

# BC Championships



# Teck

## Race Notice

### 2024 Teck BC Championships

**Date** March 1-3, 2024  
**Location** Larch Hills Ski Area, Salmon Arm, BC  
**Host Club** Larch Hills Nordic Society



Larch Hills is pleased to be hosting the BC Championships in combination with the BC College/University Series again in 2024.

### Race Format

Date	Time	Race Format	Technique
Friday, March 1	9:00 AM	Sprint Qualifier	Classic
	11:30 AM*	Sprint Heats (King's Court for younger categories, knockout for older categories)	Classic
Saturday, March 2	9:00 AM	Interval Start	Free
Sunday, March 3	9:00 AM	Relay	Classic

\* Subject to change based on number of racers

### Race Committee

Chief of Competition	Alan Corbett	<a href="mailto:askacorbett@hotmail.com">askacorbett@hotmail.com</a>
Race Secretary	Jonathan Bakker	<a href="mailto:website@skilarchhills.ca">website@skilarchhills.ca</a>
Chief of Timing	Keith Hepburn	
Chief of Course	Dave Wallensteen/Dirk Breugem	
Course Controller	Brian May	
Chief of Stadium	Darius Bucher	
Sprint Coordinator	Rob Hart/Brian May	
Volunteer Coordinator	Alicia Timmerman	
Banquet Coordinator	Robyn Anderson	

Awards Coordinator

Tim Bollans

## Registration

Registration is available on Zone4 at <https://zone4.ca/register.asp?id=34670> and will open on February 5 and close on February 28 at 11:59 PM. Relay team registration is at <https://zone4.ca/register.asp?id=34689> and opens February 29 and closes at 4:00 PM on March 2.

## Technical Delegate

Technical Delegate

Jeannie MacDonald

Technical Assistant

Sherryl Yeager

## Rules

The individual competitions on Friday and Saturday are provincially and nationally sanctioned Tier 2 races while the relay on Sunday is a provincially sanctioned Tier 3 race.

The interval start and individual sprint races for age categories U14 and older are included on the Canada Points List.

Seeding will be performed as per the 2024 Teck BC Cup Series Technical guidelines which can be found at <https://www.crosscountrybc.ca/sites/default/files/documents/2024%20Teck%20BC%20Cup%20Series%20TG%20v2.pdf>

Competitions will be held in accordance with ICR-CCR (Canadian Competition Rules) Precisions 2021 – <https://nordiqcanada.ca/wp-content/uploads/final-ICR-CCR-NOV-2021-with-precisions-En1.pdf>

## Categories and Fees

There is a flat fee of \$14 per person to participate in the relay. Costs for the individual races are as follows.

Category	Cost Per Individual Race	Friday - Sprint - Classic	Saturday - Interval Start - Free	Sunday - Relay - Classic
U8	\$10	200m	1.0km	1.0km per person
U10	\$15	200m	1.5km	
U12	\$15	250m	3.0km	2.3km per person
U14	\$20	450m	2 x 2.3km	
U16	\$20	800m	2 x 3.75km	3.0km per person
U18	\$20	800m	2 x 3.75km	
U20	\$20	800m	2 x 3.75km	
U23	\$25	800m	2 x 3.75km	3.0km per person

<b>Senior</b>	\$25	800m	2 x 3.75km	
<b>Masters</b>	\$30	800m	3 x 3.75km	
<b>Para</b>	\$25	500m-Para	1.2km-Para/1.0km	1.0km per person

## Race Licenses

Nordiq Canada race licenses are necessary for those in the U14 through to and including the Masters categories on Friday and Saturday. For those without an annual license in these categories, you must purchase a day license for \$6 per race while registering. There is no license requirement for those in the U12 and lower categories.

For the relay on Sunday, all participants must purchase a \$3 Nordiq Canada Tier 3 license regardless of if they have an annual race license or not.

## Refund Policy

Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary before 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. The Host Club will refund 75% of race fees if an event is cancelled.

Zone4 online booking fees are non-refundable.

## Course Inspection

The courses for all of the events will be set-out and marked on Thursday, February 29 for pre-skiing. Courses will close on race day 15 minutes before the first racer gets underway.

## Course Maps

Course maps and stadium layouts will be available on our website at <https://skilarchhills.ca/2024-teck-bc-championships/> and will also be posted at the race site.

## Waxing Protocol

Cross Country BC has adopted a no-fluoro policy for all ages categories at all Teck BC Cup races, including the BC Championships. For full details, please see [CCBC Rule Regarding the Use of Fluorinated Waxes](#).

Adherence to this protocol is the responsibility of coaches, parents, and wax technicians.

## Weather and Webcams

The Larch Hills weather station and webcams can be viewed at <https://skilarchhills.ca/webcam-weather/> while Environment Canada's weather forecast is available at [https://weather.gc.ca/city/pages/bc-51\\_metric\\_e.html](https://weather.gc.ca/city/pages/bc-51_metric_e.html)

## Start Lists and Results

Start lists and results will be available on Zone4 at <https://zone4.ca/event/2024/teck-bc-champs/> Start lists will be posted no later than 12:00 noon the day before the race and will also be available at the race site.

