

# BC Cup



# Teck



## Race Notice Teck BC Cup #2 January 24 & 25th, 2015



- RACE EVENTS:** SATURDAY, January 24, 2015 – 11AM Interval Start, Classic Technique  
SUNDAY, January 25, 2015 – 10AM Mass Start, Free Technique
- RACE LOCATION:** [Mt Macpherson Ski Area](#), Revelstoke, BC
- HOST CLUB:** [Revelstoke Nordic Ski Club](#)
- EVENT WEBSITE:** [Teck BC Cup #2](#)
- SANCTIONED BY:** [Cross Country Canada](#) and [Cross Country BC](#)
- RULES:** [CCC Rules and Regulations](#)
- COMPETITION COMMITTEE:** Technical Delegate: Dan Millar  
Chief of Competition: Dave Kaegi 250-837-5734 [wildland@telus.net](mailto:wildland@telus.net)  
Chief of Competition Assistant: Mike Thomas  
Competition Secretary: Debbie Koerber 250-837-6376 [debbie@apexrafting.com](mailto:debbie@apexrafting.com)  
Chief of Timing: Richard Brittin  
Chief of Course: Sally Thomson  
Chief of Stadium: Brad Park
- REGISTRATION:** Registration is online at [Zone4 Teck BC Cup#2](#). Payment is by credit card only. You are responsible for confirming accuracy of your registration.
- BC Cup #1 is a selection race for the 2015 National Championships in Thunder Bay, ON. Selection criteria: [2015 National Championships Trip Selection Criteria](#)
- ENTRY DEADLINE:** Wednesday, January 21st at 10:00 PM  
**LATE ENTRIES WILL NOT BE ACCEPTED**
- REFUND POLICY:** 75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Jan 18th at 10pm. Zone 4 online booking fees are non refundable.
- Please Note!** This event **WILL NOT** be cancelled regardless of road closures, which are a possibility this time of year. We recommend staying in Revelstoke the night before the race and consulting [Drive BC](#) for current road conditions.
- START LISTS:** Start lists for the Saturday race will be available by noon on [Zone4.ca](#) Friday January 23, 2014 and at the Revelstoke Nordic Lodge.
- DRAW:** A random draw will be held on Thursday January 22nd, 2014 and start lists for both Saturday and Sunday events posted on [Zone4](#) by noon Friday.

**CCC RACE LICENSE:** Competitors in Juvenile, Junior and Open categories must have a valid license at the time of registration closing to be eligible to race.

CCC Racing Licenses must be ordered in advance from CCC and cannot be issued by the race organizers. The CCC Racing licenses will be verified prior to race to ensure that they are current. Apply for a [Race License here](#).

**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 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 racing license (i.e., midgets and under, or masters). Order of start will be by random draw.

**BIB PICKUP:** Bib pick-up for Saturday's race will be at the [Revelstoke Nordic Lodge](#) – Ticket Office 8:30am to 9:30am on Saturday January 24<sup>th</sup>, 2015.  
Bib pick-up for Sunday's race will be at the [Revelstoke Nordic Lodge](#) – Ticket Office 8:00am to 9:00am on Sunday January 25<sup>th</sup>, 2015.

**WARM UP/ WAX TESTING:** The race courses will be marked and open for inspection by 1pm Friday. The lodge and courses are open until 9:30pm on lit trails. On race days, course closure 30 minutes prior to the race start.  
No wax testing allowed on the course during the competition.

**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.

**\*\*\*IMPORTANT\*\*\*** The Revelstoke Nordic Ski Club is hosting a No High Fluoro wax event. We ask that all skiers in all categories refrain from using high fluoro wax (and powders) at our event because of health, cost and environmental concerns. We thank you in advance.

**CCBC GLIDE WAXING PROTOCOL FOR MIDGET AGE CATEGORIES AND YOUNGER:**

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 categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. club races, loppets, regional cup races, BC Cup races, BC Championships, BC Midget 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 & 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.

