

RACE NOTICE – 2020 Teck BC Championships

- RACE EVENTS:**
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| Friday, March 6 th , 2020 | 11:00 am | Mass Start – Free Technique |
| Saturday, March 7 th , 2020 | 10:00 am | Interval Start – Classic Technique |
| Sunday, March 8 th , 2020 | 10:00 am | Relay – Free Technique |
- LOCATION:** Telemark Nordic Centre, West Kelowna, BC
- HOSTED BY:** Telemark Nordic Club
- SANCTIONED BY:** Nordiq Canada and Cross Country BC
- RULES:** FIS ICR – CCR (Canadian Competition Rules) Precisions 2019. For the BC Cup Series Technical Guidelines please refer to the CCBC web-site:
<http://crosscountrybc.ca/technical-guidelines>
- COMPETITION COMMITTEE:**
- | | | |
|------------------------|---------------------------------------|--|
| Chief of Competition: | Mike Edwards | mike.edwards@telemarknordic.com |
| Competition Chairs: | Alison Campbell-Urness
Barry Allen | acampbellurness@gmail.com
barry_g_allen@shaw.ca |
| Chiefs of Course: | Tim Mayer
James Williams | kumitim@telus.net
jilljames@shaw.ca |
| Chief of Stadium: | David Lloyd | dlloyd46@gmail.com |
| Chief of Timing: | Dean Sader | dpsader@shaw.ca |
| Competition Secretary: | Jillian Stamp | race@telemarknordic.com or 250-979-1255 |
| Technical Delegate: | Val Wootton | valeriejwootton@gmail.com |
- EVENT WEB-SITE:** <https://telemarknordic.com/2020-teck-bc-championships/>
- REGISTRATION:** Registration and fee payment is on-line only at: <https://zone4.ca/event/2020/A15DBA16/>
- If you experience any difficulties or have questions about registration please contact the Competition Secretary.
- Event Participation Waiver must be completed as part of the on-line registration.
- RACE ENTRY DEADLINE:** Entry deadline is: **Midnight PST Tuesday, March 3rd, 2020**
- LATE ENTRIES WILL BE ACCEPTED up until Wednesday, March 4th at 12 Noon PST and will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded. Please contact the Competition Secretary for assistance as the web registration will be closed/offline.**
- Relay team entry deadline is 12 noon, Saturday, March 7th, 2020**

- LICENCES:** All competitors skiing in **U14 to Senior** categories must have a current race licence. The following licences are acceptable:
- Nordiq Canada Licence
 - FIS Licence
 - Other National Ski Licence
 - CCC Supporting Day Member Licence

Competitors in **Masters age categories and U12 and younger** categories do not need a licence to compete but must be members in good standing of a Nordiq Canada affiliated club.

The relay is not a nationally sanctioned event and no licence is required for any racer.

- SEEDING:** Seeding will be used for all age categories with the exception of Masters and U12 and younger categories where order of start will be determined by a random draw. If two or more age categories of the same gender are skiing a common distance (for example, U18 boys and U20 Men) they will be seeded together using the current Canada Points List. These categories will be combined for the start list but separated for results and awards.

- REFUNDS:** Refunds will only be issued for those competitors who withdraw from the event prior to the race entry deadline of March 2nd at midnight.

- COURSE MAPS:** Course maps are available on the event web-site:

<https://telemarknordic.com/2020-teck-bc-championships/>

- RELAY:** Each relay team is comprised of 3 skiers. There are 9 relay categories:

- U10 Boys (Age 9 & under)
- U10 Girls (Age 9 & under)
- U14 Boys (Age 10 to 13)
- U14 Girls (Age 10 to 13)
- U20 Men (Ages 14 to 19)
- U20 Women (Ages 14 to 19)
- Open Men: Senior & Masters Men
- Open Women: Senior & Masters Women
- ParaNordic (Sit & Standing, Male and Female)

Relay Rules:

- Younger skiers may ski on older age category relay team, however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team.
- An 'Official' relay team will have 3 team members from the same club. Club Championship trophy points will not be awarded to unofficial teams.

