



**Race Notice**  
**Amended December 20, 2015**

**BC CUP #1**  
 Teck BC Cup Series  
 BC College/University Series  
**JANUARY 9 & 10, 2016**

<b>NAME OF EVENT</b>	BC Cup #1 Teck BC Cup Series, BC College/University Series	
<b>RACE SCHEDULE</b>	Saturday, January 9, 2016 – Sprints Classic Technique – 9:00 am start  Sunday, January 10, 2016 – Interval Start Free Technique – 9:00 am start	
<b>RACE LOCATION</b>	SOVEREIGN LAKE NORDIC CENTRE (22 km east of Vernon, B.C. in Silver Star Provincial Park)	
<b>HOST CLUB</b>	SOVEREIGN LAKE NORDIC CLUB (SLNC) 250-558-3036 <a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a>	
<b>SANCTIONED BY</b>	CROSS COUNTRY CANADA (CCC), CROSS COUNTRY BC (CCBC)	
<b>RULES</b>	CCC RULES AND REGULATIONS	
<b>RACE ORGANIZING COMMITTEE</b>	Technical Delegate Chief of Competition Chief of Course Chief of Timing Chief of Stadium Competition Secretary	Val Wootton Sharon Clarke Bobbi Catt/Shirley Pommier Penny Latta Don Wylie Verena von Bremen 250-558-0869 <a href="mailto:race@sovereignlake.com">race@sovereignlake.com</a>



**DAY 1 COMPETITION Saturday, Jan. 9<sup>th</sup> Sprints - Classic Technique**

**Qualification Race Starts at 9:00 a.m.**

**We will be following the traditional knockout format for Saturday's sprints. In categories with more than 30 competitors, only the top 30 skiers will advance to the quarterfinal.**

CATEGORY	AGE as at Dec 31, 2015	YEAR OF BIRTH	DISTANCE CLASSIC TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	<u>7 &amp; under</u> 5 6 7	2010 2009 2008	100m	100m	No charge
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	<u>8 &amp; 9</u> 8 9	2007 2006	100m	100m	\$15.00
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	<u>10 &amp; 11</u> 10 11	2005 2004	200m	200m	\$15.00
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	<u>12 &amp; 13</u> 12 13	2003 2002	400m	400m	\$15.00
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	<u>14 &amp; 15</u> 14 15	2001 2000	750m	750m	\$20.00
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	<u>16 &amp; 17</u> 16 17	1999 1998	850m	850m	\$20.00
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	<u>18 &amp; 19</u> 18 19	1997 1996	1200m	1000m	\$ 25.00
Open U23 Men & Women	22 & younger	1993, 1994, 1995	1200m	1000m	\$25.00
Open 23+ Men & Women	23 & older	1992 & earlier	1200m	1000m	\$25.00

**DAY 2 COMPETITION Sunday, Jan. 10<sup>th</sup> Interval Start - Free Technique**  
**Race Starts at 9:00 a.m. Please note that Order of Start is youngest to oldest, EXCEPT Juveniles will start before Midgets.**

CATEGORY	AGE as at Dec 31, 2015	YEAR OF BIRTH	DISTANCE (km) FREE TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	<u>7 &amp; under</u> 5 6 7	2010 2009 2008	0.8km	0.8km	No charge
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	<u>8 &amp; 9</u> 8 9	2007 2006	1.4km	1.4km	\$15.00
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	<u>10 &amp; 11</u> 10 11	2005 2004	2.0 km	2.0 km	\$15.00
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	<u>12 &amp; 13</u> 12 13	2003 2002	3.75km	3.75km	\$15.00
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	<u>14 &amp; 15</u> 14 15	2001 2000	5.0km (2 x 2.5)	5.0km (2 x 2.5)	\$20.00
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	<u>16 &amp; 17</u> 16 17	1999 1998	10km (2 x 5)	7.5km (2 x 3.75)	\$20.00
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	<u>18 &amp; 19</u> 18 19	1997 1996	10km (2 x 5)	7.5km (2 x 3.75)	\$ 25.00
Open U23 Men & Women	22 & younger	1993, 1994, 1995	10km (2 x 5)	7.5km (2 x 3.75)	\$25.00
Open 23+ Men & Women	23 & older	1992 & earlier	10km (2 x 5)	7.5km (2 x 3.75)	\$25.00
Master Male & Female	30-39	1985 to 1976	10km (2 x 5)	7.5km (2 x 3.75)	\$30.00
Master Male & Female	40-49	1975 to 1966	10km (2 x 5)	7.5km (2 x 3.75)	\$30.00
Master Male & Female	50-59	1965 to 1956	10km (2 x 5)	7.5km (2 x 3.75)	\$30.00
Master Male & Female	60-69	1955 to 1946	10km (2 x 5)	7.5km (2 x 3.75)	\$30.00
Master Male & Female	70 & older	1945 & earlier	10km (2 x 5)	7.5km (2 x 3.75)	\$30.00

**NOTE: Para-Nordic will be coordinated as required. Please contact the Competition Secretary at [race@sovereignlake.com](mailto:race@sovereignlake.com).**

## RACE REGISTRATION

Registration and fee payment is ON-LINE ONLY at [zone4.ca](http://zone4.ca). Coaches should register on Zone4 (no fee). **Confirmation Lists will be sent in advance via email to coaches who are registered.**

If you experience any difficulties registering on-line please contact the Competition Secretary.

Racers and coaches **must** check the confirmation list on Zone4 ([zone4.ca](http://zone4.ca)) as soon as possible after completing registration to ensure skiers are registered in the correct categories.

