

2024 BC Winter Games Technical Guidelines

Note: 2024 BC Winter Games Para-Nordic Info at bottom of page!!

**Host community – Quesnel, BC
Host club – Cariboo Ski Touring Club
Venue: Hallis Lake Ski Center**

Background

The BC Games is one of the largest sports events in North America. These Games are directed at young, developing athletes and provide an important step in the athlete development progression of participating sports.

Quota for Cross Country Skiing

A total of 82 competitors (41 male and 41 female) and 16 coaches (eight male and eight female) are permitted for the sport of cross country skiing.

After the successful pilot of the new Indigenous Program at the 2020 BC Winter Games in Fort St. John, Cross Country Skiing will be continuing with the program. Up to 8 additional competitors (4 male and 4 female) and 2 additional coaches (1 male and 1 female) with Indigenous ancestry are permitted providing they self-identify and can produce proof of ancestry.

Zone Team Composition: there are eight zones, with eight competitors allowed per zone (four male and four female). In addition there are 18 'wildcard' plus 8 'Indigenous' positions available. Each participating zone is required to have two coaches (one male and one female).

Eligibility Restrictions

Refer to Section V-2 of the BC Winter Games Rule Book. In addition, the following age restrictions apply – all competitors must be either 13 or 14 years of age as of December 31st 2023. This means that eligible athletes were born in 2009, or 2010.

Athletes born in 2010 may compete in the 2010 or 2009 age categories. Athletes born in 2009 must compete in the 2009 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.

Selection Criteria

1. Zone Quota positions will be filled as follows:

- 1.1 The first two finishers in each of the four BCWG categories held at the Zone Trials will automatically qualify (2010 Boys, 2010 Girls, 2009 Boys, 2009 Girls).
 - 1.2 If a qualifying athlete declines their position, it will be offered to the next athlete in the same category. If there are no more athletes in a 2010 category then the position will remain vacant. If there are no more athletes in a 2009 category, then the position can be filled by an extra athlete from a 2010 category (if there are extra athletes in a 2010 category to select from).
 - 1.3 Filling the Zone Quota positions (eight athletes per zone), based on this selection criteria (1.1, 1.2), is the responsibility of the respective Zone Representatives.
2. Wildcard positions will be filled as follows:
 - 2.1 The first priority will be to ensure a gender balance among the athletes representing Cross Country BC at the BCWG. This may result in an imbalance of gender representation in the Wildcard positions themselves.
 - 2.2 Selections will be determined based on the total number of eligible participants in each of the four BCWG categories at the Zone Trials.
 - 2.3 A ranking list will be developed based on the order of finish in each category, taking the need for gender balance into consideration. If a selected athlete declines their position, it will be offered to the next athlete.
 - 2.4 Assigning the 18 Wildcard positions, based on this selection criteria (2.1, 2.2, 2.3), is the responsibility of the CCBC PSA.
3. Indigenous positions will be filled as follows:
 - 3.1 The first priority will be to ensure a gender balance among Indigenous athletes representing Cross Country BC at the BCWG.
 - 3.2 Selections will be determined based on the total number of eligible participants in each of the four BCWG categories at the Zone Trials.
 - 3.3 A ranking list will be developed based on the order of finish in each category, taking the need for gender balance into consideration. If a selected athlete declines their position, it will be offered to the next athlete.
 - 3.4 Assigning the 8 Indigenous positions, based on this selection criteria (3.1, 3.2, 3.3), is the responsibility of the CCBC PSA.

BCWG Zone Trials

The BCWG Trials will be held in all zones on December 30, 2023. It is recommended that the Trials are included in a zone competition that offers all age categories from Atoms to Masters. Note: a minimal entry fee may be charged by the Trials organizers.

- The Zone Trials are a one-day event.
- All Trials must be individual start, classic technique events.
- Race distances for qualifying age categories (2009 and 2010 Boy/Girl) must not exceed the distances prescribed for these age categories at the BC Winter Games.
- Athletes must compete in a BCWG Zone Trial in order to qualify for the Games.
- All athletes competing in the Trials must be a member in good standing with Cross Country BC.

Please Note

Athletes that qualify at the Zone Trials to attend the BC Winter Games must pay a Games Registration Fee (\$175.00) prior to 4:00 PM on January 15, 2024. Registration/payment must be completed on ZONE4 using the link that Cross Country BC provides to all qualifiers.

Coaching Certification Requirements:

All head coaches and assistant coaches for each of the eight zones are required to be NCCP CCI certified and have the CAC Safe Sport training module completed. A NCCP CCI 'certified' coach has completed the Introduction to Community Coaching (ICC), Community Coaching (CC), L2T (Dryland) and L2T (On-Snow) workshops as well as the evaluation requirements for this level of training.

