

TECK BC CUP SERIES TECHNICAL GUIDELINES 2015

The Teck BC Cup Series is the premier race series in British Columbia. It includes (3) interval start races; (2) mass start races; (1) individual sprint and (1) relay held annually at three different locations throughout the province. The BC Championships is the final event in the Series.

Competitions are held in accordance with CCC Rules & Regulations.

1. SITE SELECTION

Sites are chosen to ensure the greatest number of participants and the least amount of travel. Sites are also selected based on their ability to guarantee quality organization and appropriate courses/distances for developing athletes. Each year, there is one BC Cup event held in northern, central and southern BC.

2. SANCTIONING

All events (interval, sprint, mass and relay) in the Teck BC Cup Series are provincially sanctioned.

The interval start, mass start, and individual sprint events in the Series are also nationally sanctioned.

These nationally sanctioned events (age categories Juvenile and up) are included on the [Canada Points List and Canada Sprint List](#). Interval start, mass start, and individual sprint events in the Series are therefore used for provincial team and trip selections.

A sanctioning fee is required by Cross Country Canada for nationally sanctioned competitions. The Cross Country BC Office pays this fee each summer and invoices host clubs during the ski season. The fee charge is per day. The relay event at the BC Championship is not included.

3. TITLE SPONSOR

Teck, a diversified resource company based in British Columbia, is the title sponsor of the BC Cup Series.

Teck bibs, provided by the Cross Country BC office must be used for all BC Cup races. The office will also provide horizontal and vertical Teck banners for the start and finish area, banners/headers for ZONE4 start lists and results postings, and logos for your race notice, start lists and results.

In addition the office will supply specific awards (medals and ribbons) as described below in section 9.

Contact the Cross Country BC's Administration and Communications Coordinator Angela Wu a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison (see attachments below for further information). Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Angela a minimum of ten days prior your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on: <http://crosscountrybc.ca/sam-information-package>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a national championships (Tier 1), and needs to be scaled down accordingly for Tier 2 events such as the Teck BC Cup Series.

4. RACE NOTICE:

The 'Teck' logo will be provided to race organizers for the race notice, start lists and results lists.

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition. For the ZONE4 posting a header/banner with 'Teck BC Cup Series' on it will be provided to the race organizers by Cross Country BC.

Entries must close no later than Wednesday prior to the competition. **NO POST ENTRIES ARE ALLOWED.** Competitors should be offered the opportunity to register on ZONE4. If entries are sent via electronic mail, race organizers must notify the sender that their entries have been received.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am to allow more travel time for skiers traveling long distances home. Sprint races usually begin at 9:00 am.

The race notice should be planned carefully so that there are no changes after it is posted.

The race notice must include the following:

CCBC Glide Waxing Protocol for Midget Age Categories and Younger

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. club races, loppets, regional cup races, BC Cup races, BC Championships, BC Midget 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.

5. RACE CANCELLATION

A decision on event cancellation or change of site due to lack of snow will be made by Cross Country BC in consultation with the organizing committee and the Technical Delegate.

The race notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. In addition, please include a basic accommodation list with phone numbers.

6. COACHES MEETINGS AND DRAW

The draw should be held no later than the Thursday night before the event. This is for the convenience of the event organizers.

Skiers in Midget Boy/Girl and younger categories should not be seeded, but grouped according to their category and their positions determined by a normal draw procedure.

Coaches Meetings are not held at BC Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require.

7. START AND RESULT LISTS

Younger age categories (Midget and younger) **MUST** be first on the start list.

It is recommended that the race schedule begin with Atoms and work up to Midgets. Juvenile and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

Both start and results list **MUST** include the year of birth and name of home club for each athlete.

The official results should be presented by age categories, not year of birth.

The 'Teck' logo must be displayed on the start lists and results lists. For the ZONE4 posting a header/banner with 'Teck BC Cup Series' on it will be provided to the race organizers by Cross Country BC.

The start list should be posted on ZONE4 no later than noon on Friday before the event. It should also be available at the race site no later than Friday afternoon.

8. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection on the afternoon prior to the first event. Many participants will arrive in time to familiarize themselves with the course and they should find the courses for Saturday's competition clearly marked out. It is *very* important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient.

Classic tracks are not set for the Free Technique events at this level of competition. However, because this Series is a junior development program, classic tracks do need to be set on the side of the course used for the Atoms age category in all events except the sprints.

9. TIMEKEEPING

An electronic timing system is required. Clubs may have access to this equipment either through ownership or by borrowing from other sport groups in their community. If that is not possible, the equipment can be rented from the Cross Country BC Office.

