

## EVENT NOTICE TECK BC CUP #2 February 4 & 5, 2017

BC Cup Series / College University Series

**Updated January 26<sup>th</sup> to reflect Saturday Feb 4 change to Free Technique**

- RACE EVENTS:** **Saturday, February 4<sup>th</sup> 9:00 am**  
PricewaterhouseCoopers Sprints, Individual, FREE Technique  
(Masters Men and Women – Interval Start FREE Technique)  
**Sunday, February 5<sup>th</sup> 10:00 am**  
Save-On-Foods Mass Start, Free Technique
- LOCATION:** Otway Nordic Centre, Prince George BC
- HOST CLUB:** Caledonia Nordic Ski Club - [www.caledonianordic.com](http://www.caledonianordic.com)
- EVENT WEBSITE:** [Teck BC Cup](#) – at the host club website under Events, then Cross Country
- SANCTIONED BY:** Cross Country Canada (CCC) and Cross Country BC (CCBC)
- RULES:** [FIS ICR – CCR \(Canadian Competition Rules\) Precisions 2016](#)
- COMPETITION COMMITTEE:**
- |                        |                  |  |
|------------------------|------------------|--|
| Technical Delegate:    | Sherryl Yeager   | <a href="mailto:sherryl@callaghanxcski.ca">sherryl@callaghanxcski.ca</a>           |
| Chief of Competition:  | Andrew Watkinson | <a href="mailto:pgskinut@gmail.com">pgskinut@gmail.com</a>                         |
| Competition Secretary: | Jennifer Nessel  | <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a> |
| Chief of Timing:       | Kevin Pettersen  |  |
| Chief of Course:       | Bob Dewhirst     |  |
| Chief of Stadium:      | Alan Martin      |  |
- REGISTRATION:** Registration is online at [Zone4.ca](http://Zone4.ca) fees payable by credit card only. GST will be charged at check out. **\*Coaches/Managers, register yourselves as well.\*** Para-Nordic and Special Olympic categories will be included as requested. Contact the Competition Secretary for more information or if you have trouble with the registration process
- RACE ENTRY:** Early Bird Rates – save \$5 off listed fees by registering before midnight PST on Monday January 23, 2017.  
Deadline for registration is January 31st 11:59pm PST  
Late entries, subject to a \$25 late fee per race, may be accepted until noon PST February 2nd 2017
- REFUND POLICY:** Competitors who withdraw for medical reasons will be given a refund less administrative fees provided notice and medical documentation are submitted to the Competition Secretary before the entry deadline. After entry deadline, no refunds will be given unless the event is cancelled. If the event is cancelled, refunds will be provided to all competitors less administrative fees and incurred event expenses.



# THANK YOU TO OUR LOCAL SPONSORS

## DAY 1 PRESENTING SPONSOR



## DAY 2 PRESENTING SPONSOR



## FUNDING PARTNER



## HIGH FIVE SUPPORTERS



## CRANBROOK CLIMB SUPPORTERS



## SATURDAY February 4, 2017 – Individual Sprint – FREE Technique

**Presented by PricewaterhouseCoopers**

**Start Time: 9:00 am**

**Location: Otway Nordic Centre**

**\* Early bird fee reduction – save \$5 if you register before midnight January 23, 2017**

CATEGORY	AGE as at Dec 31, 2016	YEAR OF BIRTH	DISTANCE FREE TECHNIQUE		*FEE
			M	F	
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	5 6 7	2011 2010 2009	250m		\$5.00
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	8 9	2008 2007			
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	10 11	2006 2005	400m Orange		\$15.00
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	12 13	2004 2003			\$15.00
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	14 15	2002 2001	800m Orange		\$25.00
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	16 17	2000 1999			\$25.00
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	18 19	1998 1997	1.1 Km Orange	1.0 km Orange	\$ 25.00
Open U23 Men & Women	22 & younger	1994 & later			\$30.00
Open 23+ Men & Women	23 & older	1993 & earlier			

**Masters athletes who wish to sprint should register in the Open category.**

Masters Men & Women	30-39	1986 to 1977	5.0 km		\$35.00
Masters Men & Women	40-49	1976 to 1967			
Masters Men & Women	50-59	1966 to 1957			
Masters Men & Women	60-69	1956 to 1947			
Masters Men & Women	70 & older	1946 & earlier			
Para-Nordic	Open		TBD	TBD	\$30.00
Special Olympic	Open		TBD	TBD	No charge



