

BC Cup



Cross Country BC

Teck



Race Notice Teck BC Cup #2 February 18 & 19, 2023



BC Cup Series College/University Aggregate Awards Sponsored by Stussi Sport

Race Events: **Saturday, February 18: 9:00 am** - Individual Sprint Free Technique
Sunday, February 19: 9:00 am - Mass Start Classic Technique
Zone 4 Event Page - <https://zone4.ca/event/2023/F7CAC898/>

Race Location Mt Macpherson Ski Area, Revelstoke, BC

Host Club Revelstoke Nordic Ski Club www.revelstokenordic.org

Sanctioned Nordiq Canada (NC) & Cross Country BC

Rules Nordiq Canada Rules and Regulations:
[FIS ICR-CCR \(Canadian Competition Rules\) Precisions 2021](#)

Technical Guidelines Teck BC Cup Series Technical Guidelines: [Technical Guidelines | Cross Country BC](#)

Competition Committee Chief of Competition: Mike Thomas competition@revelstokenordic.org

Chief of Timing: Jeff Wilson

Chief of Course: Blake Paton

Chief of Stadium: Paul Maloney

Race Secretary: Kendra von Bremen racesecretary@revelstokenordic.org

Technical Delegate: Dirk Rohde

Jury Technical Delegate: Dirk Rohde
Chief of Competition: Mike Thomas
Visiting Coach

Covid 19 Policy

It is essential that all athletes, officials, coaches, and support staff including wax techs and drivers follow BC Covid-19 Health Orders when they exist.

Please be aware that Public Health Orders may change and participant requirements may need to be altered. Please consult the event website regularly for updated notices and changes.

Registration

Registration and fee payment is online at [Zone4](#)

Registrants are responsible for checking that the information provided in the registration is accurate.

Registrants are responsible for their own online processing fees.

Entry Deadline: Tuesday, February 14, 2023 at 11:00 PM

NO late entries will be accepted

Cancellation

Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee and the Technical Delegate. A decision to cancel one or more days of competition, or races for specific age categories due to the race conditions during an event will be made by the Technical Delegate in consultation with the Jury.

Refund Policy

A 75% refund will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary raceseecretary@revelstokenordic.org no later than entry deadline prior to the event. **Zone 4 registration fees are non-refundable.**

In the occurrence of cancellation by race organizers, a refund of registration fees, less administration, event expenses already incurred and zone 4 fees, will be provided post-event. No refunds will be made if an athlete does not participate in race(s) without notice prior to entry deadline.

Please Note! Road closures are a possibility this time of year. Please check www.drivebc.ca for current road conditions and choose your travel times according to conditions and road events.

Licenses

Participants registered in the U14 through to the Masters categories are required to hold a current FIS Licence, Nordiq Canada Licence, a National Ski Licence from another nation or a Nordiq

Canada Supporting Member Day Licence (SMDL). U12 and younger categories do not require a license to compete but must be members in good standing of a Nordiq Canada affiliated club.

Seeding

Seeding will be used for all age categories except Masters' categories and U12 Boy/Girl and younger categories. If two or more age categories of the same gender are skiing a common distance (for example, U18 Boys and U20 Men) they will be seeded together using the current Canada Points List. These categories will be combined for the start list but separated for results and awards.

Start Lists

Start lists will be posted on zone4.ca prior to the race, coaches will be informed when start lists are up via the WhatsApp chat.

Race Office & Timing office

The event race office will be in the main lodge. It will be open from 7:00am until the end of the event daily. The lodge will be open until 9pm daily for racers, club members and visitors.. The timing office will be in a separate trailer outside the lodge in the parking area.

Bib/Chip Pick up

Teams should plan to have a team representative pick up bibs on race days between 7:00am and 8:30am at the race office.

Chip pick up will be at the start area prior to the race. No chips/timing will be used during sprint heats.

*****Please note - lost or unreturned chips/bibs will incur a \$75 charge to the competitor.**

Please ensure all bibs/chips are returned to the race office/finish area.

All known DNS bibs must be returned to the race office prior to the start of races at 9:00am.

