

BC Cup



Teck



EVENT NOTICE TECK BC Cup #2 February 12th & 13th, 2022

BC Cup Series

RACE EVENTS: Saturday, February 12 9:00 am Sprint - Free Technique
Sunday, February 13 10:00 am Interval Start - Classic Technique

RACE LOCATION: Larch Hills Ski Area – Salmon Arm, BC
HOST CLUB: Larch Hills Nordic Society <https://skilarchhills.ca/>

SANCTIONED BY: NORDIQ CANADA
CROSS COUNTRY BC

RULES: NORDIQ CANADA RULES AND REGULATIONS

**RACE
COMMITTEE:**

Chief of Competition	Alan Corbett askacorbett@hotmail.com
Chief of Competition Controller	Brian May
Race Secretary	David Liebich LHRaceSec@gmail.com
Chief of Timing	Keith Hepburn/David Major
Chief of Course	Dave Wallenstein/Dirk Breugem
Chief of Stadium	Darius Bucher/David Mieke
Sprint Coordinator	Rob Hart
Covid Coordinator	Dr. Dirk Breugem
Media Liaison	Brad Calkins
Award Coordinator	Tim Bollans
Volunteer Coordinator	Sarah Zuidhof

REGISTRATION: Registration and fee payment is online only at:
<https://zone4.ca/reg.asp?id=27689>

Fees are payable by credit card only.

*Coaches and managers must register (no fee) to receive race notices.

Registrants are responsible to verify the accuracy of their entries.

The Event Participation Waiver must be completed as part of the online registration.

Contact the Race Secretary with issues regarding registration or to report any corrections that need to be made.

COVID-19: The Event must be in compliance with public health orders as set out by the Provincial Health Authority and Interior Health as of race day. An Event Covid Coordinator will be assigned to monitor and advise the race committee of changes so that race registration reflects current conditions.

<https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/provincial-and-regional-restrictions>

RACE ENTRY: Deadline for registration is **Wednesday, February 9th 10:00 pm PST**. Registrants after February 1 will be charged a \$5 surcharge.
Late entries will not be accepted.

RACE FEES: \$10 per individual race for U8
\$15 per individual race for U10 through U20
\$25 per individual race for U23 and up

REFUND POLICY: Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary before the registration deadline. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. The Host Club will refund 75% of race fees if an event is cancelled.

ZONE4 online booking fees are non-refundable.

The event will be held in accordance with the Public Health Orders of the Province of BC and Interior Health in force at the time of the event. These orders may include the requirement to produce proof of vaccination. Failing to meet the requirements of Health Orders will not be grounds for a refund of fees.

LICENSES: All competitors in the **U14 through Master categories** must hold one of the following valid licenses to be eligible to participate in either race.

- Nordiq Canada Race License
- FIS Race License
- Other National Ski License
- Nordic Canada Supporting Member Day License (SMDL)

Nordiq Canada Race Licenses must be ordered in advance from Nordiq Canada at: <https://nordiqcanada.ca/races/racing-license/>

The SMDL can be purchased during on-line registration for \$5 per day of racing.

SEEDING: *If two or more age categories of the same gender are skiing a common distance (with the exception of the Master's categories) they will be seeded together for CPL point calculation purposes. These categories will be combined in the start list but separated in the results.*

Masters' categories and U12 Boy/Girl and younger categories will not be seeded. Start order will be by random draw.

START LISTS: Start times (by category) will be posted at both the race office and online www.zone4.ca.

BIB PICKUP: **Please send one team representative to pick up all bibs. All bibs will be confirmed with the team rep at time of pick up.** Bibs can be picked up from the race office in the chalet basement.

Saturday: 7:30 am – 9:00 am

Sunday: 7:30 am – 9:00 am

FACILITIES: The day lodge is not available due to Covid-19 restrictions. Porta-potties will be available on site.

FOOD & DRINKS: Due to Covid-19 considerations, there will be no concession at our race this year. Please bring your own food items for lunch and snack items.

**WARM UP/
WAX TESTING** The courses will be open until 15 minutes prior to first race start time. There will be an off-course area available for wax testing and warm up throughout the event.