Competition Information:

Interval Start (1): Friday, Classic Technique

| | | |
|------------|----------|--------|
| 2010 Boys | 13 years | 3.5 km |
| 2010 Girls | 13 years | 3.5 km |
| 2009 Boys | 14 years | 5 km |
| 2009 Girls | 14 years | 5 km |

Individual Sprint (1): Saturday, Free Technique

| | | |
|------------|----------|-------|
| 2010 Boys | 13 years | 400m |
| 2010 Girls | 13 years | 400 m |
| 2009 Boys | 14 years | 400 m |
| 2009 Girls | 14 years | 400 m |

Traditional Relays (1): Sunday, Mixed Technique

- Zone Teams will consist of two female and 2 male athletes.
- Mixed age categories.
- Distance: 4 x 2.0 km.
- Two legs of the relay are Classic Technique, and two are Free Technique.

CCBC Protocol Regarding the Use of Fluorinated Waxes

Link to protocol:

https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf

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

BCWG Entry Deadline:

Registration of Zone Teams (athletes and coaches) must be completed by 4:00 pm, **January 15th, 2024**.

NOTE: The BC Games Society will NOT accept late entries – registration info and payments MUST be made on ZONE4 prior to 4:00 PM on January 15th, 2024!

Commercial Markings:

A maximum of two commercial markings that do not conflict with BC Games Corporate Partners are allowed per uniform. The size of the name or trademark logo must not exceed 60cm². The combined total of all commercial markings on a uniform must not exceed 120cm² (*i.e. 7.75 cm x 7.75 cm, or 5 cm x 12 cm, or 6 cm x 10 cm*).

Provincial Sport Association Advisor:

Nancy Beaumont

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Ph: (250) 545-9600 (w)

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Assistant Sport Advisor (Para):

Jessica Heyes

Ph: (778) 895-5979

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Sport Chair:

Chris Hyde

Quesnel, BC

Ph: (250) 983-8770

E-mail: chyde79@gmail.com

Zone Sport Representatives:**Zone 1:** *(Kootenay Zone)*

Fred Bushell, Rossland. Ph: (250) 362-7134; E-mail: kootenayfred@hotmail.com

Zone 2: *(Okanagan Zone)*

Kendra von Bremen, Revelstoke

Zone 3, 4, 5: *(Lower Mainland Zones)*

Nerissa Esteron, North Vancouver. Ph: (604) 970-4555; E-mail: nerissaesteron@gmail.com

Zone 6: *(Vancouver Island Zone)*

Michaela Jelen, Courtenay Ph: (250) 941-1268; Email: michaelajelen@mac.com

Zone 7: *(Northwest Zone)*

Helene Fleury, Smithers. Phone: (778) 210-2014; Email: fleuryhma@gmail.com

Zone 8: *(Northeast Zone)*

Sara Cotter, Prince George. Ph: (250) 961-3804; E-mail: sara.cotter@canfor.com

Zone Trial Schedule:

| <i>Zone</i> | <i>Date</i> | <i>Location</i> | <i>Contact</i> |
|-------------|-------------|------------------|----------------|
| Zone 1 | Dec 30 | Rossland | |
| Zone 2 | Dec 30 | Revelstoke | |
| Zone 3 | Dec 30 | Callaghan Valley | |
| Zone 4 | Dec 30 | Callaghan Valley | |
| Zone 5 | Dec 30 | Callaghan Valley | |
| Zone 6 | Dec 30 | Mt Washington | |
| Zone 7 | Dec 30 | Smithers | |
| Zone 8 | Dec 30 | Williams Lake | |

Notes:

- ✓ The Individual Sprint race is comprised of a qualification round and heats.
- ✓ The Interval Start race will use 15 second intervals.
- ✓ There will be increased use of the stadium and laps for all events in order to increase the appeal of the cross-country events to spectators and media.
- ✓ Athletes may participate in cross-country skiing at the BC Games only once during their ski career.

2024 BC Winter Games (Para)

Quota for Cross Country Skiing (Para):

- 1) 8 competitors
- 2) One head coach and two assistant coaches or adult supervisory team members.

Eligibility Restrictions: Refer to Section V-2 of the BC Winter Games Rule Book. There are no zone restrictions. The following age restrictions apply - ages 13 to 35 (competitors must be born between 1988 and 2010). Athletes may not attend the BC Winter Games more than twice.

Participation Fee: Athletes that qualify at the Zone Trials to attend the BC Winter Games must pay a Games Registration Fee (\$175.00) prior to 4:00 PM on January 15th, 2024. Registration/payment must be completed on ZONE4 using the link that Cross Country BC provides to all qualifiers.

