

2014 BC Winter Games

Note: 2014 BC Winter Games Para-Nordic Info at bottom of page!!

Host community - Mission, BC
Location: Whistler Olympic Park, Callaghan Valley, BC

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. Zone Team Composition: eight zones – eight competitors per zone (four male and four female), two coaches per zone (one male and one female). This is the total number of adults that will be allowed to support our skiers - no chaperones will be permitted. The remaining 18 positions (nine male and nine female) will be allocated to zones according to the total participation numbers of eligible athletes in the Zone Trials.

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 2013. This means that eligible athletes were born in 1999 (Juvenile category), or 2000 (Midget category).

Athletes born in 2000 may compete in the Midget or Juvenile age category. Athletes born in 1999 must compete in the Juvenile 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.

BCWG Zone Trials.

The BCWG Trials will be held in all zones between December 28, 2013 and January 1, 2014 (inclusive). 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 (Midget and Juvenile 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 (\$150.00) prior to January 17th, 2014. Cheques are to be made payable to "Cross Country BC". Games Registration Fees will be collected by the Zone Representatives.

Coaching Certification Requirements:

All Head Coaches for each of the eight zones are *required* to have minimum NCCP Level 2 certification (old system) or be a NCCP CCI certified (new system). All Assistant Coaches for each of the eight zones are *required* to have minimum NCCP Level 2 certification (old system) or be a NCCP CCI 'trained' (new system).

A coach is certified at NCCP Level 2 (previous system) if they have completed all three components at that level - theory, technical and practical.

A 'trained' NCCP CCI coach has completed the Introduction to Community Coaching (ICC), Community Coaching (CC), L2T (Dryland) and L2T (On-Snow) workshops (new system).

Competition Information:

Individual Sprint (1): Friday, Free Technique

Midget Boys	13 years	2000	400m
Midget Girls	13 years	2000	400 m
Juvenile Boys	14 years	1999	400 m
Juvenile Girls	14 years	1999	400 m

Traditional Relays (1): Friday, 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. Only official teams are eligible for medals.

Interval Start (1): Saturday, Classic Technique

Midget Boys	13 years	2000	3.5 km
Midget Girls	13 years	2000	3.5 km
Juvenile Boys	14 years	1999	5 km
Juvenile Girls	14 years	1999	5 km

BCWG Entry Deadline:

Registration of Zone Teams (athletes and coaches) by the Zone Representatives must be completed by 7:00 pm, **January 17th, 2014**.

NOTE: The BC Games Society will not accept late entries – registration info and payments MUST be submitted to your zone representative PRIOR to January 17th, 2014!

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:

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Fax: (250) 545-9614
Email: programs@crosscountrybc.ca

Assistant Sport Advisor (Para):

Tony Chin
Ph: (604) 451-8571
Email: v2tony@gmail.com

Sport Chair:

Maria Lundren
Ph: (604) 906-1081
Email: lundgren_maria@hotmail.com

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

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

Zone 2: (Okanagan Zone)

Rob van Varseveld, Salmon Arm. Ph: (250) 833-1468; Email: robvanv@telus.net

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

Jeff Sim, North Vancouver. Ph: (604) 984-2323; Email: phillips.sim@me.com

Zone 6: (Vancouver Island Zone)

Andrea Stapff, Campbell River. Ph: (250) 914-2201; Email: andrea.stapff@gmail.com

Zone 7: (Northwest Zone)

Leslie-Jean MacMillan, Smithers. Ph: 250-847-8858; Email: lmacmil@gmail.com

Zone 8: (Northeast Zone)

Cynthia Andal, Prince George, BC; Ph: 250-613-0025; Email: 6andals@gmail.com

Zone Trial Schedule:

<u>Zone</u>	<u>Date</u>	<u>Location</u>	<u>Contact</u>
Zone 1	Dec 29/13	Rosland	Fred Bushell, kootenayfred@hotmail.com
Zone 2	Dec 29/13	Revelstoke	Debbie Koerber, debbie@apexrafting.com
Zone 3	Dec 29/13	Callaghan Valley	David Morris, david.morris@triumf.ca
Zone 4	Dec 29/13	Callaghan Valley	David Morris, david.morris@triumf.ca
Zone 5	Dec 29/13	Callaghan Valley	David Morris, david.morris@triumf.ca
Zone 6	Dec 28/13	Mt Washington	Alison Stocks, races@StrathconaNordics.com
Zone 7	Dec 28/13	Smithers	Ken Eng, kceng@telus.net
Zone 8	Jan 05/14	Prince George	Jim Burbee, competitions@caledonianordic.com

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.

2014 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 14 to 40 (competitors must be born between 1974 and 1999). Athletes may not attend the BC Winter Games more than twice.

Participation Fee: Athletes that qualify to attend the BC Winter Games must pay a Games Registration Fee (\$150.00) prior to January 17th, 2014. Cheques are to be made payable to "Cross Country BC". Games Registration Fees will be collected by the Assistant Provincial Advisor.

Coaching Certification Requirements: All Head Coaches are required to have minimum NCCP Level 2 certification (old system) or be a NCCP CCI certified (new system). All Assistant Coaches are required to have minimum NCCP Level 2 certification (old system) or be a NCCP CCI 'trained' (new system).

Events:

Individual Sprint Event: Friday, Free Technique, Standing Men and Women (LW 2-9; B1-3) – 400 metres
Individual Sprint Event: Friday, Free Technique, Sit-ski Men and Women (LW 2-9) – 400 metres
Interval Start Event: Saturday, Classic Technique, Standing Men and Women (LW 2-9; B1-3) – 5 km
Interval Start Event: Saturday, Classic Technique, Sit-ski Men and Women (LW 2-9) – 3.5 km