Relay registration for pre-registered athletes will be open on Sunday, March 1st until 12 noon Saturday, March 7th.

The link to the no-fee, on-line relay registration will be e-mailed to all registered coaches and posted to <https://zone4.ca/event/2020/A15DBA16/>

- START LISTS:** Start lists for each day of racing will be posted at the Telemark Chalet and available on-line at <https://zone4.ca/event/2020/A15DBA16/>

- RACE OFFICE:** The event race office will be in a trailer adjacent to the Telemark lodge.
Hours are as follows:
- Thursday 1-4 pm
 - Friday 8 am - 4 pm
 - Saturday 8 am – 4 pm
 - Sunday 8 am - 1 pm
- BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office upon opening of race office.
- AWARDS:** Teck, a diversified resource company based in BC, is the title sponsor of the BC Cup series. Teck provides the awards for ages 15 and under. All U8 (7 & under) will receive a special Teck participant ribbon. Awards for ages 16 and over will be provided by Telemark. Each day's awards ceremony will occur directly after each day of racing at the race site, with the exception of Saturday's awards which will occur at the awards ceremony.
- Teck BC Cup Series aggregate awards will be presented at the evening awards ceremony. Please see the Technical package for more information on the aggregate awards.
- CLUB TROPHY:** The BC Championships is also an annual club competition. Each participating CCBC club accumulates points and the club with the most points is awarded the Club Championship trophy. Points are awarded to the top 5 finishers on Saturday and the top 5 official relay teams on Sunday. See Technical Package for complete details.
- AWARDS CEREMONY:** The awards for the Teck BC Cup Series aggregate awards, including the College/University aggregate, will be presented at the evening awards ceremony. Please see the Technical package for more information on the aggregate awards. For information on the College/University Aggregate Awards please visit <http://crosscountrybc.ca/college-university-aggregate-awards-program> .
- The awards ceremony, offering desserts and refreshments, is on the evening of Saturday, March 7th at the Westbank Community Hall, 2466 Main St, in downtown West Kelowna.
- The \$10 fee for each racer is included in the race registration fees.
Due to the capacity of the community hall, a limited number of additional tickets for family and coaches will be available at the race office for \$10 on Saturday from 10:30 AM to 2PM.
- Tickets must be picked up at the race office by end of day Saturday and will be distributed by club/team.
- The Telemark Junior Race team will also be selling raffle tickets as a team fundraising activity.
- CONCESSION:** There will be a concession available.
- FACILITIES:** There is a day lodge at the race site. In addition, one of the machine sheds will be available for shelter. Portable toilets will be located close to the stadium area.
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Thursday, March 5th. Passes must be picked-up at the Telemark office and displayed while using the facilities.

WAX FACILITIES: Outdoor electrical outlets are available on the roadway leading from the parking lot to the stadium. Waxing is not permitted in the day lodge. Additional power will be made available from the 'old' groomer shed, located nearest to the Telemark chalet, however, it is on a first come, first 'plugged-in' basis. Teams are encouraged to bring portable generators and tents.

WAX TESTING: NO WAX TESTING ALLOWED on the course. No exceptions. A wax testing area will be designated.

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 ***ALL age categories at all BC Cup races*** (and includes the BC Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to BC from out-of-province or out-of-country.

The Low Fluoro Glide Waxing Protocol is as follows:

- 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 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.

WEATHER: For trail and snow conditions or visit <http://telemarknordic.com/current-trail-conditions/>

CANCELLATION: 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 Delegate and Cross Country BC. Race fees are not refundable.

ACCOMMODATION:



The Cove Lakeside Resort is the preferred accommodation of the Telemark Nordic Club. Contact the Cove directly at 250-707-1800 or Toll free: 1-877-762-7683.