ZONE4, Cross Country Canada's official race management software *must* be used in order to meet the national format guidelines and to allow entry into the national points system(s).

10. AWARDS FOR THE INDIVIDUAL EVENTS

- 7 & under (Atoms) – Teck participant ribbons for all
- 8 years (first year Pee Wees) – Teck 1 to 5 ribbons for top 5 finishers; Teck participant ribbons for all others
- 9 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 10 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 11 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 12 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 13 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 14 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 15 years – host club responsibility
- 16-17 years (Junior B/G) - host club responsibility
- 18-19 years (Junior M/W) - host club responsibility
- 20-22 years (Open U23 M/W) - host club responsibility
- 23-29 years (Open M/W) – host club responsibility
- Masters M/W categories - host club responsibility
- Para-Nordic categories - host club responsibility

NOTES:

All entries in the Atoms age category who complete their event will receive a special Teck participant ribbon. At this age, each child should receive the same award, and clubs wishing to provide prizes in addition to these ribbons must ensure each participant in the group receives the same award.

Awards for athletes 15 years of age (second year Juvenile Boys and Girls) and all age categories from Junior Boys and Girls through to Masters Men and Women 70+ are to be provided by the host club.

- Awards for athletes 15 years of age are to be provided to the top three finishers, male and female, for the interval start, mass start, and individual sprint (finals).
- Awards for all categories from Junior Boys/Girls through to Masters Men and Women 70+ are to be provided to the top three finishers in an age category for the interval start, mass start, and individual sprint (finals). Note that these athletes receive awards are for their age category only, not year of birth.
- Awards will be medals unless permission for a substitute prize is approved by Cross Country BC.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, year and award category.

Out of province skiers are eligible for medals, including medals for relay events.

11. SKI LICENCES

In all races except the relays, all participants registered in Juvenile through Open categories are required to hold a current CCC Racing Licence. Masters age categories and Midget and younger categories do not require a licence.

The relays are not a nationally sanctioned event (do not offer CPL points) and none of the categories require a licence.

To apply for a licence go to: <http://www.cccski.com/Events/License-Applications.aspx>

At any time event organizers can obtain an up-to-date list of CCC licensees at the following link: <https://store.cccski.com/apps.asp?cmd=reg&id=4&lan=0>

Entries **must** be refused if proof of a valid licence is not available.

12. RACE FORMATS AND TECHNIQUE

TECK BC CUP #1

An **Individual Sprint** race on Saturday (classic technique) and an **Interval Start** race on Sunday (free technique).

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 (i.e. Masters) may be combined.

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

Preferred start time for the qualification round is 9:00 am.

Skiers in Midget Boy/Girl and younger categories will not be seeded for the sprint qualifier, but will be grouped according to their category and their positions determined by a normal draw procedure.

The interval start race will use 15 second interval starts.

TECK BC CUP #2

An **Interval Start** race on Sunday (classic technique) and a **Mass Start** race on Saturday (free technique).

The interval start race will use 15 second interval starts.

TECK BC CHAMPIONSHIPS

A **Mass Start** (classic technique) race on Friday, an **Interval Start** race on Saturday (free technique) and a **Relay** on Sunday (classic technique).

The interval start race will use 15 second interval starts.

Relay groups should be started in waves one after the other with only a few minutes between starts in order to complete all events in reasonable time. Three legs. Laps of short courses should be used when possible. No course should be longer than 5 km.

13. AGE CATEGORIES

CATEGORY		AGE	YEAR BORN
ATOM BOYS	AB1, AB2, AB3	5, 6, 7	2009, 2008, 2007
PEE WEE BOYS	PB1, PB2	8, 9	2006, 2005
BANTAM BOYS	BB1, BB2	10, 11	2004, 2003
MIDGET BOYS	MB1, MB2	12, 13	2002, 2001
JUVENILE BOYS	JVB1, JVB2	14, 15	2000, 1999
JUNIOR BOY	JB1, JB2	16, 17	1998, 1997
JUNIOR MEN	JM1, JM2	18, 19	1996, 1995
ATOM GIRLS	AG1, AG2, AG3	5, 6, 7	2009, 2008, 2007
PEE WEE GIRLS	PG1, PG2	8, 9	2006, 2005
BANTOM GIRLS	BG1, BG2	10, 11	2004, 2003
MIDGET GIRLS	MG1, MG2	12, 13	2002, 2001
JUVENILE GIRLS	JVG1, JVG2	14, 15	2000, 1999
JUNIOR GIRL	JG1, JG2	16, 17	1998, 1997
JUNIOR WOMEN	JW1, JW2	18, 19	1996, 1995
OPEN U23 M/W		20, 21, 22	1994, 1993, 1992
OPEN 23+ M/F		23 - 29	1991 - 1985
MASTERS M/W		30 - 39	1984 - 1975
MASTERS M/W		40 - 49	1974 - 1965
MASTERS M/W		50 - 59	1964 - 1955
MASTERS M/W		60 & older	1954 - 1945
MASTERS M/W		70 & older	1944 & earlier
OPEN PARA-NORDIC SIT-SKI M/F		N/A	N/A
OPEN PARA-NORDIC STANDING M/F		N/A	N/A

Age as of December 31, 2014.

