



RACE NOTICE

RACE EVENTS: Friday, February 8th, 2019 Sprints (FT)
 Saturday, February 9th, 2019 Mass Start (CL)
 Sunday, February 10th, 2019 3 x Division Relay (FT)

LOCATION: Telemark Nordic Centre, West Kelowna, BC

HOSTED BY: Telemark Cross Country Ski Club

SANTIONED BY: International Ski Federation (FIS), Cross Country Canada (CCC) and Cross Country BC

RULES: FIS International Competition Rules for Cross Country, CCC Rules and Regulations. Please refer to CCC's web site for the complete NorAm Technical Guidelines: <http://www.cccski.com/Events/Technical-Packages.aspx>

For the Teck Okanagan Cup Regional Cup Series Technical Guidelines please refer to the CCBC web site: <http://www.crosscountrybc.ca/sites/default/files/documents/2018-19%20Teck%20RC%20TG%20-%20Okanagan.pdf>

COMPETITION COMMITTEE:

Chief of Competition:	Mike Edwards	mike.edwards@telemarknordic.com	
Event Chair:	Barry Allan	barry_g_allen@shaw.ca	250-575-6163
Chiefs of Course:	Tim Mayer	kumitim@telus.net	250-862-6606
	James Williams	jilljames@shaw.ca	250-581-0297
Chief of Stadium:	David Lloyd	dlloyd46@gmail.com	250-862-5108
Chief of Timing:	Dean Sader	dpsader@shaw.ca	250-707-0047
Competition Secretary:	Jillian Stamp	race@telemarknordic.com	778-214-0297
Sponsorship/Media:	Leslie Manders	leslie.manders@gmail.com	

CCC DELEGATES:

Technical Delegate:	Ian Sibbald	isibbald@icloud.com
Assistant TD:	Scott Puskas	spuskas@gmail.com

Jury will consist of the Chief of Competition, the Technical Delegate and Assistant Technical Delegate.

- EVENT WEB SITE:** Information on all event details is at <http://westerns2019.ca/>
Please [subscribe](#) to web-site posts.
- REGISTRATION:** Registration and fee payment is on-line:
<https://zone4.ca/register.asp?id=20008&lan=1&cartlevel=1>
If you encounter difficulties with the registration process, please contact the Competition Secretary Jillian Stamp by phone 778-214-0297.
Event Participation Waiver must be completed as part of the on-line registration for all non-licenced competitors.
Coaches and other support people are encouraged to register (no fees) to sign up for all race related notifications.
- RACE ENTRY DEADLINE:** Entry deadline is **Sunday, February 3rd, 2019 @ MIDNIGHT PST**
LATE ENTRIES WILL BE ACCEPTED up until Wednesday, February 6th Noon PST and will be subject to a \$20 per race late entry fee. In addition, late registrations will not be seeded. Please contact the Competition Secretary for more information.
- REFUNDS:** Refunds will only be issued for those competitors who withdraw from the event prior to the race entry deadline of February 3rd, 2019 at midnight.
- LICENCES:** All competitors skiing in the Western Canadian Championships must have at least one of the following licences:
- 2018-19 CCC Racing Licence
 - 2018-19 FIS Licence
 - Other Active National Ski Federation Licence
 - CCC Supporting Day Member Licence (Note: can be ordered as part of the on-line registration at a cost of \$5.00 per race day)
- If a competitor has a CCC and a FIS licence, both numbers must be provided upon registration.
No licence required for the Teck Okanagan Cup #3 race scheduled as part of the Saturday race event (Atoms, Pee Wee Bantams and Masters).
- 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 (mass start distance race) and sprint will be used. Foreign skiers, CCC licence holders without a CPL ranking and competitors with CCC day licences will seeded as determined by the Jury.
For full details of seeding please, review the following Technical Package.
<http://www.cccski.com/Events/Technical-Packages.aspx>

There will be no seeding for categories that do not require a race licence (i.e., Saturday's Teck Okanagan Cup categories). Order of start will be by random draw.

RACE FORMATS:

Please see competition schedule for race formats, distances, categories and fees.

