

# Okanagan Cup



# Teck



**Race Notice**  
**Teck Okanagan Cup**  
**Races 6 & 7**  
**Jan 31st & Feb 1st**



The Nickel Plate Nordic Club invites you to join us for the Teck Okanagan Cup 6 & 7 , the sixth & seventh races in the Teck Okanagan Cup Series. The will be a Free Technique, Mass Start event on Saturday Jan 31st, and a Classic Technique, Individual Sprint event on Sunday.

## **Teck OK Cup #6**

**DATE:** Saturday, January 31st, 2015  
**TECHNIQUE:** Free Technique, Mass Start  
**START TIME:** 11:00 AM

## **Teck OK Cup #7**

**DATE:** Sunday, February 1st, 2015  
**TECHNIQUE:** Classic Technique, Individual Sprint Start  
**START TIME:** 10:30 AM

**HOST CLUB:**

**Nickel Plate Nordic Club**

**RACE LOCATION:**

**Nickel Plate Nordic Centre, Penticton, BC**

[www.nickelplatenordic.org](http://www.nickelplatenordic.org)

Access to the NPNC can be either from Penticton by taking the Green Mountain Road for 20.1 Km, then turning onto Apex Mountain Road for 12.7 Km, and then the Hedley Nickel Plate Road for 5.3 Km. Coming from Keremeos, turn onto Green Mountain Road for 14.1 Km and then turn onto Apex Mountain Road. A map is included in this document and available at [www.nickelplatenordic.org](http://www.nickelplatenordic.org)

## **RULES**

**CCC Rules and Regulations, no points awarded toward Canada points list.**

## **REGISTRATION**

Online Only at [Zone4.ca](http://Zone4.ca)

OK Cup #6: <https://zone4.ca/reg.asp?id=8402>

OK Cup #7: <https://zone4.ca/reg.asp?id=8379>

Registrants are responsible for their registration processing fees.

Registration opens Thursday, January 1st at 8:00am (0800hrs) and closes Wednesday January 28th at 10:00pm (2200hrs) with **NO EXCEPTIONS** and you must accept the online waiver.

## **RACE COMMITTEE**

**Chief of Competition:** Jerome Jang (250-494-1972)

**Chief of Timing:**

**Chief of Course:** Pierre Drapeau

**Chief of Stadium:** Ray Mumby

**Secretary:** Michelle Roy

## **ELIGIBILITY**

Ski licenses are not required, but all competitors must be a member of a Cross Country Ski club. Anyone who is not a member can join Nickel Plate for the day with a \$10 fee. The Teck Okanagan Cup Series is designed to be an affordable & accessible event for all skiers living in the Okanagan, from children and their parents to those with more experience.

**Teck OK CUP #6**  
**SATURDAY, JANUARY 31st**  
**FREE TECHNIQUE, 11:00 MASS START**  
**CATEGORIES, DISTANCES AND FEES**

	Age	Distance	Fee	After Jan 20th
ABG/1,2,3	5,6,7	1 km	\$5	\$10
PWBG/1,2	8/9	1 km	\$5	\$10
BBG/1,2	10/11	1 km	\$5	\$10
MBG/1,2	12/13	3 km	\$5	\$10
JVG/1,2	14/15	5 km	\$10	\$15
JVB/1,2	14/15	5 km	\$10	\$15
JG/1,2	16/17	5 km	\$10	\$15
JB/1,2	16/17	10 km (2 x 5)	\$10	\$15
JW/1,2	18/19	10 km (2 x 5)	\$15	\$20
JM/1,2	18/19	15 km (3 x 5)	\$15	\$20
OW	20-29	10 km (2 x 5)	\$20	\$25
OM	20-29	15 km (3 x 5)	\$20	\$25
MW:	30-39	10 km (2 x 5)	\$20	\$25
MM:	30-39	15 km (3 x 5)	\$20	\$25
MW:	40-49	10 km (2 x 5)	\$20	\$25
MM:	40-49	15 km (3 x 5)	\$20	\$25
MW:	50-59	10 km (2 x 5)	\$20	\$25
MM:	50-59	15 km (3 x 5)	\$20	\$25
MW:	60+	10 km (2 x 5)	\$20	\$25
MM:	60+	15 km (3 x 5)	\$20	\$25