Note that Master's categories are offered in 10 year increments up to 70 plus.

14. RACE DISTANCES

The following distances are guidelines only. Factors to consider include what is available, course difficulty, temperature, whether or not the event is being used as a trial race, etc.

Early season races should be at the shorter end of the range provided below. Longer distances should be used towards the end of the season.

The Junior Women, U23 Women and Open Women categories should always ski the same distance to allow for comparison of athletes competing in the College/University Racing Circuit. The same applies to Junior Men/U23 Men/Open Men.

From time to time requests will be made to have other age categories ski common distances for selection purposes. This kind of change to the schedule requires the approval of Cross Country BC to ensure that young skiers don't compete at inappropriate distances too early in the season just for the purpose of comparison with older skiers. In this situation, it is preferable to have the older skiers accommodate the younger skiers by skiing shorter distances.

Interval & Mass Starts - Males

Atoms:	7 & under	0.5 km to 1.0 km
Pee Wee:	8 – 9	1.0 km to 2.0 km
Bantam:	10 - 11	1.5 km to 3.0 km
Midget:	12 - 13	3.0 km to 5.0 km
Juvenile:	14 - 15	5.0 km to 10 km
Junior B:	16 – 17	10 km to 15 km
Junior M:	18 – 19	10 km to 15 km
Open U23:	20 – 22	10 km to 15 km
Open 23-29:	23 - 29	10 km to 15 km
Masters:	20 – 70+	10 km to 15 km

Interval & Mass Starts - Females

Atoms:	7 & under	0.5 km to 1.0 km
Pee Wee:	8 – 9	1.0 km to 2.0 km
Bantam:	10 - 11	1.5 km to 3.0 km
Midget:	12 - 13	3.0 km to 5.0 km
Juvenile:	14 - 15	5.0 km to 7.5 km
Junior G:	16 – 17	7.5 km to 10 km
Junior W:	18 – 19	7.5 km to 15 km
Open U23:	20 – 22	7.5 km to 15 km
Open 23-29:	23 - 29	7.5 km to 15 km
Masters:	20 – 70+	7.5 km to 15 km

Sprints - Males

Atoms:	7 & under	100-200 meters (skills)
Pee Wee:	8 – 9	100-200 meters (skills)
Bantam:	10 - 11	200-300 meters (skills)
Midget:	12 - 13	300-400 meters
Juvenile:	14 - 15	600-800 meters
Junior B:	16 – 17	800-1000 meters
Junior M:	18 – 19	1000-1200 meters
Open U23:	20 – 22	1000-1200 meters
Open 23-29:	23 - 29	1000-1200 meters
Masters:	20 – 70+	1000-1200 meters

Sprints - Females

Atoms:	7 & under	100-200 meters (skills)
Pee Wee:	8 – 9	100-200 meters (skills)
Bantam:	10 - 11	200-300 meters (skills)
Midget:	12 - 13	300-400 meters
Juvenile:	14 - 15	600-800 meters
Junior G:	16 – 17	800-1000 meters
Junior W:	18 – 19	1000-1200 meters
Open U23:	20 – 22	1000-1200 meters
Open 23-29:	23 - 29	1000-1200 meters
Masters:	20 – 70+	1000-1200 meters

Para-Nordic Standing	TBD
Para-Nordic Ski-ski	TBD

15. TECHNICAL DELEGATE

A Technical Delegate will be appointed by the CCBC Officials Chairperson. The expenses of the TD are the responsibility of the host club. Event organizers are advised to acquire a complete TD package from the CCBC Office. This will explain the TD duties and responsibilities and what the TD will report on when they evaluate an event.

16. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible. Maximum entry fees per day for BC Cup events are as follows:

INTERVAL, MASS AND SPRINT RACE FORMATS:

Atom:	\$10.00
Pee Wee:	\$15.00
Bantam:	\$15.00
Midget:	\$15.00
Juvenile/Junior:	\$20.00
Open U23:	\$25.00
Open 23-29:	\$25.00
Open Para-Nordic	\$25.00
Masters:	\$30.00

RELAY FORMAT:

Maximum fee for registering a team is \$ 30.00.

