



## Teck Okanagan Cup February 11-12, 2017

- Race Events:** Saturday, February 11, 2017- 11:00am Mass start, Classic Technique  
Sunday February 12, 2017- 10:00am Interval Start, Free Technique
- Race Location:** Mt Macpherson Ski Area, Revelstoke, BC
- Host Club:** Revelstoke Nordic Ski Club [www.revelstokenordic.org](http://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 ~ 250-200-0342 ~ [mike@urbanworkbench.com](mailto:mike@urbanworkbench.com)**  
Chief of Timing: Richard Brittin  
Chief of Course: Ryan Gill  
Chief of Stadium: Brad Park  
Race Secretary: Koreen Morrone ~ 250-814-8898 ~ [korenmorrone@gmail.com](mailto:korenmorrone@gmail.com)

- Eligibility:** Ski licenses are not required. Teck Okanagan Cup series is meant to be affordable & accessible to all skiers living in the Okanagan from children and their parents to advanced skiers. Para Nordic will be included if requested.

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

**Race Entries:** Online Zone4 registration:  
<https://www.zone4.ca/>  
Registrants are responsible for their own online processing fees.

**Entry Deadline:** **Wednesday February 8, 2017 10:00 pm**  
**- *NO late entries will be accepted***

**Draws:** Start position for both classic mass start and free technique interval start will be determined by random draw. There is no seeding.

**Start lists/Bibs:** Start lists will be posted by noon Friday, February 10, 2017 on-line at [www.zone4.ca](http://www.zone4.ca) and at the Nordic Lodge.  
Bib pick-up for Saturday's race will be at the Revelstoke Nordic Lodge 8:00am to 9:30am on Saturday February 11, 2017.  
Bib pick-up for Sunday's race will be at the Revelstoke Nordic Lodge 8:00am to 9:00am on Sunday February 12, 2017.

**Club Aggregate Award:**

Club points are accumulated for each race in the Teck Okanagan Cup series and an award is given to the club with the most points at the end of the final race. Points are earned for top 5 finishers and for participation! So encourage your club to attend both days of the Okanagan Cup.

**Awards:**

- 7 & under (Atoms) - Teck participation ribbons for all
- 8 years (first year Pee Wees) - Teck 1 to 5 ribbons for top 5 finishers; participation ribbons to all others
- 9 – 14 years - Teck medals for top 3 finishers; Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> finishers
- Tough Cookie Award (athlete who overcame the most adversity during the event, with a positive attitude)
- Wax Wizard draw prize
- Edible medals for top three men and women finishers in each category from 15 years up
- Masters 102+ overall athlete will receive the keys to the community :)

**Facilities:** A day lodge with a first Aid facility is at the race site. The groomer shed will also be available with tables and chairs. The day lodge has indoor washrooms. Additional outhouses are located close to the parking and stadium area.

**Concession:** A concession will be available in the Nordic Lodge on both Saturday and Sunday with hot soup and chili for purchase.

**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 for ALL CATEGORIES**

All coaches, athletes, wax technicians, and parents must abide by the following protocol while waxing skis for athletes racing in all age categories. The 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, athletes, parents and wax technicians.

**Warm Up/Wax Testing:** The race courses will be marked and open for inspection by noon Friday February 10, 2017. 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 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 Maps:** Course maps will be posted on the Revelstoke Nordic Ski Club website (<http://www.revelstokenordic.org/>) as soon as they come available and will be posted at the Revelstoke Nordic Lodge Friday February 10, 2017.

**Weather/Snow Phone:** Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or on the Revelstoke Nordic Ski Club website: <http://www.revelstokenordic.org/>.

**Cancellation Policy:** 75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com) no later than six days prior to the event on February 5th at 10pm. Zone 4 online booking fees are non-refundable.

Please check [www.drivebc.ca](http://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. Only cars with 4 or more people will be allowed to park. Drop offs will be permitted. Do not park on HWY 23S.

A parking lot will be available 7 km north of the ski area to use as a self organized meeting area for car pooling. See RNSC website for a map showing the location of the ski area and the car pooling parking lot.

Further parking information to follow. This will be sent to club coaches.

**Accommodation:** Accommodations in Revelstoke book up quickly on Family Day weekend. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early. Please see below for a list of accommodations or visit Revelstoke Accommodation Association at [www.stayinrevelstoke.com](http://www.stayinrevelstoke.com)

1. Revelstoke Lodge 1-888-559-1979
2. Best Western Plus 250-837-2043

3. Sandman 1-800-726-3626
4. Super Eight 1-866-926-0888





RACE CATEGORIES & COST:

Saturday February 11, 2017 ~ Mass Start Classic Technique ~ 11:00am start

Category	Age M&F	Year Born M&F	Distance	Fee per race
Atom	7 & under	2009-2011	1.5km	\$5
Pee Wee	8-9	2007-2008	1.5km	\$5
Bantam	10-11	2005-2006	2.5km	\$10
Midget	12-13	2003-2004	3.75km	\$10
Juvenile	14-15	2001-2002	5km	\$10
Junior B/G	16-17	1999-2000	2 x 3.75km	\$10
Junior M/W	18-19	1997-1998	2 x 5km	\$15
Open	20-29	1987-1996	2 x 5km	\$15
Masters 30-39	30-39	1977-1986	2 x 5km	\$15
Masters 40-49	40-49	1967-1976	2 x 5km	\$15
Masters 50-59	50-59	1957-1966	2 x 5km	\$15
Masters 60-69	60-69	1947-1956	2 x 5km	\$15
Masters 70+	70+	1948 <	2 x 5km	\$15

Age as of December 31, 2016

Sunday February 12, 2017 ~ Interval Start Free Technique ~ 10:00am start

Category	Age M&F	Year Born M&F	Distance	Fee per race
Atom	7 & under	2009-2011	1.5km	\$5
Pee Wee	8-9	2007-2008	1.5km	\$5
Bantam	10-11	2005-2006	2.5km	\$10
Midget	12-13	2003-2004	3.75km	\$10
Juvenile	14-15	2001-2002	5km	\$10
Junior B/G	16-17	1999-2000	2 x 3.75km	\$10
Junior M/W	18-19	1997-1998	2 x 5km	\$15
Open	20-29	1987-1996	2 x 5km	\$15
Masters 30-39	30-39	1977-1986	2 x 5km	\$15
Masters 40-49	40-49	1967-1976	2 x 5km	\$15
Masters 50-59	50-59	1957-1966	2 x 5km	\$15
Masters 60-69	60-69	1947-1956	2 x 5km	\$15
Masters 70+	70+	1948 <	2 x 5km	\$15

Age as of December 31, 2016

GOOD LUCK TO ALL RACERS!