**Age as of Dec 31, 2014**

**There will be a five minute delay between category starts.**

**Teck OK CUP #7  
SUNDAY, FEB 1ST  
CLASSIC TECHNIQUE, 10:30 INDIVIDUAL SPRINT START  
CATEGORIES, DISTANCES AND FEES**

	Age	Distance	Fee	After Jan 20th
ABG/1,2,3	5,6,7	150 m	\$5	\$10
PWBG/1,2	8/9	150 m	\$5	\$10
BBG/1,2	10/11	300 m (2 x 150)	\$5	\$10
MBG/1,2	12/13	350 m	\$5	\$10
JVBG/1,2	14/15	700 m (2 x 350)	\$10	\$15
JG/1,2	16/17	700 m (2 x 350)	\$10	\$15
JB/1,2	16/17	1050 m (3 x 350)	\$10	\$15
JW/1,2	18/19	700 m (2 x 350)	\$15	\$20
JM/1,2	18/19	1050 m (3 x 350)	\$15	\$20
OW	20-29	700 m (2 x 350)	\$20	\$25
OM	20-29	1050 m (3 x 350)	\$20	\$25
MW:	30-39	1050 m (3 x 350)	\$20	\$25
MM:	30-39	1050 m (3 x 350)	\$20	\$25
MW:	40-49	1050 m (3 x 350)	\$20	\$25
MM:	40-49	1050 m (3 x 350)	\$20	\$25
MW:	50-59	1050 m (3 x 350)	\$20	\$25
MM:	50-59	1050 m (3 x 350)	\$20	\$25
MW:	60+	1050 m (3 x 350)	\$20	\$25
MM:	60+	1050 m (3 x 350)	\$20	\$25

**Age as of Dec 31, 2014**

**There will be a five minute delay between category starts.**

**SEEDING**

A seeding order will be created based on the results of the Teck OK Cup #6 race held on Saturday, January 31st.

**START LISTS**

Start lists will be available on Saturday, January 31st on [www.nickelplatenordic.org](http://www.nickelplatenordic.org), and also posted in the Nickel Plate Lodge on the morning of the race. Bibs will be distributed on Sunday morning from 8:00am-9:30am.

## CLUB AGGREGATE AWARD

Club points are accumulated for each race in the Teck Okanagan Cup series and an award is given to the club with the most points at the end of the final race. Points are earned for top 5 finishers and for participation, so encourage your club to attend all Teck Okanagan Cup races. Club aggregate awards will be presented at the end of the race.

### Club Points

1st place = 7 points

2nd place = 6 points

3rd place = 5 points

4th place = 4 points

5th place = 3 points

Participation (completing your course) = 2 points

## INDIVIDUAL AWARDS

-TECK participation ribbons will be awarded to all Atoms.

-Ribbons will be awarded to all participants under 14.

-For ages 9-14, medals will be awarded for all 1st, 2nd and 3rd place finishes and Teck ribbons awarded to 4th & 5th finishers in each age category.

Awards will be presented immediately after the race.

## CONCESSION

A concession will be available in the Lodge. Details TBA.

## WAXING

There is a waxing area inside the Lodge. However, it will get crowded easily and teams will need to share outlets.

## COURSE INSPECTION/WAX TESTING

The race course will be marked and open for inspection by noon on Saturday February 1st. The courses will close 30 minutes before the start. Wax testing lanes will be clearly marked.

## TRAIL PASSES

Trail passes are included in the fees for all competitors. Anyone wanting to ski during the event must have a valid trail pass. Skiing alongside the racers on the course during the competition is specifically **NOT PERMITTED**.

## COURSE AND STADIUM MAPS

All maps will be posted on <http://nickelplatenordic.org/Races/races.htm>

## WEATHER/SNOW INFORMATION

Weather information is available at <http://nickelplatenordic.org/>. Click on Snow Report or Current Weather.

## CANCELLATION POLICY

In the VERY unlikely event the event is cancelled there are no refunds. The decision regarding cancelling or postponing will be made on race day.