## Bib/Chip Pickup

Contrary to past practice, bibs will not be handed out to all clubs before the races. Instead, when athletes are called to the start line for their event, they will first congregate outside of the Bib pickup tent. Racers will be called up by category (eg. "All U10 girls"). Athletes will be given their bib and then go to the chip pickup tent where they will be given their chip. From here athletes will head directly to the starting area waiting to be called up to the start line.

## Concession

A concession in support of the Larch Hills Junior Race Team will be available on all three days.

## Dessert Banquet/Family Dance/Awards Ceremony

**When:** Saturday March 2<sup>nd</sup> from 7 pm to 9 pm

**Where:** The Gathering Place – 350 30th St NE, Salmon Arm

**What:** This year the Larch Hills Nordics will be offering a Dessert Banquet and a Family Dance in the gym at the Gathering Place. Everyone who is registered to race on Saturday will be given a free Banquet/Dance ticket. There will be 100 additional Banquet/Dance tickets available to parents/coaches which can be purchased on Zone4 during the registration process. Additional Banquet/Dance tickets cost \$15 each and are available on a first-come, first-served basis.

The awards ceremonies for Aggregate Awards will be happening concurrently in the foyer of the gymnasium. Anyone can attend the awards ceremony at no charge. Each category that is being awarded will be announced in the gym so that the banquet/dance attendees won't miss their own awards ceremony. We plan to have all race day award ceremonies on the ski hill after the races. Younger categories during the lunch break, older categories after the races have finished for the day.

**Family Dance Theme:** The 80's!

## Relay Race

Official relay teams must register on Zone4 at <https://zone4.ca/register.asp?id=34689> by Saturday, March 2 at 4:00 PM. If possible, unofficial relay teams should also register on Zone4. All changes, including names or members or new unofficial teams, must be submitted to the race office by 8:30 AM sharp on Sunday, March 3.

Younger skiers may ski in an older age group, but not the reverse.

An official relay team must have three (3) team members from the same club. Club status is determined by (a) the Nordiq Canada Licence Policy (for licenced competitors) or (b) the first club that an individual registered with in a given season (for unlicenced competitors). Club Championships Trophy points will not be awarded to unofficial teams. A maximum of one female skier may compete on either an official male relay team or an unofficial male relay team, but not the reverse.

## Sprint Race

All skiers will be able to participate in a minimum of a sprint qualifier and one heat. Younger categories will have their heats in the Kings Court style, while older categories will use the traditional knockout style heats.

**For safety reasons, it is recommended that all skiers wear protective eyewear when competing in sprint competitions.**

## Awards

All racers, including out of province racers are eligible for all awards, except for the Team Aggregate Trophy, which is for CCBC clubs only.

## Individual Races

Teck ribbons will be provided to all participants in the U8 categories. Teck medals will be provided to the top three finishers and ribbons for fourth and fifth place for those in the U10 through U16 categories. Those in the U18 and older categories will receive medals for the first three finishers only.

## Relay Events

Teck medals will be provided to the members of the top three official teams for the U10 and U14 categories and ribbons to the members of the fourth and fifth place official teams. For all other categories, medals will be provided for the first three official teams. Unofficial teams are not eligible for medals.

## Club Championship Trophy

- Points are earned from Friday, Saturday and Sunday's competitions
- Able-bodied: points are earned for results in an age category (not year of birth)

- Para Nordic: points are earned for each of the four official categories
- Points for the individual competitions on Friday and Saturday are
  - 1<sup>st</sup> Place – 5 Points
  - 2<sup>nd</sup> Place – 4 Points
  - 3<sup>rd</sup> Place – 3 Points
  - 4<sup>th</sup> Place – 2 Points
  - 5<sup>th</sup> Place – 1 Point
- Points for the Relay competition (Sunday) are the same as above per team, only for official relay teams
- Points are calculated for individuals and relay teams representing Cross Country BC clubs only. If out-of-province individuals/teams finish in the top five positions, they are skipped to the next individual/official team from BC

The club with the most points wins the trophy and will have their name engraved on a plaque attached to the trophy which is displayed throughout the year at the CCBC office.

## **Accommodation**

There is no official race hotel. A non-exhaustive list of local hotels includes:

### **Hilltop Inn**

1460 Trans Canada Hwy. NE, Salmon Arm, BC V1E 4N1 - (250) 832-6025

### **Fairfield Inn & Suites by Marriott**

790 16 St NE, Salmon Arm, BC V1E 2S5 - (778) 489-0555

### **Comfort Inn & Suites**

1090 22 St NE, Salmon Arm, BC V1E 2V5 - (250) 832-7711

### **Super 8**

2901 10th Ave NE, Salmon Arm, BC V1E 2S3 – 1-866-469-0121

### **Prestige Harbourfront Resort**

251 Harbourfront Dr, Salmon Arm, BC V1E 2W7 - (250) 833-5800

### **SureStay Plus Hotel By Best Western**

61 10 St SW, Salmon Arm, BC V1E 1E4 - (250) 832-9793

### **Travelodge**

2401 Trans-Canada Hwy, Salmon Arm, BC V1E 4P7 - (250) 832-9721