



## EVENT NOTICE TECK BC CHAMPIONSHIPS March 1-3, 2019

### BC Cup Series

**RACE EVENTS:**

Friday, March 1	11:00 am	Mass Start - Classic Technique
Saturday, March 2	10:00 am	Interval Start - Free Technique
Sunday, March 3	10:00 am	Relay - Classic Technique

**RACE LOCATION:** Larch Hills Ski Area – Salmon Arm, BC

**HOST CLUB:** Larch Hills Nordic Society <https://skilarchhills.ca/>

**SANCTIONED BY:** CROSS COUNTRY CANADA (CCC): Mass & Interval Start  
CROSS COUNTRY BC (CCBC): All Events

**RULES:** CCC RULES AND REGULATIONS

**RACE COMMITTEE:**

Chief of Competition:	Alan Corbett	askacorbett@hotmail.com
Race Secretary:	Gregor Milne	gremil30@gmail.com
Chief of Timing:	Keith Hepburn	
Chief of Course:	Dave Wallenstein	
Chief of Stadium:	Darius Bucher	
Media Liaison:	Brad Calkins	
Award Coordinator:	Rob van Varseveld	

**REGISTRATION:** Registration and fee payment is online only at:  
<https://zone4.ca/reg.asp?id=20170>

Fees are payable by credit card only. GST will be added at checkout.

\*Coaches and Managers should register (no fee) to receive notices.

Registrants are responsible to verify the accuracy of their entries.

The Event Participation Waiver must be completed as part of the online registration.

**Contact the Race Secretary with issues regarding registration or to report any corrections that need to be made.**

**RACE ENTRY:** Deadline for registration is **Tuesday, February 26th 11:59 pm PST**  
**Please note that late entries will not be accepted.**

Note: This registration includes pre- registration for individuals in the relay event. Please see the Relay information on this notice for details on registration of relay teams.

**RACE FEES:** \$10 per individual race for Atoms  
\$15 per individual race for Pee Wees through Junior Men\Women  
\$25 per individual race for Open through Masters  
\$10/person (\$30/team) for Relay Races

**REFUND POLICY:** Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than the registration deadline. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. Under circumstances of event cancellation, the Host club will refund 75% of race fees. ZONE4 online booking fees are non-refundable.

**LICENSES:** Competitors in the **Midget, Juvenile, Junior and Open categories of the mass and interval starts must have one of the following valid licenses** to be eligible to race in the BC Cup.

- CCC Race License
- CCC day license (\$5 per day of racing)

CCC race licenses must be ordered in advance from CCC at:  
<http://www.cccski.com/Events/License-Applications.aspx>

Race licenses cannot be issued by the race organizers. CCC race licenses will be verified to ensure that they are current.

Competitors in **Masters, Bantam, Pee Wee, or Atoms** categories **do not** need a license to compete but must be members in good standing of a CCC club.

A race license is **not** needed to participate in the **relay races**.

**SEEDING:** ***If two or more age categories of the same gender are skiing a common distance (with the exception of the Master's categories) they will be seeded together for CPL point calculation purposes. These categories will be combined in the start list but separated in the results.***

Categories that do not require a race license will not be seeded, start order will be by random draw.

**START LISTS:** Start times (by category) will be posted at both the race office and online [www.zone4.ca](http://www.zone4.ca).

**RELAY:** Each relay team is comprised of 3 skiers. There are 9 relay categories:

- Pee Wee Boys: Atoms and Pee Wees
- Pee Wee Girls: Atoms and Pee Wees
- Midget Boys: Bantams and Midgets
- Midget Girls: Bantams and Midgets
- Junior Men: Juveniles and Juniors
- Junior Women: Juveniles and Juniors
- Open Men: Open & Masters
- Open Women: Open & Masters
- ParaNordic (Sit & Standing, Male and Female)

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 teams must register their list of pre-registered athletes on Zone4.

<https://zone4.ca/reg.asp?id=20171>

This link to the no-fee, online relay team registration will be available:

Monday, February 25th until Saturday March 2, 1:00 pm PST

Any changes to teams, including team names or order of skiers, must be submitted to the race office by 1:00 pm Saturday morning.

**BIB PICKUP:** **Please send one team representative to pick up all bibs.**  
**All bibs will be confirmed with the team rep at time of pick up.**  
Bibs can be picked up from the race office in the chalet basement.  
Friday: 8:30 am – 10:00 am  
Saturday: 8:00 am – 9:00 am  
Sunday: 8:00 am – 9:00 am

**FACILITIES:** A day lodge with running water and washrooms is on site.

**FOOD & DRINKS:** A concession will be provided by the Larch Hills Junior Race Team as a fundraiser for members bound for Nationals.  
The concession will be cash only and will include BBQ hamburgers and hot dogs.