Sprint: The Sprint Competition will consist of a qualification round of all skiers in each category followed by Sprint Heats where only the Top 30 finishers in the qualifying round will advance. Senior and Junior will be combined for the qualification round and started in order of Sprint CPL ranking; therefore, the skier with the best (highest) points starts first. For the quarterfinal heats, Juniors who qualify for the heats have the option of racing in the Senior category or the Junior category BUT must declare their intent to the Competition Secretary at the Team Captains meeting on Thursday, February 7th.

Mass Start: For Midget to Open categories seeding and bib assignment will be based on distance CPL where the skier with the best points gets position one on the start grid. Skiers participating in the Teck Okanagan Cup Mass Start will be assigned to the start by a random draw.

Relay: The relay is a 3 person, free technique relay. Teams are comprised of athletes from the same Division (e.g., BC, AB, etc...). Division representatives and coaches will form teams.

TEAM CAPTAIN'S MEETINGS:

Team Captain's Meetings will be held at 7PM nightly Thursday, February 7th, Friday, February 8th and Saturday, February 9th. All meetings will be held in the conference facility of the Cove Lakeside Resort, 4205 Gellatly Rd in West Kelowna. All coaches or team representatives are encouraged to attend.

START LISTS:

Start lists for each day of racing will be available at the end of each Team Captain's meeting on-line at www.zone4.ca.

RACE OFFICE:

The event race office will be in a trailer adjacent to the Telemark Chalet. Hours are as follows:

Thurs, Feb 7 th	Fri, Feb 8 th	Sat, Feb 9 th	Sun, Feb 10 th
Noon to 4:00 PM	7:30 AM to 4:00 PM	7:30 AM to 4:00 PM	7:30 AM to 1:00 PM

BIB PICK-UP:

Bibs for each day of racing will be distributed from the Race Office from 7:30 until 15 minutes prior to race start.

TIMING CHIPS:

There will be a \$60 replacement fee for timing chips not returned to the race office or returned to Zone4.

AWARDS:

This event comprises the Western Canadian Championships and the Teck Okanagan Cup (Saturday's Mass Start race). Awards will be presented immediately following each race outside the Telemark chalet.

Only skiers with FIS licenses are eligible for cash prizes.

Westerns Awards:INDIVIDUAL

At the discretion of the Westerns Organizing Committee, cash prizes will be given to the top five finishers in the Open Class plus the top U23 finisher for Day 1 and Day 2.

Awards will also be presented to the top 3 Junior Men and Women, and the top 3 finishers, by year of birth, for Midget, Juvenile and Junior Boy/Girl categories.

RELAY

Top 3 Official Relay Teams in Open Class will receive cash prizes.

Top three official teams in all other categories will receive awards.

Teck Okanagan Cup:

Awards for Saturday's Teck Okanagan Cup are provided by Teck Resources Limited. Each participant in the Atom Girls and Boys age category will receive a Teck participant ribbon. Teck Medals will be presented to the top three finishers, plus ribbons for fourth and fifth, for each year of birth in Pee Wee Girls/Boys and Bantam Girls/Boys. Note Midget through to Junior are part of the Westerns race and will be given Westerns awards. Awards for Masters categories will be presented to the top three finishers in each age category.

WESTERN CANADIAN POINTS:

All official Western's race categories, Midget through Open, are eligible for the Championship's rankings. Western Canada Championship SWIX/Fischer Cup will be given to Divisions only (not individuals). The Division aggregate will be based on the top 3 racers per Division in each individual category and the top 3 teams per Division in the relay category. The NorAm points system is used for scoring. Points will be awarded for all races. Skier affiliation will be with their host club.

CONCESSION:

There will be a concession on site. Cash only please.

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.

PARKING:

Parking at Telemark Nordic Centre is limited so we encourage teams to carpool.

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 7th. Passes must be picked-up at the Telemark office and displayed while using the facilities.

WAXING:

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.

A limited number of tents will be set-up for teams to use for waxing; however, teams are encouraged to bring their own tent. Participants/Teams are responsible for cleaning up their waxing area.

