

BC Cup



Teck

RACE NOTICE – Teck BC Cup 2



- RACE EVENTS:** Saturday, 6 February 2016 Interval Start – Free Technique (11:00 start)
Sunday, 7 February 2016 Mass Start – 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 located in the stadium, which is approximately 800 m from the day lodge and parking area. A concession and warming area will be located adjacent to the stadium.
- 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%20Nov%2011%2C%202015.pdf>
- COMPETITION COMMITTEE:**
- | | | | |
|------------------------|---------------------|--|--------------|
| Chief of Competition: | Natalie Manhard | Oscrace@gmail.com | 250-320-0486 |
| Chiefs of Course: | Mike Stewart-Smith, | mstewartsmith@telus.net | 250-374-5550 |
| | Dana Manhard | dmanhard@shaw.ca | 250-320-0486 |
| Chief of Stadium: | Andrew Petersen | appetersen@shaw.ca | 250-851-9816 |
| Chief of Timing: | Luc Guilherme | lguilherme@shaw.ca | 250-320-2971 |
| Competition Secretary: | Nancy Flood | Oscrace@gmail.com | 250-372-2425 |
| Sponsorship/Media: | Tammy McDonald | tcamcdonald@telus.net | |
| Technical Delegate: | Dirk Rohde | | |
- EVENT WEB-SITE:** Information on all event details is at http://www.overlanderskiclub.com/bccup_race.htm
- REGISTRATION:** **BY ZONE4.CA** (Registration opens 5 Jan 2016) 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: **Monday, 1 February 2016 AT MIDNIGHT PST**
LATE ENTRIES WILL BE ACCEPTED up until Wednesday, 3 February at Noon PST and will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded.

- 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 1 February 2016 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.
- RACE FORMATS:** *Please see competition schedule (below) for race formats, distances, categories and fees.*
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.
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.
- START LISTS:** Start lists for each day of racing will be posted at the Overlander Day Lodge and at the stadium for each day of racing, and will be available on-line at www.zone4.ca following the draw at approximately 10 pm (PST) on Thursday 23 January 2014.
- RACE OFFICE:** The event race office will be in the downstairs of the Overlander Day Lodge Chalet. It will be open Saturday & Sunday from 8:00 am.
- 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 SATURDAY AND 9:15 am on 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.

- CONCESSION:** There will be a concession available near the stadium, provided by The Art We Are Artisan Market. (www.artweare.com). A variety of soups, chili, sandwiches, beverages and baked goods, including vegan, gluten, and dairy free option will be available. **Please bring cash for concession purchases.**
- 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 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** There is lots of parking available in a large lot near the Day Lodge, but parking in the small lot near the stadium is limited and will be controlled by passes; one pass per club will be issued to a coach (Coaches please register on Zone4 to facilitate issuing of passes and other communication).
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Friday 5 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.
- COURSE MAPS:** Course maps will be posted on the event website: http://www.overlanderskiclub.com/bccup_race.htm. The courses to be used on Saturday will be set and marked for training on Friday.
- 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** **Please book your hotel rooms early** as our TECK BC CUP #2 is scheduled on a busy week in Kamloops with the Hockey Day in Canada Events planned February 3-6th and February 8th is BC Family Day (a holiday for schools and many businesses). We are pleased to be working with three local hoteliers for race weekend. Team rates and offers specific to race weekend available upon request when you mention the TECK BC Cup. With several properties participating you will be sure to find the accommodation and amenities that best suit your team's requirements for an exciting and successful race weekend.
1. Hotel 540 540 Victoria Street reservations@hotel540.ca 1-800-663-2837
 2. Canada's Best Value Inn and Suites 1200 Rodgers Way canadasbestvalueinn@shaw.ca 1-800- 665- 4467
 3. The Thompson Hotel 650 Victoria Street reservations@hotel540.ca 1-800 -663- 2837

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For more information:

