

Okanagan Cup



Cross Country BC

Teck

RACE NOTICE



TECK OKANAGAN CUP #1 BCWG Trials (Zone 2) & LARCH HILLS ANNUAL FUN RACE



Saturday, December 30th, 2017

RACE EVENTS:

Teck Okanagan Cup #1 / Larch Hills Fun Race - includes BCWG Trials (Zone 2), Saturday, Dec. 30th, 11:00 AM
Interval start (by age groups) from Atom to Juvenile
Classic technique race, distances up to 5 km
The BCWG Trials are for Midget racers born 2004 and for Juvenile racers born 2003

Larch Hills Annual Fun Race / Okanagan Cup #1
Saturday, Dec. 30th, approx. 1:00 PM after completion of the morning's interval start races.

Mass start altogether from Junior to Masters
Classic technique race, distance of 10 km (& 5km recreational)

RACE LOCATION:

Larch Hills Ski Area – Salmon Arm, BC

HOST CLUB:

Larch Hills Nordic Society

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE:

Race committee chairs:

Chief of Competition	Alan Corbett - askacorbett@hotmail.com
Chief of Course	Dave Wallenstein
Chief of Timing	Keith Hepburn
Chief of Stadium	Darius Bucher
Competition Secretary	Rob Nash - race_secretary@telus.net
Sponsor & Media Liaison	Brad Calkins
Awards Coordinator	Rob vanVarseveld



COMPETITION SCHEDULE

COMPETITION: Teck Okanagan Cup #1 / Fun Race and BCWG Trials Zone 2
Saturday, December 30th, 2017

This event hosts the BC Winter Games trials in the Midget YOB 2004 and Juvenile YOB 2003 categories.

Classic technique race, Interval start, time and distance by age groups

Start time: 11:00 AM with youngest categories starting first

Category	Sub Categories/ Year of Birth	Distance
Atoms	Girls and boys, YOB 2010, 2011, 2012	1 km
Pee Wee	Girls and boys, YOB 2008 & 2009	1.5 km
Bantam	Girls and boys, YOB 2006 & 2007	2.5 km (2x1.5km)
Midget	Girls and boys, YOB 2004 & 2005	3.5 km (2x2km)
Juvenile boys and girls	Girls and boys, YOB 2002 & 2003	5 km (2x2.5km)



COMPETITION: Larch Hills Annual Fun Race / Teck OK Cup, Saturday Dec 30th at approx. 1pm after the Interval start categories are complete.

Classic technique race, Mass start altogether for Junior to Masters

Category	Sub Categories/ Year of Birth	Distance
Recreational 5km	Any Age	5 km
Junior boys and girls	Girls and boys, YOB 2000 & 2001	10 km (2x5)
Junior men and women	Males and females, YOB 1998 & 1999	10 km (2x5)
Open women U23 & 23-29	Females, YOB 1988 – 1997	10 km (2x5)
Open men U23 & 23-29	Males, YOB 1988 – 1997	10 km (2x5)
Masters women 30+ 10yr groups	Females, YOB 1987 and earlier	10 km (2x5)
Masters men 30+ 10yr groups	Males, YOB 1987 and earlier	10 km (2x5)



REGISTRATION: Registration for Okanagan Cup entry (to be eligible for awards and club aggregate points for the series) and BCWG Trials will be online at www.zone4.ca starting Dec 1st at: <https://zone4.ca/register.asp?id=16907&lan=1&cartlevel=1>

Day of registration for the Fun Race only (not eligible for a Teck medal/ribbon or club aggregate points for the series) can take place on race day from 8:30am to 10am. Please consider registering instead on Zone4 before Dec 27th to contribute to club points and to assist race organizers with race planning.

The same registration fee applies for both the Okanagan Cup or Fun Race.

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 Wednesday, December 27th. Registration fees include trail fees.

BC Winter Games SELECTION

Qualifying athletes will be contacted by BC Winter Games (Zone 2, Okanagan) Rep, Kerry Haaheim. Athletes that qualify at the Zone Trials to attend the BC Winter Games must pay a Games Registration Fee (\$175.00) prior to January 16, 2018. Registration and payment will be done through Zone4. More information on how/when to register will be made available to qualifiers after the trials, through their Zone Representative. Please see the BC Winter Games Technical Guidelines for more information:

<http://www.crosscountrybc.ca/sites/default/files/documents/2018BCWinterGamesTechnicalGuidelines.pdf>

2018 BC Winter Games Zone 2 Representative:

Kerry Haaheim, Kelowna. Ph: (778) 581-5952; Email: kerrygroup6@gmail.com

ELIGIBILITY and LICENSES:

This race is designed to appeal to racers of all levels. Race licenses are not required for this event.

RACE ENTRY DEADLINE:

The entry deadline for the OK Cup & BCWG Trials:

Wednesday, Dec. 27th at Midnight

Please note that late entries will not be accepted. Fun Race registration is also preferred on ZONE4. Day of registration is available for Fun Race from 8:30 to 10am.

RACE FEES:

\$5 per race for Atoms

\$10 per race for Pee Wees, Bantams, Midget & Juvenile

\$15 per race for Junior thru Masters

Cancellation Policy: Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than Dec 27th. 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.

WAIVER FORMS:

Waivers must be accepted online at the time of registration.

- START LISTS:** Start times (by category) will be posted at both the race office and online on Friday, Dec. 29th.
- BIB PICKUP:** Saturday 9:00 AM – 10:00 AM, from the race office in the basement of our chalet.
- AWARDS:** Teck medal and/or Teck ribbon presentations to the top five eligible finishers for each age category, 8 years to 15 years, will take place following the race. Participation ribbons for all Atoms are provided by Teck. Prize also provided for top 3 finishers in all ages 16+ by host club.
Additional awards by host club:
Keskinen Family Trophy – Top family result (three members)
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 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 both races. OK Cup #2 is on Jan 28th in Kamloops.
- AWARDS:** Awards will be presented on site after the results are complete.
- WARM UP/ WAX TESTING** The courses will be open until 10:15am. There will be an area for wax testing also.
- FACILITIES:** Our chalet is a small log building, but we are very excited to say that the expansion is underway, and we hope to be able to provide an indoor space in the basement of the expansion that will accommodate racers before and after their race. Running water and washrooms are available. **Recommended to bring a folding chair if sitting in chalet.**
- FOOD & DRINKS:** Concession will be provided by the Larch Hills Junior Race Team members.
- WAXING:** There is space for team tents along the North side of our parking lot in front of the Chalet. Power outlets are available.
The **CCBC Glide Waxing Protocol** will apply to all categories:
Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). 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:
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
 - Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
 - Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
 - Cold weather powder additives and hardeners are NOT permitted
- The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

SNOW AND TRAIL CONDITIONS: Visit www.skilarchhills.ca

COURSE MAPS: Course maps are available at the club website

TRAIL PASSES: No trail passes are required for registered racers. Siblings and parents who want to enjoy our trails are welcome to deposit a donation into our trail fee donation box.

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

SPONSORS:



Teck