

# Okanagan Cup



Cross Country BC

# Teck

## Teck Okanagan Cup #2



**Race Event: Sunday March 13, 2022- 11:00am**

**Mass Start, Free Technique**

**Race Location:**

**Nickel Plate Nordic Centre  
Penticton, BC**

**Host Club:**

**Nickel Plate Nordic Club**  
[www.nickelplatenordic.org](http://www.nickelplatenordic.org)

**Directions to Nickel Plate Nordic Centre: From Penticton, take Green Mountain Road about 16km. Turn right on Apex Mountain Rd, and continue for 18km. Stay right through the forks in the road. Nickel Plate Nordic is located 6.5 kms (4 miles) past Apex Mountain Resort on the Hedley/Nickel Plate Road.**

**Race Committee:**

Chief of Competition: Carolyn Buzikievich  
Chief of Timing: Chris Neenan  
Chief of Course: Brad Baldwin  
Chief of Stadium: Ray Mumby  
Race Secretary: Ryan Hayden & Rob Oslowy

## Technical Guidelines: Teck [Okanagan Cup Technical Package](#)

### 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 categories will be included if requested.

### Race Entries:

Online Zone4 registration:

<https://zone4.ca/reg.asp?id=28425>

Registrants are responsible for online processing fees.

### Entry Deadline:

Tuesday, **March 8th, 2022 at 11:00 PM - *NO late entries will be accepted***

### COVID Guidelines

There is currently not a vaccine mandate for this race as per the guidelines set out from the PHO and Via Sport. However, masks are required for any indoor spaces. The vaccine mandate may be subject to change if the government changes its guidelines by race day.

### Draws:

There is no seeding for this event just a random draw. The draw will occur on Thursday March 10, 2022.

**Start lists/Bibs:**

Start lists will be posted Saturday, March 12th, 2022 on-line at [www.zone4.ca](http://www.zone4.ca) and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Nickel Plate Nordic Lodge on Sunday March 13, 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 points at the end of the final race. Points are earned for the top 5 finishers and for participation. 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 4<sup>th</sup> and 5<sup>th</sup>.

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

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

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

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

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

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

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

16 years and up- will be provided by the Nickel Plate Ski Club.

**Waxing:**

There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. Tent coverage for group waxing may be required. It is encouraged to complete glide waxing prior to arrival.

**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 Nickel Plate Nordic Centre 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. 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).

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:**

Race courses will be marked and open for inspection by noon Saturday March 12th, 2022. The courses will close 30 minutes prior to the race start.

**Trail Passes:**

Trail passes are included with race fees for all competitors which includes pre-ski and day of the event. Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the race course during competition WILL NOT be permitted. Pre purchasing of trail passes will be available on Zone4 during time of registration or through Nickel Plate Nordic Centre.

**Course & Stadium Maps:**

Course maps will be made available and can be found on: [Nickel Plate Website](#)

**Weather/Snow Conditions:**

Trail and snow conditions are available on the [NPNC Grooming Report webpage](#)

**Cancellation Policy:**

75% refund will be provided to participants who wish to withdraw provided notice of withdraw is emailed to the Race Secretary no later than six days prior to the event on March 7th, 2022 at 10 pm. Zone 4 registration fees are non-refundable.

**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.

**Penticton and Apex Accommodation:** Accommodations book up quickly. If you are planning on spending the night, it is advised to book a hotel early.

For a list of accommodations in Penticton visit:

[Penticton Accommodation Options](#)

Sponsors:



RACE CATEGORIES & COST:

Sunday March 13, 2022 ~ Mass Start Free Technique ~ 11:00am start

Category	Year Born M&F	Distance	Fee per race
U8 and down	2014-2016	0.5 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!