Please contact the competition secretary ([race@sovereignlake.com](mailto:race@sovereignlake.com)) before 12 noon on Thursday, January 6<sup>th</sup> if corrections are required.

## RACE ENTRY DEADLINE

The entry deadline for all races is:

**Tuesday, January 5, 2016 at 11.59 pm PST**

Late entries will only be accepted at the discretion of the jury and will incur an additional \$25 late fee per race. Late entrants will not be seeded.

## LICENSES

Competitors in **Midget, Juvenile, Junior and Open categories must have one of the following valid licenses** to be eligible to race in the BC Cup.

- **FIS Race License**
- **CCC Race License or**
- **CCC Supporting Member Day License** (purchased with online registration for each competition day)
- **Other National Ski License**

CCC Race Licenses must be ordered in advance from CCC at: <https://store.cccski.com/apps.asp> and cannot be issued by the race organizers. The CCC Race Licenses will be verified prior to race to ensure that they are current.

Competitors in the **Bantam and younger or Masters categories do not need a license** to compete, but must be members in good standing of a CCC/CCBC club for the 2015-2016 ski season. Those who are not CCC/CCBC members must purchase membership in the host Sovereign Lake Nordic Ski Club in order to enter in this competition. Names of new club members will be registered with CCBC to meet insurance requirements.

## WAIVER FORMS

Waivers must be accepted on line.

## SEEDING

Competitors in the **Open** Men and Junior Men categories and those in the **Open** Women and Junior Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into **Open** and Junior for results and awards/prizes. The current Canada Points List (CPL) for both distance and sprint competitions will be used.

There will be no seeding for categories that do not require a race license.



Order of start will be by random draw.

- DRAW** Order of start will be determined on Thursday, January 7<sup>th</sup>, 2016.
- START LISTS** Start lists for the Saturday race will be available by noon, Friday, January 8<sup>th</sup> on [Zone4.ca](http://Zone4.ca) and at the Sovereign Lake Nordic Centre. Start lists for Sunday's race will be available after the awards presentations on Saturday.
- BIB PICKUP** Saturday between 7:30 and 9:30 AM in the Race Office  
Sunday between 7:30 and 9:30 AM in the Race Office  
The Race Office is the brown log cabin located behind the green Technical Building.
- AWARDS** Participation ribbons will be awarded to all Atom and Peewee1 skiers at the finish line. There will be two awards presentations (in the stadium) on each race day. The top five finishers in the Peewee, Bantam, Midget and Juvenile1 age categories, and the top three finishers in the older categories will be recognized.
- FACILITIES** SLNC offers a heated day lodge with indoor washrooms. In addition, outhouses will be located close to the parking and stadium areas. First aid attendants will be available on site.
- FOOD & DRINKS** Drinks and snacks will be available to racers at the finish line. Members of the SLNC Junior Development team will be selling chili as a fundraiser to support travel to the 2016 Nationals. A limited selection of other food and drinks is available for purchase at the Sovereign Lake day lodge. Full service restaurants, cafes, pubs and a small grocery store are available at Silver Star Mountain Resort (3km away).
- WAXING** Teams are welcome to set up tents for waxing in the parking area between the lower parking lot and the day lodge. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge. The wax cabin is for the use of recreational day skiers only.
- CCBC WAXING 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 the Midget age category and younger. 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.

<b>SNOW CONDITIONS</b>	See the SLNC website at <a href="http://www.sovereignlake.com">www.sovereignlake.com</a> . A web cam with a view of the stadium can be found online.
<b>WARM UP/WAX TESTING</b>	Warm up/cool down and glide testing areas are located at the south end of stadium. THE COURSE WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.
<b>COURSE MAPS</b>	Course maps will be available on the SLNC website <a href="http://www.sovereignlake.com">www.sovereignlake.com</a>
<b>TRAIL PASSES</b>	Trail passes for Friday (training day) and for Saturday and Sunday race days are included with race fees. Dual Area Trail passes (covering both Sovereign Lake and Silver Star trails) for the preceding Monday to Thursday will be available for racers and coaches at 50% off the regular day pass cost.
<b>CANCELLATION</b>	Any change in the event location or timing will be posted as early as it is known on the Sovereign Lake web site <a href="http://www.sovereignlake.com">www.sovereignlake.com</a> . Where possible a decision on event cancellation or change of site will be made by the organizing committee one week prior to the event in consultation with the Technical Delegate. Where possible a suitable alternative site within driving distance will be identified at the time of cancellation.
<b>COLD WEATHER PROVISIONS:</b>	Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.

*With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition.*

*For Atom and Pee Wee age groups, with air temperatures below -15C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.*

<b>REFUNDS</b>	In the event of cancellation, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification WITH medical documentation prior to the registration deadline on January 6 <sup>th</sup> .
<b>AIRPORT</b>	The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see <a href="http://www.kelownaairport.com">www.kelownaairport.com</a> ). Airlines include Air Canada Jazz, Westjet, Horizon Air and Central Mountain Air.
<b>ACCOMMODATION</b>	Silver Star Mountain (3km from Sovereign Lake) <ul style="list-style-type: none"> <li>• Silver Star Accommodation Phone 1-800-489-0599 Web <a href="http://www.staraccom.com">www.staraccom.com</a></li> <li>• See <a href="http://samesun.com/Silverstar/index.htm">http://samesun.com/Silverstar/index.htm</a> for hostel accommodation</li> </ul> Vernon (21 km from Sovereign Lake) <ul style="list-style-type: none"> <li>• See <a href="http://www.vernontourism.com">http://www.vernontourism.com</a></li> </ul>