WAXING: There is space for team tents along the North side of the parking lot in front of the Chalet. Teams must supply their own wax tents. Power outlets are available.

Current Covid-19 restrictions require all waxers to wear facemasks if there is a wall on your wax tent.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories. This protocol also applies to those traveling to British Columbia from out-of-province or out-of-country.

The waxing protocol is as follows:

- *Structure tools **ARE** permitted.*
- *Only identified non-fluoro (NF) glide waxes are permitted.*
- *Fluorinated grip waxes **ARE** permitted.*

Visit [CCBC Fluoro Policy 2021 final.pdf \(crosscountrybc.ca\)](#) for a complete list of permitted glide waxes.

**TRAIL
CONDITIONS:**

Visit <https://skilarchhills.ca/>

COURSE MAPS:

Course maps are available at the club website and will be posted at the race office and stadium bulletin boards.

TRAIL PASSES:

Trail passes are not required for registered racers and coaches, including pre-skiing of the courses on Friday. Siblings and parents who are not racing but want to enjoy the trails are asked to put the regular day use fee in the drop box at the top of the stairs.

ACCOMMODATION:

See list of Hotels and Motels in Salmon Arm at the following link:
<https://shuswaptourism.ca/discover/salmon-arm/accommodation-listings>

EVENT AWARDS:

Event awards will be presented at the stadium each day after completion of the final race. Awards for younger athletes may be distributed at noon.

U8:	All will receive a Teck participant ribbon.
U10 to U16:	Teck medals for top 3 by YOB; ribbons for 4 th & 5 th .
U18:	Larch Hills awards for top 3 by YOB.
U20:	Larch Hills awards for top 3.
U23:	Larch Hills awards for top 3.
Senior:	Larch Hills awards for top 3.
Masters:	Larch Hills awards for top 3 by 10-year category.
Paranordic:	Larch Hills awards for top 3

AGE CATEGORIES:

YOB, ages, and categories can be seen at the following link:
<https://www.crosscountrybc.ca/2021-22-teck-bc-cup-series-regional-cup-series-%E2%80%93-yob-ages-categories>



RACE EVENTS

Sprint:

A qualification round (15 second intervals) will be held for all age categories. Qualifications start at 9:00 am on Saturday. The heats will follow shortly thereafter as they are organized.

A King's Court format will be held for U14 and younger age categories, while Elimination format will be used for racers U16 and older.

Category	Year of Birth	Saturday, February 12 Sprint Free Technique	Sunday, February 13 Interval Start Classic Technique
U8 Girls	2014-2016	1 X 150 m	1.0 km
U10 Girls	2012-2013	1 X 250 m	1.5 km
U12 Girls	2010-2011	1 X 250 m	2.3 km
U14 Girls	2008-2009	1 X 450 m	2 X 2.3 km
U16 Girls	2006-2007	1 X 800 m	2 X 3.0 km
U18 Girls	2004-2005	1 X 800 m	2 X 3.0 km
U20, U23, SW	1992-2003	1 X 1200 m	3 X 3.75 km
MW	<=1991	1 X 1000 m	3 X 3.75 km
Open Para Sit Women		TBA	TBA
Open Para Stand Women	<i>Available upon request. Contact Race Secretary</i>		
U8 Boys	2014-2016	1 X 150 m	1.0 km
U10 Boys	2012-2013	1 X 250 m	1.5 km
U12 Boys	2010-2011	1 X 250 m	2.3 km
U14 Boys	2008-2009	1 X 450 m	2 X 2.3 km
U16 Boys	2006-2007	1 X 800 m	2 X 3.75 km
U18 Boys	2004-2005	1 X 800 m	4 X 3.75 km
U20, U23, SM	1992-2003	1 X 1200 m	4 X 3.75 km
MM	<=1991	1 X 1000 m	3 X 3.75 km
Open Para Sit Men		TBA	TBA
Open Para Stand Men	<i>Available upon request. Contact Race Secretary</i>		

NOTE: Athletes/coaches are encouraged to consult the Larch Hills website to ensure they are aware of the relevant courses for each event.