Coaching Certification Requirements: The head coach and assistant coaches are required to be NCCP CCI 'certified'. Adult supervisors are required to be NCCP CCI 'trained'. All coaches and adult supervisors must have the CAC Safe Sport training module completed.

Events:

Interval Start Event: Friday, Classic Technique, Standing Men and Women (LW 2-9; B1-3) – 5 km

Interval Start Event: Friday, Classic Technique, Sit-ski Men and Women (LW 2-9) – 3.5 km

Individual Sprint Event: Saturday, Free Technique, Standing Men and Women (LW 2-9; B1-3) – 400 metres

Individual Sprint Event: Saturday, Free Technique, Sit-ski Men and Women (LW 2-9) – 400 metres

Attachment A: Additional Technical information for the Race Organizing Committee

1. SANCTIONING

All events (interval, sprint, and relay) in the BC Winter Games are provincially (Cross Country BC) sanctioned.

BCWG competitions are held in accordance with Canadian Competition Rules (ICR-CCR Precisions) 2020 – <https://nordiqcanada.ca/wp-content/uploads/ICR-CCR-OCT-2020-En.pdf><https://nordiqcanada.ca/wp-content/uploads/ICR-CCR-OCT-2020-En.pdf>

2. RACING LICENCES

No racing licence is required.

3. TECHNICAL DELEGATE/JURY

A Technical Delegate (TD) will be appointed by the Cross Country BC (CCBC) Officials Chairperson. The BC Games Society provides the TD with bus transportation, meals and accommodations – the same as for athletes and coaches - however most TDs would prefer to drive their own car and be billeted. This allows them to do their job more effectively. The host club is therefore encouraged to provide a billet and cover the cost of their fuel (gas receipts) and meal expenses.

The Jury is comprised of three individuals – the TD (who chairs the Jury), the Chief of Competition and one of the following:

- a) the Assistant TD if there is one, or
- b) one of the coaches (if an Assistant TD is not available). Coaches are elected to this position by their peers at the Team Captain Meeting(s). A different coach should be elected for each day of racing.

RACE NOTICE:

A Race Notice is not required, but the Zone coaches should be sent an information sheet one or two times leading up to the event. The coaches will want to know about when they can access the race venue (how early, how late....), the power supply, the waxing facilities, shelter on site for their athletes, what refreshments are available on site, stadium maps for each race format, course map/course profiles, how far the accommodations are from the ski area and so on.

The race notice should be planned carefully so that there are no changes after it is posted.

4. REGISTRATION

Athletes register with and pay a registration fee to the BC Games Society. There are usually 60 to 70 registrations.

Approximately two weeks prior to the event the BC Games Society will send Cross Country BC a file with the athlete's registration information. Cross Country BC will then forward this file to the race organizers. The race organizers then load pertinent information on to a ZONE4 race file for developing start and result lists.

The registration fee helps pay for the athlete's transportation and meals. It is not forwarded to the race organizers to subsidize race costs.

5. TEAM CAPTAIN'S MEETINGS

A Team Captain's Meeting must be held on the Thursday evening prior to the first race, the Friday evening and the Saturday evening.

Meetings should be short, low key and to the point as the coaches have many other things they need to be doing. Priorities are to go over the weather, stadium set up and competition courses for the next day, plus answer any questions the coaches have.

The Chief of Competition, the TD and the Provincial Sport Advisor must attend, plus at least one coach from each zone. It is best to have the Competition Secretary attend in case there are questions for that area. The Chief of Competition leads the meeting.

The Chief of Competition should be prepared to show the stadium set up and competition course (s) on a screen, so a computer, projector and screen will be needed.

Example Thursday Agenda: 9 to 10 pm at a meeting room near the accommodations

1. Welcome. Introductions of the TD, Provincial Sport Advisor, etc.
2. Review schedule for next day plus any specific oddities, including bib pickup
3. Weather and snow forecast
4. Review stadium set up for the Interval Starts
5. Review competition course(s) set up for 3.5 km (13 year olds), 5 km Juvenile (14 year olds) and 3.5 km Para categories; explain signage
6. Selection of a coach for the jury, if needed. Review rules for submitting protests. (The TD leads this part)
7. Questions

Example Friday Agenda: 8 - 9 pm at a meeting room near the accommodations

1. Recap of days race
2. Review schedules for next day, in particular the schedule for the sprints
3. Weather and snow forecast

4. Review stadium set up for the Sprints
5. Review competition course set up for both para and able body categories
6. Remind coaches of requirement to submit official and unofficial relay team particulars (name and ranking of official teams, names and start order of athletes) by a designated time on Saturday
7. Selection of a coach for the new jury, if needed. (The TD leads this part)
8. Questions

Example Saturday Agenda: 8 - 9 pm at a meeting room near the accommodations

1. Recap of days race
2. Review schedule for next day, mixed 4 by 2 km relays
3. Weather and snow forecast
4. Review stadium set up for the Relays
5. Review competition course set up for the relays
6. Selection of a coach for the new jury. (The TD leads this part).
7. Questions

6. SEEDING, DRAW & BIBS

The draw for the races on Friday and Saturday should be held no later than the Wednesday night before the event. This is for the convenience of everyone involved.

