

# Okanagan Cup



# Teck



## RACE NOTICE

### Sun Peaks Nordic Festival

### 2019 TECK OKANAGAN CUP RACE 4

**DATE:** Saturday, March 16<sup>th</sup> Okanagan Cup Sprint

Free Technique, Village Slope side

Sunday, March 17 Sun Peaks Loppet

Free Technique, Nordic Center

**LOCATION:** Sun Peaks Resort, Sun Peaks, BC

**HOST CLUB:** Sun Peaks Nordic Ski Club

**RULES:** CCC rules and regulations

**INFORMATION:**

Chief of Competition:	Glenn Bond	<a href="mailto:glenn_bond@me.com">glenn_bond@me.com</a>
Competition Secretary:	Natalie Manhard	
Chief of Timing:	Luke Guilherme	<a href="mailto:ljpguilherme@shaw.ca">ljpguilherme@shaw.ca</a>
Chief of Course:	Phil Youwe	<a href="mailto:philyouwe@me.com">philyouwe@me.com</a>
Chief of Stadium:	Cara Karpluk	<a href="mailto:events@sunpeaksresort.com">events@sunpeaksresort.com</a>

**ELIGIBILITY:** Ski licenses are not required. Teck Okanagan Cup Series is meant to be affordable and accessible to all skiers. We do not have facilities to accommodate para-nordic athletes at this time.

**This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.**

**LICENCES:** No race license is required

**RACES:** Saturday – Sprints – Kings court format  
Free Technique ( Okanagan Cup)

Sunday – Mass Start Free Technique  
Loppet with Classic option for 30 km

**RACE ENTRIES:** **Online Registration only at:** [www.zone4.ca](http://www.zone4.ca)

**Credit card payment is required. E-mail confirmation after registration will be sent if you have registered correctly. \*Race Entry Fees do include a trail ticket for competition days.**

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**DEADLINE:** Entries must be received by **Wednesday, March 13<sup>th</sup>, 2019 at 23:59**

**NO LATE ENTRIES WILL BE ACCEPTED**

**CANCELLATION:** There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race.

Refunds for medical reason will be reviewed case by case.

**DRAW:** Start position for free technique individual start sprint qualifier will be determined by random draw. There will be no seeding. The Loppet will be self seeding mass start.

**START LISTS:** Start lists will be posted at Sun Peaks Village Day Lodge at 4:00 pm, 2 hour before sprint qualifier starts. (Sprint qualifier starts at 6:00pm) and available at zone4.ca

## Race Office &

**BIB PICKUP:** Bibs will be available for pick-up at Sun Peaks during the following times:  
**Saturday:** 4:00 – 5:30pm Village Day Lodge  
**Sunday:** 8:00 – 9:30 a.m. Nordic Center ( P5)  
(Loppet starts 10:00 a.m.)

**AWARDS:** An awards ceremony will be held on site each day following the races.

## INDIVIDUAL AWARDS:

Category (age as of December 31, 2018)	Awards
Atoms (7 year olds and under or born on or before 2011)	Teck participant ribbons
Pee Wee (8 year olds or born in 2010) to Juvenile (14 year olds or born 2004)	Teck medals for top 3 finishers Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
Juvenile (15 year olds or born in 2003) up to Masters	Awards for the top 3 finishers up to and including Open Men/Women and top 3 overall Master Men/Women

## CLUB AGGREGATE AWARDS:

Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at:

<http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

The winner of the Club Aggregate Award will be the club with the most points. The Club Aggregate Award will be presented immediately after the final race of the season.

Details	Points
No. of participants in an interval start race	2 points per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1 <sup>st</sup> place, 6 points for 2 <sup>nd</sup> place, etc. Points are calculated for individuals representing CCBC Okanagan Zone clubs only	

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**FACILITIES:** A lodge and washrooms are located at Village Day Lodge and Nordic Center. Food and Beverages are available as well.

**PARKING:** Please park in main parking lots near Village Day Lodge on Saturday and P5 ( Parking Lots 5 for Loppet Sunday.

