

# BC Cup



# Teck

## Race Notice- **Revision B – Waxing Protocol Updated**



**Teck BC CUP #1**  
Teck BC Cup Series  
BC College/University Series



### JANUARY 7<sup>th</sup> & 8<sup>th</sup>, 2017

<b>NAME OF EVENT</b>	Teck BC Cup #1 Teck BC Cup Series, BC College/University Series	
<b>RACE SCHEDULE</b>	Saturday, January 7, 2017 – Sprints Skate Technique – 9:00 am start  Sunday, January 8, 2017 – Interval Start Classic Technique – 10:00 am start	
<b>RACE LOCATION</b>	Larch Hills Ski Area, Salmon Arm	
<b>HOST CLUB</b>	Larch Hills Nordic Society	
<b>SANCTIONED BY</b>	CROSS COUNTRY CANADA (CCC), CROSS COUNTRY BC (CCBC)	
<b>RULES</b>	CCC RULES AND REGULATIONS	
<b>RACE ORGANIZING COMMITTEE</b>	Technical Delegate Chief of Competition Chief of Course Chief of Timing Chief of Stadium Competition Secretary	Dirk Rohde Alan Corbett askacorbett@hotmail.com Dave Wallenstein Keith Hepburn John Thielman Rob Nash race_secretary@telus.net

## DAY 1 COMPETITION Saturday, Jan. 7<sup>th</sup> Individual Sprints - Skate Technique

**Qualification Race Starts at 9:00 a.m.**

**We will use King's Court for Midget and younger, and elimination format for Juvenile and older. Subject to change based on number of racers, available time, and weather conditions.**

CATEGORY	AGE as of Dec 31, 2016	YEAR OF BIRTH	DISTANCE SKATE TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u>	<u>7 &amp; under</u>				
AB1/AG1	5	2011			
AB2/AG2	6	2010	150m	150m	\$10
AB3/AG3	7	2009			
<u>Pee Wee Boys &amp; Girls</u>	<u>8 &amp; 9</u>				
PB1/PG1	8	2008	150m	150m	\$15
PB2/PG2	9	2007			
<u>Bantam Boys &amp; Girls</u>	<u>10 &amp; 11</u>				
BB1/BG1	10	2006	350m	350m	\$15
BB2/BG2	11	2005			
<u>Midget Boys &amp; Girls</u>	<u>12 &amp; 13</u>				
MB1/MG1	12	2004	350m	350m	\$15
MB2/MG2	13	2003			
<u>Juvenile Boys &amp; Girls</u>	<u>14 &amp; 15</u>				
JVB1/JVG1	14	2002	770m	770m	\$20
JVB2/JVG2	15	2001			
<u>Junior Boys &amp; Girls</u>	<u>16 &amp; 17</u>				
JB1/JG1	16	2000	1000m	1000m	\$20
JB2/JG2	17	1999			
<u>Junior Men &amp; Women</u>	<u>18 &amp; 19</u>				
JM1/JW1	18	1998	1000m	1000m	\$20
JM2/JW2	19	1997			
Open U23 Men & Women	20-22	1994, 1995, 1996	1000m	1000m	\$20
Open 23-29 Men & Women	23-29	1987 to 1993	1000m	1000m	\$20
Master Male & Female	30-39	1986 to 1977	1000m	1000m	\$20
Master Male & Female	40-49	1976 to 1967	1000m	1000m	\$20
Master Male & Female	50-59	1966 to 1957	1000m	1000m	\$20
Master Male & Female	60-69	1956 to 1947	1000m	1000m	\$20
Master Male & Female	70 & older	1946 & earlier	1000m	1000m	\$20

**DAY 2 COMPETITION    Sunday, Jan. 8<sup>th</sup>    Interval Start – Classic Technique**  
**Race Starts at 10:00 a.m.**

CATEGORY	AGE as of Dec 31, 2016	YEAR OF BIRTH	DISTANCE (km) CLASSIC TECHNIQUE		FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	<u>7 &amp; under</u> 5 6 7	2011 2010 2009	1km	1km	\$10
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	<u>8 &amp; 9</u> 8 9	2008 2007	1.5km	1.5km	\$15
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	<u>10 &amp; 11</u> 10 11	2006 2005	2.2 km	2.2 km	\$15
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	<u>12 &amp; 13</u> 12 13	2004 2003	3.75km	3.75km	\$15
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	<u>14 &amp; 15</u> 14 15	2002 2001	7.5km (2 x 3.75)	5km (2 x 2.5)	\$20
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	<u>16 &amp; 17</u> 16 17	2000 1999	7.5km (2x3.75)	5km (2 x 2.5)	\$20
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	<u>18 &amp; 19</u> 18 19	1998 1997	11km (3x3.75)	5km (2 x 2.5)	\$20
Open U23 Men & Women	20-22	1996, 1995, 1994	11km (3 x 3.75)	5km (2 x 2.5)	\$25
Open 23-29 Men & Women	23-29	1987-1993	11km (3 x 3.75)	5km (2 x 2.5)	\$25
Master Male & Female	30-39	1986 to 1977	11km (3 x 3.75)	11km (3 x 3.75)	\$30
Master Male & Female	40-49	1976 to 1967	11km (3 x 3.75)	11km (3 x 3.75)	\$30
Master Male & Female	50-59	1966 to 1957	11km (3 x 3.75)	11km (3 x 3.75)	\$30
Master Male & Female	60-69	1956 to 1947	11km (3 x 3.75)	11km (3 x 3.75)	\$30
Master Male & Female	70 & older	1946 & earlier	11km (3 x 3.75)	11km (3 x 3.75)	\$30

**NOTE: Para-Nordic will be coordinated as required. Please contact the Competition Secretary at [race\\_secretary@telus.net](mailto:race_secretary@telus.net)**

**RACE  
REGISTRATION**

Registration and fee payment is ONLINE ONLY at [zone4.ca](http://zone4.ca).  
See following link -- <https://zone4.ca/reg.asp?id=13647&lan=1&cartlevel=1>  
If you experience any difficulties registering on-line please contact the Competition Secretary.  
Racers and coaches **must** check the confirmation list on Zone4 ([zone4.ca](http://zone4.ca)) as soon as possible after completing registration to ensure skiers are registered in the correct categories.  
Please contact the competition secretary before noon on Thursday, January 5<sup>th</sup> if corrections are required.