- AWARDS:** Individual awards will be presented following completion of the events:
- Ages 7 and under receive Teck participant ribbons as they cross the finish
  - 8 year olds – Teck Ribbon for top 5 finishers; Teck participant for all others
  - Ages 9-14: Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> finishers
  - Age 15: Club medals for top 3 finishers
  - Medals for top three finishers in all junior, open and master categories
- WEATHER:** [Environment Canada Revelstoke Weather](#)  
[Revelstoke Nordic Ski Club Trail Report](#)  
 Revelstoke Nordic Ski Club Snow Phone 837-7303
- COURSE MAPS:** Course Maps will be posted on the Revelstoke Nordic Ski Club website - [BC Cup Events Tab](#) as soon as they become available and will be posted at the Revelstoke Nordic Lodge Friday Jan 23<sup>rd</sup> at 1pm.
- TRAIL PASSES:** There is no charge for trail use fees to athletes, coaches or persons assisting coaches on official training days or race days. 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.
- PARKING:** PLEASE NOTE THAT PARKING WILL BE LIMITED ON RACE DAYS. Each team will be able to park two vehicles at the day lodge parking lot, larger teams will receive an additional 1-2 parking passes. Drop offs of equipment and passengers permitted. **Do not** park on HWY 23S. On race days a 25 passenger shuttle bus (two at peak times) will run continuously from designated parking 7km away from 7 am until 4pm on Saturday and 2pm on Sunday.
- SHUTTLE SERVICE IS MANDATORY** for any vehicle that does not display a parking permit. Parking permits for teams will be available for pickup from the ticket office on Friday afternoon and Saturday morning. Maps of all available parking areas will be posted to the [Revelstoke Nordic Ski Club Website](#).
- FACILITIES:** A day lodge with a First Aid facility is at the race site. 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. Healthy snacks, coffee, hot chocolate and a lunch of chili, chicken noodle soup and a vegetarian soup will be available for purchase.
- ACCOMMODATION:** Accommodations in Revelstoke book up quickly during the winter months. It is advised to book early. Please see below or visit Revelstoke Accommodation Association at [Stay in Revelstoke](#) to view a full list of hotel, motel, Bed and Breakfast and Hostel options in Revelstoke.
- Sandman 250-837-6161, sports rate \$99 Standard two queen beds, \$109 with kitchenette, promo code 217035, before January 3 based on availability
  - Best Western Plus 250-837-2043, ask for Revelstoke Nordic Ski race rate of \$159 Standard two queen beds, block of rooms available until December 26



**SATURDAY, January 24, 2015 – 11AM Interval Start, Classic Technique**

CATEGORY	AGE	COST	DISTANCE	COURSE
Atoms Boys	7 & under	\$5	1 km	Titan
Atoms Girls	7 & under	\$5	1 km	Titan
Pee Wee Boys	8 - 9	\$10	1 km	Titan
Pee Wee Girls	8 - 9	\$10	1 km	Titan
Bantam Boys	10 - 11	\$15	2.5 km	Dynamite
Bantam Girls	10 - 11	\$15	2.5 km	Dynamite
Midget Boys	12 - 13	\$15	4 km	Mickeys
Midget Girls	12 - 13	\$15	4 km	Mickeys
Juvenile Boys	14 - 15	\$20	5 km	Mickeys & Evelyns
Juvenile Girls	14 - 15	\$20	5 km	Mickeys & Evelyns
Junior Boys	16 - 17	\$20	10 km	Mickeys and Evelyns x 2
Junior Girls	16 - 17	\$20	5 km	Mickeys & Evelyns
Junior Men	18 - 19	\$20	10 km	Mickeys and Evelyns x 2
Junior Women	18 - 19	\$20	5 km	Mickeys & Evelyns
Open U23 Men	20 - 22	\$25	10 km	Mickeys and Evelyns x 2
Open U23 Women	20 - 22	\$25	5 km	Mickeys & Evelyns
Open 23- 29 Men	23 - 29	\$25	10 km	Mickeys and Evelyns x 2
Open 23- 29 Women	23 - 29	\$25	5 km	Mickeys & Evelyns
Masters Men	20 - 70+	\$30	15 km	Mickeys and Evelyns x 3
Masters Women	20 - 70+	\$30	15 km	Mickeys and Evelyns x 3
Para-Nordic Sit-Ski M/F	Open	\$20	TBD	
Para-Nordic Standing M/F	Open	\$20	TBD	

**Age as of December 31, 2014**

**SUNDAY, January 25, 2015 – 10AM Mass Start, Free Technique**

CATEGORY	AGE	COST	DISTANCE	COURSE
Atoms Boys	7 & under	\$5	1 km	Titan
Atoms Girls	7 & under	\$5	1 km	Titan
Pee Wee Boys	8 - 9	\$10	1 km	Titan
Pee Wee Girls	8 - 9	\$10	1 km	Titan
Bantam Boys	10 - 11	\$15	2.5 km	Dynamite
Bantam Girls	10 - 11	\$15	2.5 km	Dynamite
Midget Boys	12 - 13	\$15	4 km	Mickeys
Midget Girls	12 - 13	\$15	4 km	Mickeys
Juvenile Boys	14 - 15	\$20	8 km	Mickeys x 2
Juvenile Girls	14 - 15	\$20	5 km	Mickeys & Evelyns
Junior Boys	16 - 17	\$20	8 km	Mickeys x 2
Junior Girls	16 - 17	\$20	8 km	Mickeys x 2
Junior Men	18 - 19	\$20	15 km	Mickeys and Evelyns x 3
Junior Women	18 - 19	\$20	8 km	Mickeys x 2
Open U23 Men	20 - 22	\$25	15 km	Mickeys and Evelyns x 3
Open U23 Women	20 - 22	\$25	8 km	Mickeys x 2
Open 23- 29 Men	23 - 29	\$25	15 km	Mickeys and Evelyns x 3
Open 23- 29 Women	23 - 29	\$25	8 km	Mickeys x 2
Masters Men	20 - 70+	\$30	15 km	Mickeys and Evelyns x 3
Masters Women	20 - 70+	\$30	15 km	Mickeys and Evelyns x 3
Para-Nordic Sit-Ski M/F	Open	\$20	TBD	
Para-Nordic Standing M/F	Open	\$20	TBD	

**Age as of December 31, 2014****GOOD LUCK TO ALL RACERS !**