WAX TESTING: Wax testing on course is only permitted in dedicated areas and only if Coach or support person is wearing a Coaches bib. Coach bibs are available for the season through Cross Country Canada. Please see:
<https://zone4.ca/register.asp?id=19537&lan=1&cartlevel=1>

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 ***Midget and younger age categories***. This protocol also applies to coaches, athletes, wax technicians and parents traveling to BC from out-of-province or out-of-country.

The Low Fluoro Glide Waxing Protocol is as follows:

- 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 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://westerns2019.ca/>

WEATHER: Call 250-707-5925 prior to the race for trail and snow conditions or visit <https://telemarknordic.com/current-trail-conditions/>

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, Cross Country Canada and Cross Country BC. Race fees are not refundable if the event is moved. Race fees will be refunded, minus a small administration fee, if the race is cancelled outright.

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

Holiday Inn in West Kelowna: Direct at 250-768-8879 or Toll free: 1-877-660-8550.

COMPETITION SCHEDULE

RACE DISTANCES AND FEES: (additional Zone4 processing, credit card fees and GST will be applied upon checkout)

CATEGORY	YEAR OF BIRTH	Friday, Feb 8 th 9AM Sprint – Free Technique		Sat, Feb 9 th Start: 9 AM Mass Start - Classic Technique		Sunday, Feb 10 th Start: 9 AM Relay (3 leg) - Free Technique	
		Distance:	Fee:	Distance:	Fee:	Distance:	Fee:
<u>Atom Boys</u>	2013 2012 2011			1.0 km	\$5.00		
<u>Atom Girls</u>	2013 2012 2011			1.0 km	\$5.00		
<u>Peewee Boys</u>	2010 2009			1.5 km	\$10.00		
<u>Peewee Girls</u>	2010 2009			1.5 km	\$10.00		
<u>Bantam Boys</u>	2008 2007			2.5 km	\$15.00		
<u>Bantam Girls</u>	2008 2007			2.5 km	\$15.00		
<u>Midget Boys</u>	2006 2005	400m	\$35.00	5.0 km	\$35.00	3 x 2.5 km	\$60 per team
<u>Midget Girls</u>	2006 2005	400m	\$35.00	5.0 km	\$35.00	3 x 2.5 km	\$60 per team
<u>Juvenile Boys</u>	2004 2003	700m	\$35.00	7.5 km	\$35.00	3 x 3.3 km	\$75 per team
<u>Juvenile Girls</u>	2004 2003	700m	\$35.00	7.5 km	\$35.00	3 x 3.3 km	\$75 per team
<u>Junior Boys</u>	2002 2001	1200m	\$40.00	10.0 km	\$40.00	3 x 3.3 km	\$75 per team
<u>Junior Girls</u>	2002 2001	1200m	\$40.00	10.0 km	\$40.00	3 x 3.3 km	\$75 per team
<u>Open & Junior Men</u>	2000 & earlier	1400m	\$45.00	15.0 km	\$45.00	3 x 5.0 km	\$90 per team
<u>Open & Junior Women</u>	2000 & earlier	1400m	\$45.00	10.0 km	\$45.00	3 x 5.0 km	\$90 per team
<u>Master Men *</u>	1988 & earlier			15.0 km	\$40.00		
<u>Master Women *</u>	1988 & earlier			10.0 km	\$40.00		
ParaNordic Sit Ski Men		800m (2 x 400m)	\$35.00	4.0 km (4 x 1.0 km)	\$35.00	3 x 1.0 km	ParaNordic Relay \$75 per team
ParaNordic Sit Ski Women		800m (2 x 400m)	\$35.00	4.0 km (4 x 1.0 km)	\$35.00		
ParaNordic Standing Men		800m (2 x 400m)	\$35.00	4.0 km (4 x 1.0 km)	\$35.00		
ParaNordic Standing Women		800m (2 x 400m)	\$35.00	4.0 km (4 x 1.0 km)	\$35.00		

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

SPONSORS: The following businesses and organization are generous sponsors of the Telemark Nordic Club:

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STORAGE BEAR