**RACE ENTRY  
DEADLINE**

The entry deadline for all races is:  
**Tuesday, January 3, 2017 at 11:59 pm PST – NO LATE ENTRIES ALLOWED**

**LICENSES**

Competitors in **Midget, Juvenile, Junior and Open categories must have one of the following valid licenses** to be eligible to race in the BC Cup.

- **FIS Race License**
- **CCC Race License or**
- **CCC Supporting Member Day License SMDL** (purchased with online registration for each competition day)
- Other **National Ski License**

CCC Race Licenses must be ordered in advance from CCC at: <https://store.cccski.com/apps.asp> and cannot be issued by the race organizers. The CCC Race Licenses will be verified prior to race to ensure that they are current.

Competitors in the **Bantam and younger or Masters categories do not need a license** to compete, but must be members in good standing of a CCC/CCBC club for the 2016-2017 ski season.

**WAIVER FORMS**

Waivers must be accepted on line.

**SEEDING**

The current Canada Points List (CPL) for both distance and sprint competitions will be used for seeding purposes for the categories requiring a race license. There will be no seeding for categories that do not require a race license (ie. Bantam and younger, or Masters). Competitors in Junior M/W and Open M/W will compete together, but awards will be given separately by category.

**DRAW**

Order of start will be determined on Thursday, January 5<sup>th</sup>, 2017.

**START LISTS**

Start lists for the Saturday race will be available by noon, Friday, January 6<sup>th</sup> on [Zone4.ca](http://Zone4.ca) and at the race venue. Start lists for Sunday's race will be available after the awards presentations on Saturday.

**BIB PICKUP**

Saturday between 7:30 and 9:00 AM in, or near, the Race Office  
Sunday between 7:30 and 9:00 AM in, or near, the Race Office  
The Race Office is inside the Larch Hills Chalet.

<b>AWARDS</b>	Participation ribbons will be awarded to all Atom and Pee wee1 skiers at the finish line. The top five finishers in the Pee Wee 2, Bantam, Midget and Juvenile1 age categories, and the top three finishers in the older categories will be recognized.
<b>FACILITIES</b>	The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with washrooms downstairs. As there is very limited indoor space, please come prepared to spend time outside and bring clothing suitable for the weather. Tables and chairs will be provided in our tracksetter shed/athlete's village (located on the South edge of the parking lot) for athletes to relax and keep warm. PLEASE USE CAUTION CROSSING THE PARKING LOT TO THE TRACKSETTER SHED AND BACK TO CHALET. <u>Chalet will be used as the race office and for a first aid area, so athletes will not be permitted inside.</u> A new, much bigger Chalet is planned, soon !!
<b>FOOD &amp; DRINKS</b>	Drinks and snacks will be available to racers at the finish line. Members of the Larch Hills Race team will provide a concession as a fundraiser to support travel to the 2017 Nationals.
<b>WAXING</b>	Teams are welcome to set up tents for waxing in the parking area in front of the chalet. There is an adequate supply of power available to connect extension cords.
<b>CCBC WAXING PROTOCOL</b>	Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in <b>all categories</b> . This request also applies to athletes traveling to BC from out-of-province or out-of-country. The recommended glide waxing protocol is as follows: <ul style="list-style-type: none"> <li>• Structure Tools are permitted</li> <li>• Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted</li> <li>• Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted</li> <li>• Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted</li> <li>• Cold weather powder additives and hardeners are NOT permitted</li> </ul> The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.
<b>SNOW CONDITIONS</b>	See the Larch Hills website at <a href="http://www.skilarchhills.com">www.skilarchhills.com</a> . A web cam with a view of the stadium can be found online.
<b>WARM UP/WAX TESTING</b>	Warm up/cool down and glide testing areas are located at the south west end of the stadium. THE COURSE WILL BE CLOSED 15 MINUTES BEFORE THE START OF COMPETITION.
<b>COURSE MAPS</b>	Course maps will be available on our website.
<b>TRAIL PASSES</b>	Trail passes are not required at Larch Hills for athletes, coaches and wax testers. Family members who would like to ski or snowshoe are expected to pay a trail fee in the self-serve box (Skiing: \$10 per individual or \$20 per family; Snowshoeing: \$5 per individual).

**COLD WEATHER PROVISIONS**

Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.

*With air temperatures below -20 °C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition.*

*For Atom and Pee Wee age groups, with air temperatures below -15C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.*

**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 Jan 3<sup>rd</sup>. 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 75% of race fees. ZONE4 online booking fees are non-refundable.

**ACCOMMODATION: Comfort Inn**

1090 22<sup>nd</sup> St NE  
(250) 832-7711

**Super 8 Motel**

2901 10<sup>th</sup> Ave NE  
(250) 832-8812

**Podollan Inn**

1460 Trans Canada Hwy NE  
(250) 832-6025

**Prestige Harbourfront Resort**

251 Harbourfront NE  
(250) 833-5800

**Travelodge**

2401 Trans Canada Hwy SW  
(250) 832-9721

**Best Western**

61 10<sup>th</sup> St SW  
(250) 832-9793

*We look forward to hosting you at Larch Hills!*

