

# Okanagan Cup



# Teck

## RACE NOTICE



### Teck Okanagan Cup #3 & 4 & Larch Hills Annual Fun Race



December 27-28<sup>th</sup>, 2014  
Larch Hills Ski Area, Salmon Arm, B.C.

- NAME OF EVENT:** Teck Okanagan Cup & Larch Hills Annual Fun Race
- DATES:** Saturday Dec 27th 2014, 11:00am sharp  
Mass Start for each distance and Fun Race, Classic Technique  
Sunday Dec 28th 2014, 10:00am sharp  
Kings Court Sprint Heats, Free Technique - No qualification round.  
Saturday results will be used to determine first heat placings.
- RACE LOCATION:** Larch Hills Ski Area (15 km east of Salmon Arm). **The race office will be located in the Larch Hills Ski Chalet.**
- HOST CLUB:** Larch Hills Nordic Society: [www.skilarchhills.ca](http://www.skilarchhills.ca)
- SANCTIONED BY:** Teck Okanagan Cup races are not nationally or provincially sanctioned
- RULES:** CCC RULES AND REGULATIONS
- RACE CONTACTS:**
- Chief of Competition: Alan Corbett [askacorbett@hotmail.com](mailto:askacorbett@hotmail.com) 250-833-0247  
Race Secretary: Rob Nash [race\\_secretary@telus.net](mailto:race_secretary@telus.net) 250-832-0612
- ELIGIBILITY:** Ski licenses are not required. Teck Okanagan Cup series is meant to be affordable & accessible to all skiers living in the Okanagan. Para Nordic will be included if requested.
- INSURANCE:** All skiers must be a member in good standing of a CCC/CCBC club.
- REGISTRATION:** Preferred registration for either day of Okanagan Cup entry (to be eligible for awards and club aggregate points for the series) will be online at [www.zone4.ca](http://www.zone4.ca) starting Dec 1st at : <https://zone4.ca/reg.asp?id=8057>

Registration for the Saturday fun race (not eligible for a Teck medal/ribbon or club aggregate points for the series) can take place on Saturday from 8:30am to 9:30am. Please consider registering instead on Zone4 before Dec 23<sup>rd</sup> as this helps the organizers and the same fee applies.

Racers and coaches should verify registration by checking the confirmation list on Zone4 prior to the registration deadline.

Please e-mail any errors or omissions to the race secretary before midnight on Tuesday, December 23<sup>rd</sup>. Registration fees include trail fees.

**DEADLINES:** Okanagan Cup Entry deadline is Tuesday, December 23<sup>rd</sup>, 2014 at 7:00pm.

**STARTLISTS/BIBS:** Start lists for Saturday will be available online at ZONE4.ca on Friday Dec 26th and will be posted at the Chalet at Larch Hills on the morning of the race. Start lists for Sunday's Sprint heats will be available on Saturday afternoon. Bibs can be picked up at Larch Hills between 10am and 10:30am on Saturday, and 9 am and 9:30 am on Sunday.

**RACE OFFICE HOURS:** Saturday, December 27<sup>th</sup> & Sunday 28<sup>th</sup> - 8:00 am to 2:00 pm

**AWARDS:** Medal and/or ribbon presentations will take place following the races. Participation ribbons for all Atoms are provided by Teck. Additional awards by host club for Saturday races:  
Keskinen Family Trophy – Top family result (see last page of notice)  
Hamish Jenks Memorial Trophy – Top 12-13 yr male and female  
Ian Jenks Memorial Trophy – Top 16-17 yr male and female  
Overall Winner Male – 10km, Overall Winner Female – 10km

**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 three races.  
#5 Jan 10<sup>th</sup> Kamloops & #6-7 Jan 31-Feb1 Penticton.

**CONCESSION:** A concession will be available near the stadium.

**FACILITIES:** The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with washrooms downstairs. Chalet will be used as race office and for first aid area so athletes will not be permitted inside. Tables and chairs will be provided in our tracksetter shed for athletes to relax and keep warm.

**WAXING:** Electrical outlets for waxing purposes will be located near the chalet along the edge of the parking area.

**COURSE MAPS:** Course maps will be posted on the Larch Hills website under the Okanagan Cup event tab. The courses to be used on Saturday will be set and marked for training on Friday.

