



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

SNSC Club Race & 2022 BC Winter Games Zone 6 Trial



Sunday, January 2nd, 2022

INDIVIDUAL START, CLASSIC TECHNIQUE

MT. WASHINGTON NORDIC CENTRE



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

Date/Time: Sunday, January 2, 2022, Classic Technique Interval Start– 10:00 am

Location: Mt. Washington Nordic Centre, Courtenay, B.C.

Rules: Cross Country Canada Rules and Regulations (CCR)

Technical Guidelines: The 2022 BC Winter Games Technical Guidelines are found on the CCBC website: [Click here for guidelines:](#)

Competition Committee: Chief of Competition: Valerie Wootton
Competition Secretary: Patty Johnson races@strathconanordics.com
Chief of Timing: Dan LeMay
Chief of Course: Esther Guimond
Chief of Stadium: Chris Stapff
Volunteer Coordinator: Alison James

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 31st, 2021. This means that eligible athletes were born in 2007, or 2008. All athletes participating in the BCWG are required to be fully vaccinated against COVID-19. There are no exceptions. [BCWG COVID19 Plans](#)
Para skiers of all ages welcome. Those para skiers born between 1986 and 2008 are eligible to qualify for BCWG.
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.

Registration: Registration is online at **Zone 4**. Price: 5.00 /entry.

Deadline: **January 1st at 12:00 noon**

Cancellations: If the organizers are required to cancel the race due to weather it will be posted on Zone 4th, the club website and the club Facebook feed.

Start Lists and Results: Start lists will be posted on **Zone4** by Saturday at 7 pm (January 1st) 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 January 2nd.

Awards: There will be awards to skiers in the stadium near the finish area after all 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:

CCBC Cross Country BC respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia.

- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted
- Fluorinated grip waxes ARE permitted.

The above [CCBC waxing protocol](#) applies to the following races/age categories:

- At local races (i.e., club races, loppets, etc.), the protocol applies to U18 and younger age categories.
- At BC Track Attack Championships, BC Winter Games and BC Winter Games Trials, the protocol applies to ALL age categories.

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.

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/accommodation.html>

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

<https://experiencecomoxvalley.ca/discover/stay/>

Volunteers:

Many are needed. Please contact info@strathconanordics.com

COVID 19 Mount Washington Protocols:

Mask use is mandatory indoors, as required by [BC Provincial Health Guidelines](#). Proof of vaccination is not required to access Raven Lodge.



EVENT SCHEDULE

Date:	Sunday, January 2nd, 2022 Classic Technique Interval Start
Start Time:	10:00 a.m.

*Age as of December 31, 2021

Category	Subcategory	Age	Year Born	Distance	Course
U8 Boys	U8B-1, U8B-2, U8B-3	5,6,7	2016, 2015, 2014	1.0 km	1.0 km
U10 Boys	U10B-1, U10B-2	8, 9	2013, 2012	2.0 km	2.0 km
U12 Boys	U12B-1, U12B-2	10, 11	2011, 2010	2.5 km	2.5 km
U14 Boys	U14B-1, U14B-2	12, 13	2009, 2008	3.5 km	3.5 km
U16 Boys	U16B-1, U16B-2	14, 15	2007, 2006	5.0 km	2x2.5 km
U18 Boys	U18B-1, U18B-2	16,17	2005, 2004	7.5 km	3x2.5 km
U 20 Men	U20M-1, U20M-2	18,19	2003-2002	7.5 km	3x2.5 km
U23/Senior/Masters Men		20+	>2001	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
U8 Girls	U8G-1, U8G-2, U8G-3	5,6,7	2016, 2015, 2014	1.0 km	1.0 km
U10 Girls	U10G-1, U10G-2	8, 9	2013, 2012	2.0 km	2.0 km
U12 Girls	U12G-1, U12G-2	10, 11	2011, 2010	2.5 km	2.5 km
U14 Girls	U14G-1, U14G-2	12, 13	2009, 2008	3.5 km	3.5 km
U16 Girls	U16G-1, U16G-2	14, 15	2007, 2006	5.0 km	2x2.5 km
U 18 Girls	U18G-1, U18G-2	16, 17	2005, 2004	5.0 km	2x2.5 km
U 20 Women	U20W-1, U20W-2	18,19	2003-2002	5.0 km	2x2.5 km
U23/Senior/ Masters Women		20+	>2001	5.0 km	2x2.5 km
Adapt Women Stand		All		5.0 km	2x2.5 km
Adaptive Women Sit		All		3.5 km	1x3.5 km

All skiers must have a valid trail pass.

SAVE THE DATES!!

**COAST CUP #3, FEB 19TH, 2022 MASS START CLASSIC TECHNIQUE,
& COAST CUP #4, FEB 20TH, 2022 – TEAM SPRINT RELAY ON A SKI CROSS COURSE – FREE TECHNIQUE**

VANCOUVER ISLAND LOPPET MARCH 19, 2022

THE MOUNT WASHINGTON NORDIC CENTRE