RACE DISTANCES AND FEES:

CATEGORY	YEAR OF BIRTH	Fri, March 6th Start: 11AM Mass Start Free Technique		Sat, March 7th Start: 10AM Interval Start Classic Technique		Sun, March 8th Start: 10AM Relay (3 leg) Free Technique \$10 per person (\$30/team)
		Distance:	Fee:	Distance:	Fee:	
<u>U8 Boys</u> U8B-1 U8B-2 U8B-3	2014 2013 2012	1.0 km	\$10.00	1.0 km	\$10.00	U10 RELAY (Age 9 & under) 3 x 1.0 km
<u>U8 Girls</u> U8G-1 U8G-2 U8G-3	2014 2013 2012	1.0 km	\$10.00	1.0 km	\$10.00	
<u>U10 Boys</u> U10B-1 U10B-2	2011 2010	1.5 km	\$10.00	1.5 km	\$10.00	
<u>U10 Girls</u> U10G-1 U10G-2	2011 2010	1.5 km	\$10.00	1.5 km	\$10.00	
<u>U12 Boys</u> U12B-1 U12B-2	2009 2008	2.5 km	\$15.00	2.5 km	\$15.00	U14 RELAY (Ages 10 - 13) 3 x 2.5 km
<u>U12 Girls</u> U12G-1 U12G-2	2009 2008	2.5 km	\$15.00	2.5 km	\$15.00	
<u>U14 Boys</u> U14B-1 U14B-1	2007 2006	3.75 km	\$15.00	5.0 km (2 x 2.5 km)	\$15.00	
<u>U14 Girls</u> U14G-1 U14G-2	2007 2006	3.75 km	\$15.00	5.0 km (2 x 2.5 km)	\$15.00	
<u>U16 Boys</u> U16B-1 U16B-2	2005 2004	10 km (3 x 3.3 km)	\$20.00	7.5 km (2 x 3.75 km)	\$20.00	U20 RELAY (Ages 14-19) 3 x 3.3 km
<u>U16 Girls</u> U16G-1 U16G-2	2005 2004	7.5 km (2 x 3.75 km)	\$20.00	5.0 km (2 x 2.5 km)	\$20.00	
<u>U18 Boys</u> U18B-1 U18B-2	2003 2002	10 km (3 x 3.3 km)	\$20.00	7.5 km (2 x 3.75 km)	\$20.00	
<u>U18 Girls</u> U18G-1 U18G-2	2003 2002	7.5 km (2 x 3.75 km)	\$20.00	10 km (2 x 5.0 km)	\$20.00	
<u>U20 Men</u> U20M-1 U20M-2	2001 2000	10 km (3 x 3.3 km)	\$20.00	10 km (2 x 5.0 km)	\$20.00	
<u>U20 Women</u> U20W-1 U20W-2	2001 2000	7.5 km (2 x 3.75 km)	\$20.00	10 km (2 x 5.0 km)	\$20.00	
<u>Open Men</u> U 23 Senior	1997-1999 1996-1990	10 km (3 x 3.3 km)	\$25.00	10 km (2 x 5.0 km)	\$25.00	OPEN RELAY (OPEN & MASTERS) 3 x 3.3 km
<u>Open Women</u> U23 Senior	1997-1999 1996-1990	7.5 km (2 x 3.75 km)	\$25.00	10 km (2 x 5.0 km)	\$25.00	
<u>Master Men</u> (10 year age categories)	1989 & earlier	10 km (3 x 3.3 km)	\$30.00	10 km (2 x 5.0 km)	\$30.00	
<u>Master Women</u> (10 year age categories)	1989 & earlier	7.5 km (2 x 3.75 km)	\$30.00	10 km (2 x 5.0 km)	\$30.00	
ParaNordic Sit Ski Men		TBD	\$25.00	TBD	\$25.00	PN RELAY (SIT & STANDING)
ParaNordic Sit Ski Women		TBD	\$25.00	TBD	\$25.00	
ParaNordic Standing Men		TBD	\$25.00	TBD	\$25.00	
ParaNordic Standing Women		TBD	\$25.00	TBD	\$25.00	

EVENT SPONSORS:

The following businesses and organization are sponsoring this race event:

Title Sponsor:



Supporting Sponsors:



Sponsor of the College/University Aggregate Awards:

