

BC Championships



Teck



HOSTING BC



BRITISH COLUMBIA

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RACE NOTICE – Teck BC Championships 2017

- RACE EVENTS:** Friday, 17 February 2017: Mass Start – Classic Technique (11:00 start)
Saturday, 18 February 2017: Interval Start – Free Technique (10:00 start)
Sunday, 19 February, 2017: Relays – Classic Technique (10:00 start)
- LOCATION:** STAKE LAKE NORDIC CENTRE: 25 minutes south of Kamloops on the Lac Le Jeune Rd. Start and Finish are in the stadium, which is approximately 800 m from the day lodge and parking area.
- HOSTED BY:** Overlander Ski Club
- SANCTIONED BY:** Cross Country Canada (CCC) and Cross Country BC (CCBC)
- RULES:** For the BC Cup Series Technical Guidelines please refer to the CCBC web-site :
<http://www.crosscountrybc.ca/sites/default/files/documents/Teck%20BC%20Cup%20Series%20TG%2C%20Feb%2C%202017.pdf> For CCC Rules see
[http://www.cccski.com/getmedia/fca8b9ed-5c9e-43de-881f-aae27de14560/2014-ICR-CCR-with-precisions-EN_highlights-\(3\).pdf](http://www.cccski.com/getmedia/fca8b9ed-5c9e-43de-881f-aae27de14560/2014-ICR-CCR-with-precisions-EN_highlights-(3).pdf)
- COMPETITION COMMITTEE:**
- | | | | |
|------------------------|-----------------|--|--------------|
| Chief of Competition: | Natalie Manhard | Oscrace@gmail.com | 250-320-0486 |
| Chief of Course: | Dana Manhard | dmanhard@shaw.ca | 250-320-0486 |
| Chief of Stadium: | Andrew Petersen | appetersen@shaw.ca | 250-851-9816 |
| Chief of Timing: | Luc Guilherme | ljuguilherme@shaw.ca | 250-320-2971 |
| Competition Secretary: | Nancy Flood | Oscrace@gmail.com | 250-372-2425 |
| Sponsorship/Media: | Tammy McDonald | mcdonaldtamlee@gmail.com | 250-672-0121 |
| Technical Delegate: | Jacqui Richards | jmrichards2@gmail.com | 250-364-8007 |
- EVENT WEB-SITE:** Information on all event details is at:
https://www.overlanderskiclub.com/activities-programs/upcoming-events/event/1/Teck_BC_Championships/
- REGISTRATION:** **BY ZONE4.CA** (Registration opens 15 Jan 2017) Access www.zone4.ca and locate this event in information. Credit card payment is required. THERE IS NO ADDITIONAL FEE FOR ONLINE REGISTRATION. If you experience any difficulties or have questions about registration please contact the Competition Secretary Nancy Flood by phone 250-372-2425 or 250 -371-7418. Event Participation Waiver must be completed as part of the on-line registration.

- RACE ENTRY DEADLINE:** Entry deadline is: **Sunday, 12 February 2017 AT MIDNIGHT PST.** Late entries will be accepted up until Tuesday, 14 February at noon PST, but will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded. **Relay team entry deadline is 12 Noon, Saturday February 18, 2017.** Skiers who plan to be on a relay team may pay early on Zone4, or entries may be made and paid for by cash or cheque at the race office until noon on Saturday.
- LICENSES:** All competitors skiing in **Midget, Juvenile, Junior, Open and Masters** categories must have at least one of the following licenses:
- CCC Racing License
 - FIS License
 - Other National Ski License
 - CCC Supporting Day Member License (Note: can be ordered as part of the on-line registration at a cost of \$5.00 per race day)
- Competitors in **BANTAM AND YOUNGER** classes do not need a license to compete but must be members in good standing of a CCC club. If they are not CCC club members, participants must pay \$5.00 to join the hosting club, Overlander Ski Club, in order to enter in this competition. Names of new club members will be registered with CCBC to meet the insurance requirements.
- SEEDING:** Competitors in the Senior Men and Junior Men categories and those in the Senior Women and Junior Women will be combined for seeding purposes and will compete as a single Open category. The categories will be separated into Open and Junior for results and awards/prizes. The current Canada Points List (CPL) will be used. There will be no seeding for categories that do not require a racing license (e.g., Bantams). Order of start will be by random draw.
- REFUNDS:** Refunds will only be issued for those competitors who withdraw from the race prior to the race entry deadline of 12 February 2017 at midnight (PST). In the event of a cancellation due to bad weather conditions, 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.
- RACES** *Please see competition schedule (below) for race formats, distances, categories and fees.*
Mass Start Classic Technique: Categories will start in a chevron, with position in the grid based on distance CPL points (the skier with the best points starts at the front). Start order for Bantam and younger categories will be by random draw.
Individual Start Free Technique: The start order for Midget and older categories will be based on distance CPL where the skier with the best points starts last, weather permitting. The start order for Bantam and younger categories will be by random draw. The starts will be on 15 second intervals.
Relays: Each relay team is comprised of 3 skiers.
- START LISTS:** Start lists for each race day will be posted at the Overlander Day Lodge and the stadium for each day of racing, and will be available on-line at www.zone4.ca following the draw, at approximately 10 am (PST) on Thurs 16 Feb 2017.
- RACE OFFICE:** The event race office will be in the downstairs of the Overlander Day Lodge Chalet. It will be open Friday, Saturday & Sunday from 8:00 am until approximately 1 pm.
- BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office beginning at 8:30AM. **BIBS MUST BE PICKED UP BY 10:30 a.m. ON FRIDAY AND 9:15 am on SATURDAY AND SUNDAY.** Clubs are encouraged to designate a coach or other individual to pick up bibs for all skiers in their club.

- AWARDS:** Awards for ages 14 and under are sponsored by Teck. All Atoms will receive a special Teck participant ribbon. Awards for ages 15 and over will be provided by the Overlander Ski Club. An awards ceremony will occur directly after each day of racing. BC Cup Series Aggregate awards, College/University Series Aggregate awards for the season will be given out at the Banquet on Saturday night ([see below for more details on the banquet](#)). The Club Championship Trophy will be awarded at the race venue following the final event on Sunday.
- CONCESSION:** There will be a concession available near the stadium, offered by “Cook Shack Cravings” (eat@cookshackcravings.com). A variety of menu items including a ‘breaky bun,’ mac and cheese, soups, chili, sandwiches, beverages and baked goods, including vegetarian and gluten free option will be available. Purchases by debit, credit or cash.
- FACILITIES:** A heated day lodge and washrooms are located near the parking area at the start of the Stake lake trail system, which is approximately 800 m from the stadium. The machine shop, adjacent to the stadium, will be cleared and used as a warming room/lodge for weekend. Portable toilets are available near the stadium and outhouses are located at various locations along the trails.
- PARKING** Lots of parking is available in a large lot near the Day Lodge, but parking in the small lot near the stadium is very limited and will be controlled by passes. One pass per club for that lot will be issued to a coach (coaches please register on Zone4 to facilitate issuing of passes and other communication), but parking each day is on a first come, first served basis; passes must be picked up at the ticket booth near the Day Lodge. There is no drive-in access to the stadium so please ensure that you have the necessary assistance to bring your supplies and equipment to the stadium.
- 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, 16 February.
- WAX FACILITIES:** Electrical outlets are available adjacent to the stadium. A few outlets are also available outside the Stake Lake day lodge (800 m from the stadium). No waxing inside the day lodge. Teams are encouraged to bring their own tent for waxing. Participants/Teams are responsible for cleaning up their waxing area.
- WAX TESTING:** NO WAX TESTING ALLOWED on the course. A wax testing area will be designated.
- WAX PROTOCOL:** Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed low-fluoro protocol while waxing skis for races taking place in BC. This also applies to coaches, athletes, wax technicians and parents traveling to BC from elsewhere. Specifically, at the BC Championships, the following applies to skiers in ALL age categories:
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.
- COURSE MAPS:** Course maps will be posted on the event website:
https://www.overlanderskiclub.com/activities-programs/upcoming-events/event/1/Teck_BC_Championships/ The courses to be used on Friday will be set and marked for training on Thursday.

WEATHER: See www.overlanderskiclub.com for up-to-date weather information or phone the snow phone at 250-372-5514. Kamloops weather can be found on the environment Canada website at http://weather.gc.ca/city/pages/bc-45_metric_e.html. Races will be cancelled or postponed if temperature conditions are unsuitable at start time.

ACCOMMODATION We are pleased to be working with two local hoteliers for race weekend. Team rates and offers specific to race weekend available upon request when you mention the TECK BC Championships.

- 1. Hotel 540** 540 Victoria Street reservations@hotel540.ca 1-800-663-2837
Standard double room \$99.00 including breakfast
Deluxe double room \$99.00 including breakfast
- 2. Kamloops Ramada Inn** 555 West Columbia St.
Single/Double room only \$95.00
Single/Double with breakfast \$115.00
Quad (1-4 persons) including breakfast \$125.00
Kids under 14 stay free

For more information on accommodation in the area, please see
www.tourismkamloops.com #explorekamloops



BC CHAMPIONSHIPS BANQUET

Let's celebrate our love for x-country skiing together in a beautiful venue with the best pasta dinner in town, some fun booths to play at and awards. Enjoy a real Italian pasta with meat or vegetarian sauce, salad, buns, dessert, coffee, tea and pop. A preordered Gluten free option is available or call us about other dietary restrictions so we can try to accommodate you.

Banquet at Columbo Italian Cultural Centre (814 Lorne street) on Saturday, February 18.

Tickets are \$19 for ages 10 and over, and \$17 for children ages 3-9, free for 3 and under. Doors open at 5:30 and dinner is at 6:30pm.

Deadline to register for banquet is Sunday, February 12 (same as race entry deadline!). Tickets only available on Zone 4 should be picked up at the Race Office on Friday or Saturday before noon.

Contact Coralee Kwiatkowski for any dietary needs or questions
mckwiatkowski@telus.net or 250-377-1249

THANK YOU FOR SUPPORTING OUR SPONSORS



save
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foods



Italian Cultural Centre



Reservoir Coffee



Race Distances and Fees (Start times are approximate—See start lists)

Category	Year of Birth	Friday, Feb 17 11:00 Mass Start (Chevron)- Classic		Saturday, Feb 18 10:00 Interval Start – Free Technique		Sunday, Feb 19 10:00 Relay (teams of 3) – Classic Technique \$10 per person (\$30/team)
		Distance	Fee	Distance	Fee	
Atom Boys AB1 AB2 AB3	2011 2010 2009	1.0 km	\$10.00	1.0 km	\$10.00	PEEWEE RELAY (ATOMS & PEEWEES Age 9 & under) 3 x 1.0 km
Atom Girls AB1 AB2 AB3	2011 2010 2009	1.0 km	\$10.00	1.0 km	\$10.00	
Peewee Boys PB1 PB2	2008 2007	2 x 1.0 km	\$15.00	2 x 1.0 km	\$15.00	
Peewee Girls PG1 PG2	2008 2007	2 x 1.0 km	\$15.00	2 x 1.0 km	\$15.00	
Bantam Boys BB1 BB2	2006 2005	2.5 km	\$15.00	2.5 km	\$15.00	MIDGET RELAY (BANTAMS & MIDGETS Ages 10 -13) 3 x 2.5 km
Bantam Girls BG1 BG2	2006 2005	2.5 km	\$15.00	2.5 km	\$15.00	
Midget Boys MB1 MB2	2004 2003	5 km	\$15.00	3.5 km	\$15.00	
Midget Girls MG1 MG2	2004 2003	3.5 km	\$15.00	3.5 km	\$15.00	
Juvenile Boys JVB1 JVB2	2002 2001	2 x 3.5 km	\$15.00	5 km	\$15.00	JUNIOR RELAY JUVENILES & JUNIORS Ages 14-19) 3 x 3.5 km
Juvenile Girls JVG1 JVG2	2002 2001	2 x 3.5 km	\$15.00	5 km	\$15.00	
Junior Boys JB1 JB2	2000 1999	2 x 3.5 km	\$15.00	2 x 5 km	\$15.00	
Junior Girls JG1 JG2	2000 1999	2 x 3.5 km	\$15.00	2 x 3.5 km	\$15.00	
Junior Men JM1 JM2	1998 1997	3 x 5 km	\$15.00	2 x 5 km	\$15.00	
Junior Women JW1 JW2	1998 1997	2 x 5 km	\$15.00	2 x 3.5 km	\$15.00	
Open Men U23 23+	1996,1995,1994 1993-87	3 x 5 km	\$25.00	2 x 5 km	\$25.00	OPEN RELAY (OPEN & MASTERS) 3 X 5.0 km
Open Women U23 23+	1996,1995,1994 1993-87	2 x 5 km	\$25.00	2 x 5 km	\$25.00	
Master Men*	1986 and earlier	3 x 5 km	\$25.00	2 x 5 km	\$25.00	
Master Women*	1986 and earlier	2 x 5 km	\$25.00	2 x 5 km	\$25.00	
Open PN Sit-Ski	Male	TBD	\$25.00	TBD	\$25.00	
Open PN Sit-Ski	Female	TBD	\$25.00	TBD	\$25.00	
Open PN Standing	Male	TBD	\$25.00	TBD	\$25.00	3 x 3.5 km
Open PN Standing	Female	TBD	\$25.00	TBD	\$25.00	3 x 3.5 km

**Masters Age Categories will be offered in 10 year increments from 30-39 up to 70+*