## PARKING

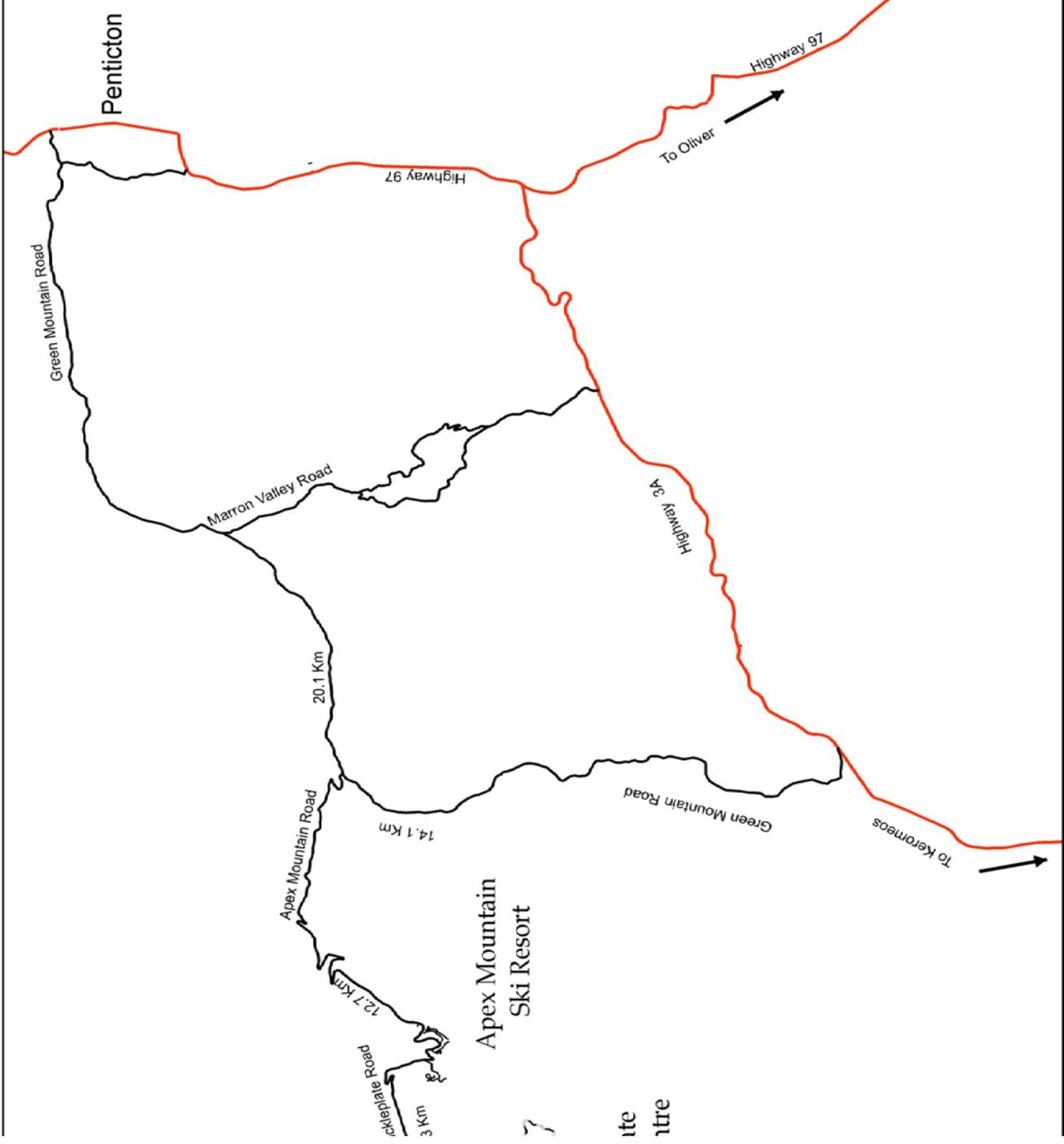
Parking at the Nickel Plate Nordic Centre is limited and often vehicles will need to be parked along the Hedley-Nickel Plate Road.



**Okanagan Cup**



**Teck**



## Getting To The Nickel Plate Nordic Centre



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