Kamloops BC www.tourismkamloops.com #explorekamloops

COMPETITION SCHEDULE

Individual Start – Free Technique

Date: Saturday, 6 February

Start Time: 11:00 AM

CATEGORY	YEAR OF BIRTH	DISTANCE	FEE (includes trail fee)
<u>Atom Boys</u> AB1 AB2 AB3	2010 2009 2008	0.9 km	\$10.00
<u>Atom Girls</u> AG1 AG2 AG3	2010 2009 2008	0.9 km	\$10.00
<u>Pee wee Boys</u> PB1 PB2	2007 2006	1.5 km	\$15.00
<u>Pee wee Girls</u> PG1 PG2	2007 2006	1.5 km	\$15.00
<u>Bantam Boys</u> BB1 BB2	2005 2004	2.5 km	\$15.00
<u>Bantam Girls</u> BG1 BG2	2005 2004	2.5 km	\$15.00
<u>Midget Boys</u> MB1 MB2	2003 2002	3.5 km	\$15.00
<u>Midget Girls</u> MG1 MG2	2003 2002	3.5 km	\$15.00
<u>Juvenile Boys</u> JVB1 JVB2	2001 2000	5 km	\$20.00
<u>Juvenile Girls</u> JVG1 JVG2	2001 2000	5 km	\$20.00
<u>Junior Boys</u> JB1 JB2	1999 1998	2 x 5 km	\$20.00
<u>Junior Girls</u> JG1 JG2	1999 1998	2 x 3.5 km	\$20.00
<u>Junior Men</u> JM1 JM2	1997 1996	2 x 5 km	\$20.00
<u>Junior Women</u> JW1 JW2	1997 1996	2 x 5 km	\$20.00
<u>Open Men</u> U 23 23+	1995, 1994, 1993 1992 - 86	2 x 5 km	\$25.00
<u>Open Women</u> U23 23+	1995, 1994, 1993 1992 - 86	2 x 5 km	\$25.00
<u>Master Men *</u>	1985 and earlier	2 x 5 km	\$25.00
<u>Master Women *</u>	1985 and earlier	2 x 5 km	\$25.00
Para-Nordic Sit Ski Men		TBD	\$25.00
Para-Nordic Sit Ski Women		TBD	\$25.00
Para-Nordic Standing Men		TBD	\$25.00
Para-Nordic Standing Women		TBD	\$25.00

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

Mass Start - Classic Technique

Date: Sunday, 7 February

Start Time: 10:00 AM

CATEGORY	YEAR OF BIRTH	DISTANCE	FEE (includes trail fee)
<u>Atom Boys</u> AB1 AB2 AB3	2010 2009 2008	0.9 km	\$10.00
<u>Atom Girls</u> AG1 AG2 AG3	2010 2009 2008	0.9 km	\$10.00
<u>Peewee Boys</u> PB1 PB2	2007 2006	1.5 km	\$15.00
<u>Peewee Girls</u> PG1 PG2	2007 2006	1.5 km	\$15.00
<u>Bantam Boys</u> BB1 BB2	2005 2004	2.5 km	\$15.00
<u>Bantam Girls</u> BG1 BG2	2005 2004	2.5 km	\$15.00
<u>Midget Boys</u> MB1 MB2	2003 2002	3.5 km	\$15.00
<u>Midget Girls</u> MG1 MG2	2003 2002	3.5 km	\$15.00
<u>Juvenile Boys</u> JVB1 JVB2	2001 2000	2 x 3.5 km	\$20.00
<u>Juvenile Girls</u> JVG1 JVG2	2001 2000	5 km	\$20.00
<u>Junior Boys</u> JB1 JB2	1999 1998	2 x 5 km	\$20.00
<u>Junior Girls</u> JG1 JG2	1999 1998	2 x 3.5 km	\$20.00
<u>Junior Men</u> JM1 JM2	1997 1996	3 x 5 km	\$20.00
<u>Junior Women</u> JW1 JW2	1997 1996	2 x 5 km	\$20.00
<u>Open Men</u> U 23 23+	1995, 1994, 1993 1992 - 86	3 x 5 km	\$25.00
<u>Open Women</u> U23 23+	1995, 1994, 1993 1992 - 86	2 x 5 km	\$25.00
<u>Master Men *</u>	1985 and earlier	2 x 5 km	\$25.00
<u>Master Women *</u>	1985 and earlier	2 x 5 km	\$25.00
Para-Nordic Sit Ski Men		TBD	\$25.00
Para-Nordic Sit Ski Women		TBD	\$25.00
Para-Nordic Standing Men		TBD	\$25.00
Para-Nordic Standing Women		TBD	\$25.00

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