# SUNDAY February 5, 2017 – Mass Start – Free Technique

Presented by Save-On-Foods

Start time: 10:00 am

Location: Otway Nordic Centre

**\* Early bird fee reduction – save \$5 if you register before midnight January 23, 2017**

CATEGORY	AGE as at Dec 31, 2016	YEAR OF BIRTH	DISTANCE FREE TECHNIQUE		*FEE			
			M	F				
<u>Atom Boys &amp; Girls</u> AB1/AG1 AB2/AG2 AB3/AG3	5 6 7	2011 2010 2009	1 km Blue		\$5.00			
<u>Pee Wee Boys &amp; Girls</u> PB1/PG1 PB2/PG2	8 9	2008 2007	2.3 km Blue		\$10.00			
<u>Bantam Boys &amp; Girls</u> BB1/BG1 BB2/BG2	10 11	2006 2005	2.5 km Blue		\$15.00			
<u>Midget Boys &amp; Girls</u> MB1/MG1 MB2/MG2	12 13	2004 2003	5 km (2 x 2.5 km Blue)		\$15.00			
<u>Juvenile Boys &amp; Girls</u> JVB1/JVG1 JVB2/JVG2	14 15	2002 2001	7.5 km (2x 3.75 Blue)	5 km Blue	\$25.00			
<u>Junior Boys &amp; Girls</u> JB1/JG1 JB2/JG2	16 17	2000 1999						
<u>Junior Men &amp; Women</u> JM1/JW1 JM2/JW2	18 19	1998 1997	15 km (3 x 5 Blue)	10 km (2x 5 Blue)				
Open U23 Men & Women Open 23+ Men & Women	22 & younger 23 & older	1994 & later 1993 & earlier	15 km (3 x 5 Blue)	10 km (2x 5 Blue)		\$30.00		
Masters Men & Women Masters Men & Women Masters Men & Women Masters Men & Women Masters Men & Women	30-39 40-49 50-59 60-69 70 & older	1986 to 1977 1976 to 1967 1966 to 1957 1956 to 1947 1946 & earlier	15 km (3 x 5 Blue)	10 km (2x 5 Blue)	\$35.00			
Para-Nordic	Open					TBD	TBD	\$30.00
Special Olympic	Open					TBD	TBD	No charge



**SPRINT FORMAT:** The Sprint race will offer a qualification round (15 second intervals) for all age categories. The qualification round will be followed by the quarter-final and subsequent heats as soon as the organizers can prepare for them. Heats will be offered for age categories, not YOB. Small categories may be combined.

All skiers will be given the opportunity to compete in a minimum of the qualification round and one heat.

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

- **FIS Race Licence**
- **CCC Race Licence**
- **CCC Day Licence** (\$5 per each day of racing)

CCC Race Licences must be ordered in advance from CCC at: <http://www.cccski.com/Events/License-Applications.aspx> and cannot be issued by the race organizers. CCC Race Licences will be verified to ensure that they are current.

Competitors in the **Bantam or younger and Masters categories do not need a licence** to compete, but must be members in good standing of a CCC/CCBC club.

**SEEDING:** Competitors in the Senior Men and Junior Men categories and those in the Senior Women and Junior Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into Open and Junior for results and awards/prizes. The current Canada Points List (CPL) for both distance and sprint competitions will be used.

Categories that do not require a race licence will not be seeded, start order will be by random draw.

**DRAW:** Order of start will be determined by computer draw on the evening of Thursday February 2, 2017.

**START LISTS:** Start lists for the Saturday race will be available by noon, Friday February 3rd on [Zone4.ca](http://Zone4.ca) and at the Otway Nordic Centre. Start lists for Sunday's race will be available after awards presentations on Saturday.

**RACE OFFICE AND BIB PICK UP:** The Race Office will be located on the lower level of the Rotary Nordic Lodge, with entry through the Rental Office.