**WARM UP/  
WAX TESTING**

The courses will be open until 15 minutes prior to first race start time. There will be an off-course area available for wax testing and warm up throughout the event.

**WAXING:**

There is space for team tents along the North side of the parking lot in front of the Chalet. Teams must supply their own wax tents. Power outlets are available.

*Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all BC Cup races (including the BC Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.*

**CCBC Low Fluoro Glide Waxing Protocol:**

- 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.

**TRAIL  
CONDITIONS:**

Visit <https://skilarchhills.ca/>

**COURSE MAPS:**

Course maps are available at the club website and will be posted at the race office and stadium bulletin boards.

**TRAIL PASSES:**

Trail passes are not required for registered racers and coaches, including pre-skiing of the courses on Thursday. Siblings and parents who want to enjoy our trails are welcome to deposit a donation into the trail fee box.

**ACCOMMODATION:**

See list of Hotels and Motels in Salmon Arm at the following link:  
<http://salmon-arm.travel.bc.ca/accommodations/>

**EVENT AWARDS:** Event awards will be presented at the stadium each day after completion of the final race.

Atoms: All will receive a Teck participant ribbon.  
Pee Wee to Juvenile: Teck medals for top 3 by YOB; ribbons for 4<sup>th</sup> & 5<sup>th</sup>.  
Junior Boys\Girls: Larch Hills medals for top 3 by YOB.  
Junior Men\Women: Larch Hills medals for top 3 by category.  
Open to Masters: Larch Hills medals for top 3 by 10 year category.  
Open Para Sit: Larch Hills medals for top 3.

Medals will be awarded to team members of the top 3 *official* teams in each relay category.

Out-of-province athletes are eligible for all awards, but are not eligible for points for the club trophy or aggregate awards.

**AGGREGATE AWARDS CEREMONY:**

The Teck BC Cup Series aggregate awards will be presented at the evening awards ceremony where dessert and refreshments will be served. Please see the Technical Package for more information on the aggregate awards.

When: Saturday, March 2 at 7 pm  
Where: Splatsin Community Center in nearby Enderby.  
<https://splatsincentre.ca/>  
Tickets: A ticket is provided to each racer registered for Saturday's race. These tickets must be picked up by each club/team at the race office by 2 pm Saturday.

Additional tickets for family and coaches will be available at the race office on Saturday from 10:30 am to 2:00 pm and on Zone4 at the time of registration. Tickets are \$10.

**CLUB AGGREGATE AWARD:**

Club points are accumulated for Saturday's Free Interval and Sunday's Relay race events. Points are awarded to the top 5 finishers. The award is given to the club with the most points at the end of the final race and will be awarded March 3 at the conclusion of the event.



**Teck**

# RACE DISTANCES

Category	Year of Birth	Friday, March 1 Mass Start Classic Technique	Saturday, March 2 Interval Start Free Technique	Sunday, March 3 Relay (3 leg) Classic Technique
Atom Boys	2011-2013	1.0 km	1.0 km	1.0 km
Pee Wee Boys	2009-2010	1.5 km	1.5 km	
Bantam Boys	2007-2008	2.3 km	2.3 km	2.3 km
Midget Boys	2005-2006	2 X 2.3 km	3.75 km	
Juvenile Boys	2003-2004	2 X 3.0 km	3 X 3.0 km	3.5 km
Junior Boys	2001-2002	3 X 3.75 km	3 X 3.0 km	
Junior Men	1999-2000	3 X 3.75 km	4 X 3.75 km	
Open Men	1989-1998	3 X 3.75 km	4 X 3.75 km	4.3 km
Masters Men	<= 1988	3 X 3.75 km	3 X 3.75 km	
Open Para Sit Men		TBA	TBA	TBA
Open Para Stand Men	<i>Available upon request. Contact Race Secretary</i>			
Atom Girls	2011-2013	1.0 km	1.0 km	1.0 km
Pee Wee Girls	2009-2010	1.5 km	1.5 km	
Bantam Girls	2007-2008	2.3 km	2.3 km	2.3 km
Midget Girls	2005-2006	2 X 2.3 km	3.75 km	
Juvenile Girls	2003-2004	2 X 3.0 km	2 X 3.75 km	3.5 km
Junior Girls	2001-2002	3 X 3.0 km	2 X 3.75 km	
Junior Women	1999-2000	3 X 3.0 km	3 X 3.75 km	
Open Women	1989-1998	3 X 3.0 km	3 X 3.75 km	4.3 km
Masters Women	<= 1988	3 X 3.0 km	3 X 3.75 km	
Open Para Sit Women		TBA	TBA	TBA
Open Para Stand Women	<i>Available upon request. Contact Race Secretary</i>			

**NOTE:** Many athletes will ski different race courses on Friday/Saturday/Sunday, even if the race distances remain the same. Athletes/coaches are encouraged to consult the Larch Hills website to ensure they are aware of the relevant courses for each event.