

# Midget Championships



# Teck



## RACE NOTICE

### 2020 Teck BC Midget Championships



The Overlander Ski Club is pleased to host the 2020 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.

<b>RACE EVENTS:</b>	Saturday, February 22, 2020	10:00AM	2.0 km Interval Start – Classic Technique
		1:30 PM	4 x 1.5 km Relay – 2 legs Classic, 2 legs Free
	Sunday, February 23, 2020	9:00AM	300 m Sprint Qualifier – Free Technique (Heats to follow directly after qualifier.)

**LOCATION:** STAKE LAKE NORDIC CENTRE: 25 minutes south of Kamloops on the Lac Le Jeune Rd.

**HOSTED BY:** Overlander Ski Club (OVSC)

**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:	Natalie Manhard
Chief of Course:	Dana Manhard
Chief of Stadium:	Marvin Kwiatkowski
Chief of Timing:	Luc Guilherme
Competition Secretary:	Nancy Flood <a href="mailto:oscrace@gmail.com">oscrace@gmail.com</a> 250-371-7418
Event Chair:	Coralee Kwiatkowski
Technical Advisor (CCBC):	Jillian Stamp

**EVENT WEB-SITE:** <https://www.overlanderskiclub.com/midget2020/>



**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 **2007, 2008, 2009 and 2010** 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
  - Please note that both lunch and dinner will include vegetarian and gluten-free menu options (if ordered in advance at dinner).
- Sprint qualifier on Sunday morning followed by sprint heats

**REGISTRATION:** Registration and fee payment is on-line only at: <https://zone4.ca/>  
All coaches should also register online at the above link in order to receive email correspondence before and during the event, as well as a parking pass (1/team).  
If you have difficulties or have questions about registration, please contact the Competition Secretary at [oscrace@gmail.com](mailto:oscrace@gmail.com).  
The Participation Waiver must be completed as part of the on-line registration.

**RACE ENTRY** Entry deadline is: **Tuesday Feb 18, 2020 at 11:59 PM PST:**  
**LATE ENTRIES WILL NOT BE ACCEPTED.**

*Relay team entry deadline is 9:00 AM, Saturday, February 22, 2020.*

**REFUNDS:** Refunds will only be issued for those competitors who withdraw from the race prior to the entry deadline of February 18, 11:59 PM, PST.

**DRAWS:** There is no seeding for this event, just a random draw. The draw will occur on Thursday, February 20. All efforts will be made to post start lists to the Midget Event Page on Zone 4 by Friday, February 19 @ 10:00 a.m. PST- see bubble on the right  
Natalie

**TRAINING DAY:** The race course will be signed for pre-skiing on Friday, February 21 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 Overlander Day lodge and the Machine Shed near the stadium and available on-line at [www.zone4.ca](http://www.zone4.ca).
- RACE OFFICE:** The Race Office will be located in the Machine shed adjacent to the Stadium.  
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 when it opens.  
Relay bibs will be available for pick up at 11:30 a.m. on Saturday.
- INTERVAL INFO** Classic technique, 15 second starts. Eight categories (male and female for each year of birth (2007-2020))
- RELAY INFO:** The relay is a 4-person relay: 2 legs classic technique followed by two legs free technique. There are two categories: Male and Female. An 'official relay team' is comprised of skiers from the same club or school and of 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, but are not be eligible for prizes or 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](http://zone4.ca) beginning on Monday, February 17, 2020.
- All relay teams must register their team name and a list of team members by 9:00 a.m. Saturday, February 22nd. 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 from which 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 finish times from the earlier qualifier.
- 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place male and female finishers in each age category for the interval start and sprint events, as well for each member of the top three Official Relay Teams in the relay event. Ribbons will be provided for 4<sup>th</sup> and 5<sup>th</sup> 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:

	<b>Point Definition</b>	<b>Points value</b>
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 in the Grand Hall of the Campus Activity Centre, on the Thompson Rivers University campus. (Parking is free on the TRU campus on weekends.) The dinner will include vegetarian and gluten-free options (which must be ordered in advance). The fee for the Banquet is included in the race entry fee for athletes. A limited number of additional tickets for family and coaches (\$25 per ticket) can be purchased on-line as part of the athlete/coach registration process. The banquet is free for children 3 and under.

Doors open at 6:00 PM; dinner will be served at 6:30PM. Awards and slide show.

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 and parents on each race day and on the official training day, Friday, February 21<sup>st</sup>.

**FACILITIES:**

OVSC offers a heated day lodge near the main parking area; indoor washrooms are located in an adjacent building. In addition, portable toilets will be located close to the Machine Shed, which houses the "Athlete's village" and the Race office and stadium area. First aid attendants will be available on site.

**CONCESSION:** A lunch will be available for the athletes on Saturday in the Machine Shed. There will also be food available for purchase by family members.

**WAX FACILITIES:** Teams are requested to set up tents for waxing in the area between the Machine Shed and the Stadium. . There is an adequate supply of power available to connect extension cords. There is no waxing inside buildings or on the decks of the main day lodge.

**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 this event. 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.overlanderskiclub.com/midget2020/>

**WEATHER** See the OVSC website <https://www.overlanderskiclub.com/> for trail conditions and web cam information.

**CANCELLATION:** If required, a decision to cancel or move this race to a different venue nearby will be made in consultation with the organizing committee, the Technical Advisor and Cross Country BC. In the event of cancellation, the organizers reserve the right to recover costs incurred. Refunds for medical reasons are available upon receipt of a medical note from a physician or nurse practitioner.

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

Comfort Inn & Suites  
[1810 Rogers Place, Kamloops, BC, V1S 1T7, CA](https://www.comfortinn.com/locations/1810-Rogers-Place-Kamloops-BC-V1S-1T7-CA)  
Phone (250) 372-0987 Fax(250) 372-096





<b>EVENT TIMETABLE</b>
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Date	Time (all times are PST)	Event	Location
Tuesday, February 18 <sup>th</sup>	11:59 PM PST	Registration deadline	Zone 4
Friday, February 21 <sup>st</sup>	noon – 4 p.m.	Official training	Stake Lake Nordic Centre
	noon – 4 p.m.	Race office open	
Saturday, February 22 <sup>nd</sup>	8 a.m. – 4 p.m.	Race office open	Inside Machine Shed near stadium
	9 a.m.	Relay registration deadline	Zone 4
	10 a.m.	Interval Start Classic Event	Stadium
	11:00 a.m.	Hot lunch (free for athletes) Relay Bib Pick-up	Machine Shed Race Office
	1:30 p.m.	Relay Event	
	6:00 p.m.	Dinner and Awards Banquet	Grand Hall, Campus Activity Centre, TRU Campus
Sunday, February 23 <sup>rd</sup>	7:30 a.m. – 2 p.m.	Race office open	Inside Machine Shed
	9 a.m.	Sprint Individual Time Trial	Stadium
	approx. 10:45 a.m.	King's Court Sprint Heats	Stadium
	Upon completion of sprint heats, approx. 3 p.m.	Awards	Stadium