	<b>Friday Feb 3</b>	<b>Saturday Feb 4</b>	<b>Sunday Feb 5</b>
<b>Open</b>	Noon – 2:00pm	7:30am – 4:00pm	8:30am – 3:00pm
<b>Bib pick up</b>	-----	7:30am – 8:30am	8:30am – 9:30am

**(Heat bibs pick up time will be posted at the race office on race day)**



**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.*

**WEATHER:**

[Current on-site weather](#) conditions and temperatures can be found on the host club website. For local area conditions phone 250-561-6912 or visit environment Canada [weather page for Prince George](#).

**CCBC Low-fluoro Glide Waxing Protocol:**      *Implementation date: January 1, 2017*

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia. This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country. This protocol does not extend to national-level events held in British Columbia (e.g., NorAms and Western Canadian Championships). Waxing restrictions at those events (if any) are determined by the race organizers in consultation with Cross Country Canada.

**Low-Fluoro glide waxing protocol:**

- Structure tools ARE permitted
- 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 liquids) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

**The above low-fluoro waxing protocol applies to the following races/age categories:**

- At local races (i.e., club races, loppets, etc.): the low-fluoro protocol applies to Midget and younger age categories
- At Regional Cup races (Coast Cup, Okanagan Cup, Kootenay Cup, Northern Cup): the low-fluoro protocol applies to ALL age categories
- At BC Midget Championships and BC Winter Games: the low-fluoro protocol applies to ALL age categories
- At BC Cup races (including the BC Championships) that are not combined with a NorAm or CCC/Canada Games selection races: the low-fluoro protocol applies to ALL age categories

**Notes:**

1. If an athlete chooses to “race up” and compete in a different age category, the athlete is governed by the low-fluoro protocol in place for the category into which he/she races up.
2. For BC Winter Games Trials, whether the race is a stand-alone trials or part of a bigger event, the low-fluoro protocol must as a minimum include athletes in the Juvenile and younger categories.

**Adherence to this protocol is self-governed and is the responsibility of coaches, athletes, parents and wax technicians.**



- WAXING:** Outdoor waxing outlets with sufficient electrical power for waxing purposes are available at the race site. Teams must supply their own tents. Indoor waxing areas will be made available if necessary due to cold.  
**No Heated Fluorocarbon Waxes to be applied indoors**
- WARM UP/  
WAX TESTING:** Warm up and glide testing areas are located adjacent to the waxing facilities near the stadium.  
**No wax testing allowed on the course during the competition.**
- RACE COURSES:** All courses will be marked and tracks set on Friday Feb 3<sup>rd</sup>.
- COURSE MAPS:** Course maps will be posted to the event website as soon as they become available and will be posted at the Otway Nordic Centre by Friday Feb 3<sup>rd</sup> at 1pm.
- FACILITIES:** A day lodge with a First Aid facility and indoor washrooms is on site. Portable toilets are located close to the parking and stadium area.
- FOOD SERVICES:** Finish line: Snacks and Gatorade sponsored by Save-On-Foods  
Concession: A concession serving hot soup and baked goods will be available in the Rotary Lodge. We extend our thanks to Save-On-Foods of Prince George who have generously donated the food for the concession with proceeds benefitting Caledonia Nordic Junior Racers' travel expenses.
- TRAIL FEES:** Trail fees are waived for all competitors and coaches on each race day and the official training day Friday, February 3<sup>rd</sup>.
- AWARDS:** Awards will be presented as follows:
- Ages 7 and under receive Teck participant ribbons as they cross the finish.
- At the end of the competition day:
- 8 year olds – Teck Ribbon for top 5 finishers; Teck participant for all others
  - Ages 9-14: Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> finishers
  - Age 15 - 17: Club medals for top 3 finishers
  - Medals for top three finishers in Junior, Open and Masters M/W categories
- AIRPORT:** Prince George Airport ( [www.pgairport.ca](http://www.pgairport.ca) ) is serviced by Air Canada and WestJet with direct flights from Vancouver. Flights from Kelowna and Kamloops are available through Central Mountain Air.
- ACCOMMODATION:** Visit Tourism Prince George for more information on services and amenities  
Phone: 250-562-3700 toll free: 1-800-668-7646  
email: [tourism@initiativespg.com](mailto:tourism@initiativespg.com)  
website: [www.tourismpg.com](http://www.tourismpg.com)