**WEATHER:** Check the club website at [www.skilarchhills.ca](http://www.skilarchhills.ca) for weather and snow conditions in the week prior to this event.

**CANCELLATION POLICY:** 75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Dec 24th. 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. Under circumstances of event cancellation, the Host club will refund 50% of race fees. Zone 4 online booking fees are non-refundable.

**ACCOMMODATION:** See list of Hotels and Motels in Salmon Arm at the following link: <http://salmon-arm.travel.bc.ca/accommodations/>



**RACE CATEGORIES/COST:**

**Saturday Dec 27<sup>th</sup>, 2014 – MASS START CLASSIC TECHNIQUE (11:00am start) – Approx km**

Category	Age		Year Born		Distance (km) Classic Tech.		Fee per race
	Male	Female	Male	Female	Male	Female	
Atom	7 & under	7 & under	2007-09	2007-09	1	1	\$5
Pee Wee	8-9	8-9	2005-06	2005-06	1.4	1.4	\$5
Bantam	10-11	10-11	2003-04	2003-04	2.5	2.5	\$10
Midget	12-13	12-13	2001-2002	2001-2002	3.5	3.5	\$10
Juvenile	14-15	14-15	1999-00	1999-00	5	5	\$10
Junior B/G	16-17	16-17	1997-98	1997-98	10	10	\$10
Junior M/W	18-19	18-19	1995-96	1995-96	10	10	\$15
Open	20-29	20-29	1985-1994	1985-1994	10	10	\$15
Masters	30-39	30-39	1975-84	1975-84	10	10	\$15
Masters	40-49	40-49	1965-74	1965-74	10	10	\$15
Masters	50-59	50-59	1955-64	1955-64	10	10	\$15
Masters	60-69	60-69	1945-54	1945-54	10	10	\$15
Masters	70+	70+	< 1944	< 1944	10	10	\$15

10km = 2 laps of 5km

**Sunday Dec 28<sup>th</sup>, 2014 – FREE TECHNIQUE KINGS COURT HEATS (10:00am start) – No qualifier round. Saturdays results will be used to determine first heat placings.**

Category	Age		Year Born		Distance (m) Classic Tech.		Fee per race
	Male	Female	Male	Female	Male	Female	
Atom	7 & under	7 & under	2007-09	2007-09	200	200	\$5
Pee Wee	8-9	8-9	2005-06	2005-06	300	300	\$5
Bantam	10-11	10-11	2003-04	2003-04	300	300	\$10
Midget	12-13	12-13	2001-2002	2001-2002	400	400	\$10
Juvenile	14-15	14-15	1999-00	1999-00	800	800	\$10
Junior B/G	16-17	16-17	1997-98	1997-98	800	800	\$10
Junior M/W	18-19	18-19	1995-96	1995-96	800	800	\$15
Open	20-29	20-29	1985-1994	1985-1994	800	800	\$15
Masters	30-39	30-39	1975-84	1975-84	800	800	\$15
Masters	40-49	40-49	1965-74	1965-74	800	800	\$15
Masters	50-59	50-59	1955-64	1955-64	800	800	\$15
Masters	60-69	60-69	1945-54	1945-54	800	800	\$15
Masters	70+	70+	< 1944	< 1944	800	800	\$15



**GOOD LUCK TO ALL RACERS !**





# Larch Hills Annual Fun Race

## Family Category Registration

Please write Bib #, Name and Age of each of the Three (3) family members on your team. There must be at least one Adult per team.

Points awarded as follows:

- 1<sup>st</sup> Place in each members respective category = 1 point
- 2<sup>nd</sup> Place in each members respective category = 2 points
- Etc.

Team with **Lowest total score** is awarded the trophy.

Tie breaker is determined by adding the ages of the three family members together. The **oldest** combined age team in the tie is awarded the trophy.

<u>BIB #</u>	<u>NAME of each team member</u>	<u>Age today</u>	<u>Place</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
	Total	_____	_____

**GOOD LUCK TO YOUR FAMILY TEAM**