

RACE NOTICE – 2015 Teck BC Championships

- RACE EVENTS:** Friday, February 20th, 2015 11:00AM Mass Start – Classic Technique
Saturday, February 21st, 2015 10:00AM Interval Start – Free Technique
Sunday, February 22nd, 2015 10:00AM Relay – Classic Technique
- LOCATION:** Telemark Nordic Centre, West Kelowna, BC
- HOSTED BY:** Telemark Nordic Club
- SANTIONED BY:** Cross Country Canada (CCC) and Cross Country BC
- RULES:** For the BC Cup Series Technical Guidelines please refer to the CCBC web-site:
<http://crosscountrybc.ca/technical-guidelines>
- COMPETITION COMMITTEE:**
- | | | | |
|------------------------|----------------|--|--------------|
| Chief of Competition: | David Lloyd | dllloyd46@gmail.com | 250-862-5108 |
| Chief of Course: | Tim Mayer | kumitim@telus.net | 250-862-6606 |
| Chief of Stadium: | James Williams | jilljames@shaw.ca | 250-979-1255 |
| Chief of Timing: | Denis Brown | dgbrown@telus.net | 250-494-4465 |
| Competition Secretary: | Jillian Stamp | jill@telemarkracers.org | 250-979-1255 |
| Sponsorship/Media: | Scott Davis | sdavis@telus.net | |
| Technical Delegate: | Sharon Clarke | sharon@sovereignlake.com | |
- EVENT WEB-SITE:** Information on all event details is at <http://telemarkracers.org/2015-teck-bc-championships/>
- REGISTRATION:** Registration and fee payment is on-line only at: <https://zone4.ca/reg.asp?id=8406>
- If you experience any difficulties or have questions about registration please contact the Competition Secretary.
- Event Participation Waiver must be completed as part of the on-line registration.
- RACE ENTRY DEADLINE:** Entry deadline is: **Sunday, February 15th, 2015 AT MIDNIGHT PST**
- LATE ENTRIES WILL BE ACCEPTED up until Tuesday, February 17th 12 Noon PST and will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded. Please contact the Competition Secretary for assistance as the web registration will be unavailable.***
- Relay team entry deadline is 12 noon, Saturday, February 21st, 2015 .***
- LICENCES:** All competitors skiing in **Juvenile, Junior and Open** categories of both the mass start and/or interval start races must have at least one of the following licences:
- CCC Racing Licence
 - FIS Licence
 - Other National Ski Licence
 - CCC Supporting Day Member Licence (can be ordered with on-line registration)

Competitors in **MIDGET AND YOUNGER** classes do not need a licence to compete but must be members in good standing of a CCC club. If they are not CCC club members, participants must pay \$5.00 to join the hosting club, Telemark Nordic Club, in order to enter in this competition. Names of new club members will be registered with CCBC to meet the insurance requirements.

SEEDING: Competitors in the Senior Men and Junior Men categories and those in the Senior Women and Junior Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into Open and Junior for results and awards/prizes. The current Canada Points List (CPL) for both distance and sprint competitions will be used.

There will be no seeding for categories that do not require a racing licence (e.g., Midget and younger). Order of start will be by random draw.

REFUNDS: Refunds will only be issued for those competitors who withdraw from the race prior to the race entry deadline of February 15th at midnight.

RELAY: Each relay team is comprised of 3 skiers. There are 8 relay categories:

- Pee Wee Boys: Atoms and Pee Wees (Age 9 & under)
- Pee Wee Girls: Atoms and Pee Wee (Age 9 & under)
- Midget Boys: Bantams and Midgets (Age 10 to 13)
- Midget Girls: Bantams and Midgets (Age 10 to 13)
- Junior Men: Juveniles and Juniors (Ages 14 to 19)
- Junior Women: Juveniles and Juniors (Ages 14 to 19)
- Open Men: Open & Masters Men
- Open Women: Open & Masters Women

Relay Rules:

- Younger skiers may ski on older age category relay team, however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team.
- An 'Official' relay team will have 3 team members from the same club. Club Championship trophy points will not be awarded to unofficial teams.