**WAXING:** Space will be available for setting up 10x10 tents, BYOEC (bring your own extension cord). Near the Start / Finish Area.

**WARM UP/  
WAX TESTING:** A warm-up area will be available in the vicinity of the race start.  
**Low-fluoro glide waxing protocol for the Saturday Okanagan Cup Sprint applies to all ages:**

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks, and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.
- Please see policy: <http://www.crosscountrybc.ca/sites/default/files/documents/CCBC-Glide-Waxing-Protocol v2.pdf>

**The Sun Peaks Loppet is NOT an Okanagan Cup and the wax protocol does not apply to the Loppet on Sunday.**

**COURSES:** <https://www.sunpeaksresort.com/events-things-to-do/events/sun-peaks-nordic-festival>

Sprint Course will be open for inspection 5:30pm to 6:00pm

**ACCOMMODATION:** Sun Peaks Resort has numerous accommodation options:

[www.sunpeaksresort.com](http://www.sunpeaksresort.com)

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## RACE SCHEDULE

### TECK OKAGANAN CUP RACE 4: Sprints - Kings Court Format – FREE TECHNIQUE

**Date:** Saturday, March 16, 2019

**Location:** Sun Peaks Village Slope Side, Sun Peaks, BC

**Time:** 6:00 p.m. Time Trial. 7:00pm Heats

Category	Sub Category	Age on Dec. 31, 2018	Year Born	Distance	Fee
Atom Boys	AB1, AB2, AB3	5, 6, 7	2013, 2012, 2011	200 meters	10.00
Pee Wee Boys	PB1, PB2	8, 9	2010, 2009	200 meters	15.00
Bantam Boys	BB1, BB2	10, 11	2008, 2007	300 meters	15.00
Midget Boys	MB1, MB2	12, 13	2006, 2005	300 meters	15.00
Juvenile Boys	JVB1, JVB2	14, 15	2004, 2003	600 meters (2 laps)	20.00
Junior Boys	JB1, JB2	16, 17	2002, 2001	600 meters (2 laps)	20.00
Junior Men	JM1, JM2	18, 19	2000, 1999	600 meters ( 2 laps)	20.00
Open Men		20 and over	1998 & earlier	600 meters (2 laps)	20.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2013, 2012, 2011	200 meters	10.00
Pee Wee Girls	PG1, PG2	8, 9	2010, 2009	200 meters	15.00
Bantam Girls	BG1, BG2	10, 11	2008, 2007	300 meters	15.00
Midget Girls	MG1, MG2	12, 13	2006, 2005	300 meters)	15.00
Juvenile Girls	JVG1, JVG2	14, 15	2004, 2003	600 meters (2 laps)	20.00
Junior Girls	JG1, JG2	16, 17	2002, 2001	600 meters (2 laps)	20.00
Junior Women	JW1, JW2	18, 19	2000, 1999	600 meters (2 laps)	20.00
Open Women		20 and over	1998 & earlier	600 meters (2 laps)	20.00

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## Sun Peaks Loppet ( This is NOT part of the Teck Okanagan Cup series)

The 2 km, 5 km, and 15 km courses are free technique events; which means you can skate or do classic technique and timing is combined for both techniques. The 30 km course is for either skate or classic skiers with separate timing for both techniques. Awards for both Skate and Classic categories in the 30 km.

### Loppet Age Categories

5 and under, 6-9, 10-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+ years of age. Male and Female.

**Courses:** 2 km, 5 km, 15 km and 30 km (two laps of the 15 km course).

**NOTE:** Timing and results will use the above age categories, awards will be 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> for each distance (male and female)

### Loppet Race Fees

13 and under	\$20
14-18	\$25
18+	\$40

Prices will increase 10 days before the event. (\$5.00 increase per event)

Post Loppet social will happen immediately after the race with over \$3000.00 in draw prizes. The most draw prizes of any Loppet in BC!

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Title Sponsor

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