TRAIL FEES:

The host club will not charge trail use fees to athletes, coaches or persons assisting coaches on official training days (in this case the training day is Friday) or race days. Spectators should be allowed access to the competition trails during the competition without payment of trail use fees, to the extent they do not interfere with the competitors.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club. Athletes are not required to display a pass during the course of competition.

17. AGGREGATE AWARDS FOR THE OVERALL TECK BC CUP SERIES

Aggregate awards are provided to the first three finishers for each year of birth from the Pee Wee category through to Juvenile Boy/Girl (i.e. Midget Boys, Midget Girls, Juvenile Boys, etc.), and for each age category from Junior Boy/Girl through Masters 70+ Men/Women. There are no aggregate awards for the Atoms category.

Scores are earned from the six individual events: the interval start (3), mass start (2), and individual sprint (1) races. Relays are not included in the overall awards calculations.

A competitor must compete in at least four events to be eligible for the overall awards. The winner will be determined by points from the competitor's four best (of a possible six) races. A minimum of two classic and two free technique event must be included among the four events selected to determine the points.

A competitor is not required to compete in the BC Championships in order to win the overall awards.

Points for the Aggregate Awards will be awarded in each class as follows:

1. Points will be taken from the best results from a maximum of four races.
2. Points are calculated for BC residents only.
3. In the case of a tie, where the total points are the same, the winner will be determined by the results of those races in which both skiers competed. If there is still a tie, a tie will be declared.
4. It is not necessary to compete in the BC Championships to win an overall BC Cup title.

PLACE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
POINTS:	25	20	15	12	11	10	9	8	7	6	5	4	3	2	1

The BC Cup Series overall awards and the Club Award are the responsibility of Cross County BC.

18. RULES & REGULATIONS SPECIFIC TO THE TECK BC CHAMPIONSHIPS

The BC Championships is the annual club competition. Each participating club accumulates points towards the Club Championship Trophy.

CLUB CHAMPIONSHIP TROPHY

- Points are earned from Saturday's Interval start race and Sunday's relays only, **not** Friday's races.
- Points are earned for results in an age category (not year of birth)
- Points for the individual start events on Saturday are:
 - 1st place 5 points
 - 2nd place 4 points
 - 3rd place 3 points
 - 4th place 2 points
 - 5th place 1 point
- Points for the relay events (Sunday) are the same as above.
- If there are less than five competitors in a category, the points will still begin at 5 points for 1st place, 4 points for 2nd place, etc.
- Points are calculated for official teams only as per the CCC Rule Book.
- Points are calculated for individuals and relay teams representing CCBC clubs only. If out-of-province individuals/teams finish in the top five positions, skip to the next individual/official team from BC until five BC relay teams have received points.

The winner of the trophy is the club with the most points. CCBC is responsible for ensuring that the plaque recognizing their victory is engraved and attached to the trophy. The Club Trophy is displayed throughout the remainder of the year at the CCBC Office in Vernon.

BC CHAMPIONSHIP BANQUET

The host club will provide a *banquet/awards ceremony* **or** an *awards ceremony with refreshments* on Saturday evening. The overall BC Cup Series awards and the awards for Saturday's interval start events will be presented at that time.

Banquet/Awards Ceremony: the maximum fee may not exceed \$38.00.

Awards Ceremony: the maximum fee may not exceed \$15.00.

RELAYS

Following are the age categories for the relay events. Host venues may not have all the distances listed here, so these distances are recommendations only. Organizers are expected to follow the guidelines as closely as possible.

Categories:

Pee Wee Boys:	Atom & Pee Wee (9 and under)	3 x 1.0 km
Pee Wee Girls:	Atom & Pee Wee (9 and under)	3 x 1.0 km
Midget Boys:	Midget (10 to 13)	3 x 2.5 km
Midget Girls:	Midget (10 to 13)	3 x 2.5 km
Jr. Men:	Juvenile/Junior (14 to 19)	3 x 3.5 km
Jr. Women:	Juvenile/Junior (14 to 19)	3 x 3.5 km
Open Men:	Open & Masters Men	3 x 5 km
Open Women:	Open & Masters Women	3 x 5 km

Rules

Younger skiers may ski in an older age group, but not the reverse, and a maximum of one female skier may compete on a male relay team.

An official relay team will have three (3) team members from the same club. Club status of competitors is determined according to CCC Rules & Regulations. Club Championships Trophy points will not be awarded to unofficial teams.

Prizes will be awarded to all three team members of the top three (3) finishing teams for each age category in the relay. These awards are the responsibility of the host club.

The relay awards and Club Championship Trophy will be presented immediately after Sunday's events have been completed.