



## STRATHCONA NORDIC SKI CLUB

RACE NOTICE

### *SNSC Club Race & 2020 BC Winter Games Zone 6 Trial*



**Sunday, December 29th, 2019**

**INDIVIDUAL START, CLASSIC TECHNIQUE**

MT. WASHINGTON NORDIC CENTRE



**Host Club:**

Strathcona Nordic Ski Club. <https://strathconanordics.com>



- Date/Time:** Sunday, December 29th, Classic Interval Start– 10:30 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Technical Guidelines:** The 2020 BC Winter Games Technical Guidelines are found on the CCBC website: [Click here for guidelines:](#)
- Competition Committee:** Chief of Competition: Val Wootton  
 Competition Secretary: Patty Johnson [races@strathconanordics.com](mailto:races@strathconanordics.com)  
 Chief of Timing: Esther Guimond  
 Chief of Course: Bill Noble  
 Chief of Stadium: Chris Stapff
- Eligibility:** **Open to skiers of all ages and abilities!** No race license is required.  
**Athletes trying out for the BC Winter Games must be either 13 or 14 years of age** as of December 31<sup>st</sup>, 2019. This means that eligible athletes were born in 2005, or 2006.  
**Para skiers of all ages welcome.** Those para skiers born between 1984 and 2006 are eligible to qualify for BCWG.  
**NEW Indigenous Participation Program:** up to 8 athletes, two coaches and two officials with Indigenous ancestry will be eligible to attend the Games providing they self identify and can produce proof of ancestry.
- Event:** **Sunday, December 29, 2019, Interval start - classic technique**
- Registration:** Registration is online at [Zone 4](#)  
**This race is free!** Donations gratefully accepted at bib pick up. Suggested \$5-10/racer
- Deadline:** **December 28<sup>th</sup> at 12:00 noon.**
- Cancellations:** If the organizers are required to cancel the race due to weather it will be posted on Zone 4<sup>th</sup>, the club website and the club Facebook feed.
- Start Lists and Results:** Start lists will be posted on **Zone4** by Saturday at 7 pm (December 28th) and will also be available in Raven Lodge the morning of the race. Skiers are not seeded, but grouped by category and their positions determined by a normal draw procedure.
- Bib Pickup:** At Raven Lodge between 9:00 am and 10:00 am on Sunday December 29<sup>th</sup>.
- Awards:** There will be awards to all skiers in the stadium near the finish area after all of the races have finished.
- Facilities:** The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership including Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge



facilities, food services, rentals, retail sales, lockers, sauna and showers and also services a growing snowshoeing base and toboggan area.

**Waxing:**

There are 2 outdoor waxing benches on the lower level and 3 indoor waxing benches in the wax cabin between the lodge and the stadium. Ski testing on course during warm up must be in direction of travel and is allowed until 5 minutes before the first start. Wax /ski testing/warmup is available on non-race trails throughout the day.

Cross Country BC has adopted a **'No Fluoro/Low Fluoro' policy** for all age categories at Regional Cup races. **Low-fluoro glide waxing protocol:**

- Structure tools are permitted.
- Only non-Fluoro (NF) or Low Fluoro (LF) glide waxes permitted.

**Course:**

Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the courses have been finalized. Course distances/laps may be subject to change.

**In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.**

**Accommodation:**

Mt Washington Resort has links to various on-site accommodation listings:

<https://www.mountwashington.ca/winter>

Accommodation in the Comox Valley (approximately 40-minute drive):

<http://www.discovercomoxvalley.com/stay/accommodations>

**Volunteers:**

**Many are needed. Please contact [info@strathconanordics.com](mailto:info@strathconanordics.com)**



The BC Winter Games is one of the largest sports events in North America. These games are directed at young, developing athletes. A total of 82 competitors are permitted for the sport of cross country skiing.

- To qualify athletes must compete in a BCWG Zone trial.
- Competitors must be either 13 or 14 years of age as of December 31st, 2019.
- Athletes born in 2006 may compete in the 2006 or 2005 age category. Athletes born in 2005 must compete in the 2005 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.
- Para athletes between ages 13 to 35 may participate (born between 1984 and 2006). Athletes may not attend the BCWG more than twice.

All Athletes competing in the Trials must be a member in good standing with Cross Country BC.



## EVENT SCHEDULE

<b>Date:</b>	<b>Sunday, December 29th, 2019</b> <b>Classic Technique Interval Start</b>
<b>Start Time:</b>	<b>10:30 a.m.</b>

\*Age as of December 31, 2019

Category	Subcategory	Age	Year Born	Distance	Course
U6 Boys	U6B-1, U6B-2	4,5	2015, 2014	500 m	500 m
U8 Boys	U8B-1, U8B-2	6,7	2013, 2012	1.0 km	1.0 km
U10 Boys	U10B-1, U10B-2	8, 9	2011, 2010	2.0 km	2.0 km
U12 Boys	U12B-1, U12B-2	10, 11	2009, 2008	2.5 km	2.5 km
U14 Boys	U14B-1, U14B-2	12, 13	2007, 2006	3.5 km	3.5 km
U16 Boys	U16B-1, U16B-2	14, 15	2005, 2004	5.0 km	2x2.5 km
U18 Boys	U18B-1, U18B-2	16,17	2003, 2002	7.5 km	3x2.5 km
U 20 Men	U20M-1, U20M-2	18,19	2000-2001	7.5 km	3x2.5 km
U23/Senior/Masters Men		20+	>1999	7.5 km	3x2.5 km
Adaptive Men Stand		All		5.0 km	2x2.5 km
Adaptive Men Sit		All		3.5 km	1x3.5 km
U6 Girls	U6G-1, U6G-2	4,5	2015, 2014	500 m	500 m
U8 Girls	U8G-1, U8G-2	6,7	2013, 2012	1.0 km	1.0 km
U10 Girls	U10G-1, U10G-2	8, 9	2011, 2010	2.0 km	2.0 km
U12 Girls	U12G-1, U12G-2	10, 11	2009, 2008	2.5 km	2.5km
U14 Girls	U14G-1, U14G-2	12, 13	2007, 2006	3.5 km	3.5km
U16 Girls	U16G-1, U16G-2	14, 15	2005, 2004	5.0 km	2x2.5km
U 18 Girls	U18G-1, U18G-2	16, 17	2003, 2002	5.0 km	2x2.5km
U 20 Women	U20W-1, U20W-2	18,19	2000-2001	5.0 km	2x2.5km
U23/Senior/ Masters Women		20+	>1999	5.0 km	2x2.5km
Adapt Women Stand		All		5.0 km	2x2.5km
Adaptive Women Sit		All		3.5 km	1x3.5 km

**All skiers must have a valid trail pass.**

**SAVE THE DATES!!**

**COAST CUP #5, FEB 15<sup>TH</sup>, 2020 MASS START CLASSIC TECHNIQUE,  
& COAST CUP #6, FEB 16<sup>TH</sup>, 2020 – TEAM SPRINT RELAY ON A SKI CROSS COURSE – FREE TECHNIQUE**

**VANCOUVER ISLAND LOPPET MARCH 15, 2020**

**THE MOUNT WASHINGTON NORDIC CENTRE**