Relay registration for pre-registered athletes will be open on Monday, February 16th until noon Saturday, February 21st.

The link to the no-fee, on-line relay registration will be e-mailed to all registered coaches and it will be available on the event web-site.

START LISTS: Start lists for each day of racing will be posted at the Telemark Chalet and available on-line at www.zone4.ca .

RACE OFFICE: The event race office will be in the downstairs of the Telemark Chalet. Hours are as follows:

- Thursday 1-4PM
- Friday 8AM-4PM,
- Saturday 8AM-4PM
- Sunday 8AM-1PM

- BIB PICK-UP:** Bibs for each day of racing will be distributed from the Race Office upon opening of race office.
- AWARDS:** Teck, a diversified resource company based in BC, is the title sponsor of the BC Cup series. Teck provides the awards for ages 14 and under. All Atoms will receive a special Teck participant ribbon. Awards for ages 15 and over will be provided by Telemark. Awards ceremony will occur directly after each day of racing.
- Teck BC Cup Series aggregate awards will be presented at the evening awards ceremony. Please see the Technical package for more information on the aggregate awards.
- CLUB TROPHY:** The BC Championships is also an annual club competition. Each participating CCBC club accumulates points and the club with the most points is awarded the Club Championship trophy. Points are awarded to the top 5 finishers on Saturday and the top 5 official relay teams on Sunday. See Technical Package for complete details.
- AWARDS CEREMONY:** The awards for the Teck BC Cup Series aggregate awards will be presented at the evening awards ceremony. Please see the Technical package for more information on the aggregate awards.
- The awards ceremony, offering desert and refreshments, is on the Saturday evening at:
Peachland Community Centre
4450 6th Street, Peachland (just south of West Kelowna)
Doors open at 6:30 PM, awards at 7:00PM
- The \$10 fee for each racer is included in the race registration fees.
Due to the capacity of the community centre, a limited number of additional tickets for family and coaches will be available at the race office for \$10 on Saturday from 10:30 AM to 2PM.
- Directions: from Kelowna or West Kelowna head South on Highway 97 to Peachland. Do not get on off-ramp to the Coquihalla connector. Continue south on Highway 97 for approximately 7.5 km. Turn left onto 13th Street and drive 200 meters and then turn right onto Beach Ave. Drive south along this lakeside route for another 1.1 km and then turn right onto 6th Avenue. The Community Centre is 100 metres along on the right side of 6th Avenue.
- The Telemark Junior Race team will also be selling raffle tickets as a team fundraising activity.
- CONCESSION:** There will be a concession available.
- FACILITIES:** There is a day lodge at the race site. In addition, one of the machine sheds will be available for shelter. Portable toilets will be located close to the stadium area.
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Thursday, February 19th. Passes must be picked-up at the Telemark office and displayed while using the facilities. No pass is required during competition days.
- WAX FACILITIES:** Outdoor electrical outlets are available on the roadway leading from the parking lot to the stadium. Waxing is not permitted in the day lodge. Additional power will be made available from the 'old' groomer shed, located nearest to the Telemark chalet, however, it is on a first come, first 'plugged-in' basis. Teams are encouraged to bring portable generators and tents.
- WAX TESTING:** NO WAX TESTING ALLOWED on the course. No exceptions. A wax testing area will be designated.

**GLIDE WAX
PROTOCOL:**

Cross Country BC respectfully requests all coaches, wax technicians and parents abide by a self-governed protocol while waxing skis for athletes racing in the ***Midget age and younger categories***. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. club races, loppets, regional cup races, BC Cup races, BC Championships, BC Midget Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended glide waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

COURSE MAPS:

Course maps are available on the event web-site:

<http://telemarkracers.org/events/2015-teck-bc-championships/>

WEATHER:

Call 250-768-1494 prior to the race for trail and snow conditions or visit

<http://www.telemarknordic.com/>

CANCELLATION:

A decision to cancel or move this race to a different venue, within the Okanagan Valley, will be made in consultation with the organizing committee, the Technical Delegate and Cross Country BC. Race fees are not refundable.