The deadline for entering relay teams should be set for late afternoon following Saturday's race. The draw can then be held and the start list for Sunday can be posted.

For the individual races, athletes should be grouped according to their age/gender category and their start positions determined by a random draw procedure. For the relay, official Zone team start positions are determined by a random draw. Unofficial teams start behind the last official team(s) and do not need to be seeded.

The "Teck" bibs, provided by the CCBC office must be used for all three race formats. Each format requires a different type of bib. Recommended order:

Interval Start bibs – numbers 1 to 100

Individual Sprint bibs – numbers 1 – 30, 51-80, 101-130, 151-180

Relay bibs – 4 sets of numbers 1 to 25

Contact the office a minimum of ten days prior your event to make shipping arrangements.

Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

7. START AND RESULT LISTS

Example: <https://zone4.ca/event/e6aed566-16ba-11e8-acb1-0ad99e951742/>

Both the start and result lists for individual races MUST include the year of birth, name of home club and the BCWG Zone number for each athlete. Example:

<https://zone4.ca/race/2018-02-22/8c1daf74/startlist/>

The start and result list for the team relay MUST identify, in the team name/title, which BCWG Zone the team is from plus which team from within that Zone. For example: "Zone 8, Team A; Zone 8, Team B." Or "Zone 8, Team 1; Zone 8, Team 2". This is the only information that is required in the title. Both lists require the names of the athletes. Club affiliation is not required on this start/result list.

The start list for Friday's race should be posted both ZONE4 and at the race site no later than noon on Thursday. To avoid confusion the second start list should not be posted until the first race is completed.

8. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection on the afternoon prior to the first race (Thursday). The coaches and athletes will be delivered by bus in time to familiarize themselves with the site, and they should find the courses for Friday's competition clearly marked out. It is very important that the courses are marked correctly. A course map displayed in the stadium area is essential, but not in itself sufficient.

9. TIMEKEEPING

Timing Equipment:

An electronic timing system is required. Clubs may have access to this equipment either through ownership, borrowing from other sport groups in their community or renting from ZONE4. To find out what equipment ZONE4 has and how to rent it click on:

<http://help.zone4.ca/kb/ccbc-timing-equipment/>

Back-up Timing System:

Each race requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

Race Management Software:

ZONE4, Cross Country Canada's official race management software *must* be used for start lists, timing and results in order to meet the national format guidelines.

10. AWARDS

All medals will be provided by the BC Games Society, who will also provide direction and guidance regarding the awards ceremonies. A podium will also be provided by the BC Games Society.

11. RACE FORMATS AND TECHNIQUE

The **Interval Start** race on Friday (classic technique) will use 15 second starts.

The **Individual Sprint** race on Saturday (free technique) will offer a Qualification Round with 15 second interval starts. The Qualification Round will be followed by the quarter-final and subsequent heats as soon as the organizers can prepare for them.

The **Relay** on Sunday (mixed technique) requires a start lane for each Zone that has at least one official team. This would normally mean six lanes. Which team gets which lane is determined in a random draw. Zone coaches are responsible for ranking their official teams, with Team 1 starting in front, Team 2 behind Team 1, and so on. Unofficial teams **MUST** be started behind the last official team(s).

12. TRAIL FEES

The host club will not charge trail use fees to athletes, coaches or persons assisting coaches on official training days or race days. Spectators should be allowed access to the competition trails during the competition without payment of trail use fees, to the extent they do not interfere with the competitors.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club. Athletes are not required to display a pass during the course of competition.

13. WAX FACILITIES

There needs to be a sufficient supply of power to support a full race set up including ski preparation activity for the six Zone teams.

Six wax stations are required, most of which are needed to support 2 coaches and 7-10 athletes, and one which may need to support as many as 4 coaches and 20+ athletes.

Wax tents are supplied by the BC Games Society/Host Community. In addition the club hosting the race usually allows their machine shed or other heated areas to be used for waxing purposes, especially in cold weather.

Zone coaches are required to travel with their team and baggage requirements for coaches allow for the transportation of wax box and table.

A secure location will be needed to store ski equipment and ski preparation tools/supplies at night either at the race site. Coach must be able to access this secure storage early mornings to start waxing and perhaps extended time after the competition is done.