though this is an unsanctioned event <http://www.crosscountrybc.ca/rules-and-regulations>

Eligibility:

All ages are encouraged and welcome to participate in Interval Start Classic Time Trial.

Athletes trying out for the BC Winter Games must be born in 2006 (U14-2) or 2005 (U16-1) and must be a member in good standing of a Zone 2 club.

Athletes born in 2006 may compete in the 2006 or 2005 age categories. Athletes born in 2005 must compete in the 2005 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.

2020 BC Winter Games - NEW Indigenous Participation Program

Cross Country BC in partnership with the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) and the BC Games Society will be piloting a new Indigenous participation initiative for the Fort St. John 2020 BC Winter Games.

Up to eight athletes, two coaches and two officials with Indigenous ancestry will be eligible to attend the Games. These spots are in addition to the number of athletes and coaches that are permitted to attend the Games in Cross Country's previous technical package.

This is a strategic initiative by sport sector partners to have more purposeful sport development pathways for participants of Indigenous descent.

For more information contact CCBC Program Coordinator Nancy Beaumont at: 250.545.9600 or programs@crosscountrybc.ca

Race Entries:

Online Zone4 registration:

<https://zone4.ca/reg.asp?id=22717>

Registrants are responsible for their own online processing fees.

Entry Deadline:

Tuesday, December 26, 2019 at 11:00 PM - ***NO late entries will be accepted***

Start lists/Bibs:

Start lists will be posted Saturday, December 28, 2019 on-line at www.zone4.ca and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Revelstoke Nordic Lodge on Saturday morning 9:00 am to 10:00 am.

Awards:

Cookie medals will be awarded to first three in each age/gender category up to U20

Waxing:

There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. There are six exterior plug-ins available. Tent coverage for group waxing may be required.

CCBC Glide Waxing Protocol

Medium and high fluoro glide waxes are not permitted at this race.

Cross Country BC and Revelstoke Nordic respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

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

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

Course Inspection/Wax Testing:

The race courses will be marked and open for inspection by noon Saturday December 28, 2019. The Lodge and courses are open until 9:30pm on lit trails. The courses will close 30 minutes prior to the race start. Wax testing lanes on the left side of Main Loop.

Trail Passes:

Trail passes are included with race fees for all competitors. Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the race courses during competition WILL NOT be permitted.

Course & Stadium Maps:

Maps are available on the Revelstoke Nordic website.
<http://www.revelstokenordic.org/race-maps/>

Weather/Snow Phone:

Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or on our Facebook Page Revelstoke Nordic Ski Club <https://www.facebook.com/revelstokenordicskiclub>

Cancellation Policy:

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.

Please Note! As this is a BCWG Trial this event **WILL NOT** be cancelled regardless of road closures, which are a possibility this time of year. Please check www.drivebc.ca for current road conditions. We recommend staying in Revelstoke the night before the race.

Parking:

Parking at the Nordic Ski Centre is limited and is open to the public during the event. We request that teams carpool, and drop offs will be permitted. Do not park on HWY 23S.

Revelstoke Accommodation: Accommodations in Revelstoke book up quickly. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early.

For a list of accommodations visit Revelstoke Accommodation Association at <https://seerevelstoke.com/revelstoke-accommodations/>





RACE CATEGORIES & COST:

Sunday December 29, 2019 ~ Interval Start Classic Time Trial ~ 11:00am start

Category	Year Born M&F	Distance	Fee per race
U10 and down	2010 and later	1.5 km	\$5
U12	2008-2009	2.5 km	\$10
U14	2006-2007	3.75 km	\$10
U16	2004-2005	5 km	\$10
U18	2002-2003	7.5 km (2 x 3.75 km)	\$10
U20/Open/Masters	2001 and earlier	10 km (2 x 5 km)	\$12

Age as of December 31, 2019

GOOD LUCK TO ALL RACERS!

DO YOU HAVE WHAT IT TAKES?



The BC Winter Games is your chance to compete against the best in the province. This once in a lifetime experience is waiting for you... if you have what it takes.

This is where it begins.



We are
NORTH

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