ACCOMMODATION:

Best Western Plus – Wine Country Hotel & Suites



<http://www.bestwesternwinecountry.com/>

Phone: 250-707-1637

Additional accommodation:

The Cove Lakeside Resort 4205 Gellatly Rd. Contact the Cove directly at 250-707-1800 or Toll free: 1-877-762-7683.

Holiday Inn in West Kelowna: 2569 Dobbin Rd. Contact the Holiday Inn directly at 250-768-8879 or Toll free: 1-877-660-8550.

RACE DISTANCES AND FEES (Start time are approximates. See start lists.)

CATEGORY	YEAR OF BIRTH	Friday, Feb 20 th Start: 11AM Mass Start Classic Technique		Sat, Feb 21 st Start: 10AM Interval Start Free Technique		Sunday, Feb 22 nd Start: 10AM Relay (3 leg) Classic Technique \$10 per person (\$30/team)	
		Distance:	Fee:	Distance:	Fee:		
<u>Atom Boys</u> AB1 AB2 AB3	2009 2008 2007	1.0 km	\$5.00	1.0 km	\$5.00	PEE WEE RELAY (ATOMS & PEE WEES Age 9 & under) 3 x 1.0 km	
<u>Atom Girls</u> AG1 AG2 AG3	2009 2008 2007	1.0 km	\$5.00	1.0 km	\$5.00		
<u>Peewee Boys</u> PB1 PB2	2006 2005	1.5 km	\$10.00	1.5km	\$10.00		
<u>Peewee Girls</u> PG1 PG2	2006 2005	1.5 km	\$10.00	1.5km	\$10.00		
<u>Bantam Boys</u> BB1 BB2	2004 2003	2.7 km	\$15.00	2.0km	\$15.00		MIDGET RELAY (BANTAMS & MIDGETS Ages 10 - 13) 3 x 2.0 km
<u>Bantam Girls</u> BG1 BG2	2004 2003	2.7 km	\$15.00	2.0km	\$15.00		
<u>Midget Boys</u> MB1 MB2	2002 2001	3.5 km	\$15.00	2 x 2.7km	\$15.00		
<u>Midget Girls</u> MG1 MG2	2002 2001	3.5 km	\$15.00	2 x 2.7km	\$15.00		
<u>Juvenile Boys</u> JVB1 JVB2	2000 1999	2 x 3.5 km	\$20.00	2 x 5km	\$20.00	JUNIOR RELAY (JUVENILE & JUNIORS Ages 14-19) 3 x 3.5 km	
<u>Juvenile Girls</u> JVG1 JVG2	2000 1999	5.0 km	\$20.00	2 x 3.5km	\$20.00		
<u>Junior Boys</u> JB1 JB2	1998 1997	2 x 5.0 km	\$20.00	2 x 5km	\$20.00		
<u>Junior Girls</u> JG1 JG2	1998 1997	2 x 3.5 km	\$20.00	2 x 3.5km	\$20.00		
<u>Junior Men</u> JM1 JM2	1996 1995	3 x 5.0 km	\$20.00	2 x 5km	\$20.00		
<u>Junior Women</u> JW1 JW2	1996 1995	2 x 5.0 km	\$20.00	2 x 3.5km	\$20.00		
<u>Open Men</u> U 23 23+	1994, 1993, 1992 1991-1985	3 x 5.0 km	\$25.00	2 x 5km	\$25.00	OPEN RELAY (OPEN & MASTERS) 3 x 5.0 km	
<u>Open Women</u> U23 23+	1994, 1993, 1992 1991-1985	2 x 5.0 km	\$25.00	2 x 3.5km	\$25.00		
<u>Master Men *</u>	1984 & earlier	3 x 5.0 km	\$30.00	2 x 5km	\$30.00		
<u>Master Women *</u>	1984 & earlier	2 x 5.0 km	\$30.00	2 x 3.5km	\$30.00		

**Masters Age Categories will be offered in 10 year increments from 30-39 up to 70+*

Note: due to schedule conflict with the Canada Winter Games, no Para-Nordic categories will be offered.