

Okanagan Cup



Cross Country BC

Teck



Teck Okanagan Cup #1 and BC Winter Games Trials Zone 2- Okanagan

Race Event: Sunday January 2, 2022- 11:00am
Interval start, Classic Technique

Race Location: Mt Macpherson Ski Area
Revelstoke, BC

Host Club: Revelstoke Nordic Ski Club
www.revelstokenordic.org

Directions to Mt Macpherson Ski Area: 300 meters west of the Columbia River Bridge turn south on Highway 23 South at the lights. Drive 7.3 kms, turn right off the highway at the [Revelstoke Nordic Lodge](#) and the Mt Macpherson Trails.

Race Committee: Chief of Competition: Mike Thomas ~ 250-814-4583 ~ mike@urbanworkbench.com
Chief of Timing: Jeff Wilson
Chief of Course: Ryan Gill
Chief of Stadium: Paul Maloney
Race Secretary: Koreen Morrone ~ 250-814-9505 ~ korenmorrone@gmail.com

Technical Guidelines: [BC Winter Games Technical Guidelines](#)

Rules:

Nordiq Canada Rules and Regulations apply, even though this is an unsanctioned event
<http://www.crosscountrybc.ca/rules-and-regulations>

Eligibility:

The Teck Okanagan Cup Series offers affordable, accessible competitive opportunities for skiers of all ages living in the Okanagan. Para Nordic will be included if requested.

Athletes trying out for the BC Winter Games must be born in 2008 (U14-2) or 2007 (U16-1) and must be a member in good standing of a Zone 2 club.

Athletes born in 2008 may compete in the 2008 or 2007 age categories. Athletes born in 2007 must compete in the 2007 age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games.

2022 BC Winter Games - Indigenous Positions: Up to eight athletes with Indigenous ancestry will be eligible to attend the Games. These spots are in addition to the number of athletes that are permitted to attend the 2022 BC Winter Games.

The selection criteria for the Indigenous positions are listed in the BC Winter Games Technical Guidelines.

Race Entries:

Online Zone4 registration:

[Teck Okanagan Cup #1 and BC Winter Games Trials](#)
[Zone 2- Okanagan January 2, 2022 | Zone4.ca](#)

Registrants are responsible for online processing fees.

Entry Deadline:

Tuesday, **December 28, 2021 at 11:00 PM - *NO late entries will be accepted***

COVID Vaccine Guidelines

All athletes aged 12 and older, coaches, technicians, support staff, and volunteers **MUST** be double vaccinated with a Canadian Government approved COVID Vaccine. Confirmation of vaccine status will be mandatory before they can access the venue on race day.

Draws:

There is no seeding for this event just a random draw. The draw will occur on Thursday December 30, 2021.

Start lists/Bibs:

Start lists will be posted Saturday, January 1, 2022 on-line at www.zone4.ca and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Revelstoke Nordic Lodge on Sunday January 2, 2022 between 8:30 am to 10:00 am.

Club Aggregate Award:

Club points are accumulated for each race in the Okanagan Cup series and an award is given to the club with the most point at the end of the final race. Points are earned for the top 5 finishers and for participation. So encourage your club to attend all Okanagan Cup races.

Awards:

7 and under- Teck participation ribbon for all

8 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

9 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

10 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

11 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

12 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

13 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

14 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

15 years- Teck medals for top 3 finishers, Teck ribbons for 4th and 5th.

16 years and up- will be provided by the Revelstoke Nordic Ski Club.

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.

CCBC Glide Waxing Protocol

[CCBC Protocol Regarding the Use of Fluorinated Waxes](#) (PDF)

Adherence to this protocol is the responsibility of coaches, parents and wax technicians.

Cross Country BC and Revelstoke Nordic Ski Club respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia e.g. Championships and the BC Winter Games). This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

Waxing protocols:

- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted (refer to Appendix A for the allowable wax list).
- Fluorinated grip waxes ARE permitted.

The above waxing protocol applies to the following races/age categories:

- At local races (i.e., club races, loppets, etc.), the protocol applies to U14 and younger age categories.
- At Regional Cup races (Coast Cup, Okanagan Cup, Kootenay Cup, Northern Cup), the protocol applies to ALL age categories.
- At BC Track Attack Championships, BC Winter Games and BC Winter Games Trials, the protocol applies to ALL age categories.
- At BC Cup races (including the BC Championships) the protocol applies to ALL age categories.
 - At Western Canada Cup races the protocol applies to all age categories except the Open age category.

Course Inspection/Wax Testing:

[Race courses](#) will be marked and open for inspection by noon Saturday January 1, 2022. The courses will close 30 minutes prior to the race start. Wax testing lanes on the left side of Main Loop.

Trail Passes:

Trail passes are included with race fees for all competitors which includes pre-ski up to 5:00 January 1, 2022, and day of the event. The Revelstoke Nordic Ski Club will be hosting a lantern ski the evening of Saturday January 1, 2022. Any athletes, families, or coaches that wish to participate in this event will be asked to purchase a trail pass. Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the racecourse during competition WILL NOT be permitted. Pre purchasing of trail passes will be available on zone 4.

Course & Stadium Maps:

Maps are available on the RNSC website: <https://www.revelstokenordic.org/race-maps/>

Weather/Snow Conditions:

Trail and snow conditions are available on the [RNSC Grooming Report webpage](#) or the RNSC Snow Phone at (250) 837-7303

Cancellation Policy:

75% refund will be provided to participants who wish to withdraw provided notice of withdraw is emailed to the Race Secretary koreenmorrone@gmail.com no later than six days prior to the event on December 26, 2021 at 10 pm. Zone 4 registration fees are non-refundable.

Please Note! As this is a BCWG Trial, this event **WILL NOT** be cancelled regardless of road closures. Please check DriveBC.ca for current road conditions. We recommend staying in Revelstoke the night before the race.

Parking:

Parking at the Nordic Ski Centre is limited and is open to the public during the event. We request that teams carpool and drop offs will be permitted. Do not park on HWY 23S.

Revelstoke Accommodation: Accommodations in Revelstoke book up quickly. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early.

For a list of accommodations visit Revelstoke Accommodation Association at <https://seerevelstoke.com/revelstoke-accommodations/>



REVELSTOKE.



RACE CATEGORIES & COST:

Sunday January 2, 2022 ~ Interval Start Classic Time Trial ~ 11:00am start

Category	Year Born M&F	Distance	Fee per race
U8 and down	2014-2016	1.5 km	\$10
U10 and down	2012-2013	1.5 km	\$15
U12	2010-2011	2.5 km	\$15
U14	2008-2009	3.75 km	\$20
U16	2006-2007	5 km	\$20
U18	2004-2005	7.5 km (2 x 3.75 km)	\$25
U20/Open/Masters	2003 and earlier	10 km (2 x 5 km)	\$25

Age as of December 31, 2021

Good Luck to all Racers!