Concession

A full concession including soup, chile, snacks and hot drinks will be available in the lodge on Saturday while quantities last. (Fundraiser for SDP and Nationals.)

A snack concession will be available in the lodge on Sunday while quantities last. It is recommended that athletes and coaches bring lunches on Sunday.

Facilities

The lodge will be open for concession and changing. Lodge washrooms will be closed to the public due to septic system capacity. Washroom facilities are available via the Porta Potties outside the wax and stadium areas. The groomer shed will be open and equipped with chairs and tables for athletes to stay out of the elements, eat and socialize.

Parking

Parking will be very **LIMITED**. There will be a shuttle available and teams will receive parking passes according to the number of athletes they have attending, but these will be very limited due to space limitations. **We encourage carpooling and use of the shuttle buses.** Drop offs will be permitted. Times and pick up locations for the shuttle bus will be communicated closer to the race weekend. For safety reasons **ABSOLUTELY NO PARKING ON HIGHWAY.**

Trail Fees

Athlete trail fees are included in race fees for Friday pre-ski and for competition days. We ask that parents and family wanting to ski on our trail systems (which include a dog loop) please purchase trail passes at a discounted rate on zone4 when registering your athlete. Trail passes purchased in advance will be available for pick up at the ticket office during ticket office hours; 9am-4pm daily, 9am-8pm on Wednesday & Fridays. Note that there is a Revelstoke Tourism free trail pass promotion on right now as well: <https://seerevelstoke.com/free-xc/>.

Recreational skiing alongside the course during races WILL NOT be permitted.

Course Maps

Course maps and stadium layout will be posted as soon as they are finalized. Maps are available on the Revelstoke Nordic website: <http://www.revelstokenordic.org/race-maps/>

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 Protocol Regarding the Use of Fluorinated Waxes Link:

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

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

Warm Up/Wax Testing:

The race courses will be marked and open for inspection by noon on Friday February 17. The course will close to all skiers 15 minutes prior to the start of racing.

No wax testing allowed on the course during the competition.
Wax testing areas will be accessed via the upper stadium trail.

Awards and Categories

Event awards will be presented throughout the day, times will be announced and posted on the coaches WhatsApp chat.

U8: All will receive a Teck participant ribbon.

U10 to U16: Teck medals for top 3 by YOB; ribbons for 4th & 5th.

U18: Revelstoke Nordic awards for top 3 by YOB.

U20: Revelstoke Nordic awards for top 3.

U23: Revelstoke Nordic awards for top 3.

Masters: Revelstoke Nordic awards dependent on number of competitors.

Para Nordic: Revelstoke Nordic awards for top 3.

Race Fees/Distance & Format

Saturday's Fee Technique sprints will be a modified Kings Court Format so all racers will race both a Sprint Qualifier (or Qualification Round) and heats. U8 and Masters will just race a prologue.

Sunday is a mass start classic event.

Category	Years of Birth	Saturday Individual Free Technique Sprints	Sunday Mass start Classic Technique	Fee per race
U-8	2017-2015	200m prologue only	1 x 1.5km	\$10
U-10	2014, 2013	200m	1 x 1.5km	\$10
U-12	2012, 2011	400m	1 x 2.5km	\$20
U-14	2010, 2009	400m	1 x 3.75km	\$20
U-16	2008, 2007	800m	2 x 3.75km	\$25
U-18	2006, 2005	800m	2 x 5km	\$25
U20/U23/Open	2004 and earlier	800m	2 x 5km	\$25
Masters	1992 and earlier	800m Interval Start Prologue only		\$10
Masters	1992 and earlier		2 x Masters 5km	\$25
Para Nordic	open	TBA	TBA	\$20

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 (hopefully you have already done so!). Booking directly with the accommodation rather than through a 3rd party is generally more reliable, and better for our local businesses. For a list of accommodations visit Revelstoke Accommodation Association at <https://seerevelstoke.com/revelstoke-accommodations/>

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Local Sponsors Include:

REVELSTOKE.



Receive 10% off at Woolsey when you mention BC CUP Nordic and your team name

