

**TECK BC MIDGET CHAMPIONSHIPS  
TECHNICAL GUIDELINES  
2015**

The objectives of the Teck BC Midget Championships are to (1) bring young skiers together for a memorable and enjoyable weekend of cross country ski competition and fun, (2) meet the needs of a wide range of skill levels and ski experience, (3) encourage achievement through team effort, and (4) encourage good ski technique.

***Site Selection***

Sites will be selected by Cross Country BC. Sites will be chosen based on (1) appropriate facilities, (2) the club's ability to guarantee a well-organized event, and (3) the likelihood of the greatest number of participants.

***Sanctioning***

The Teck BC Midget Championships is an official, registered Cross Country BC event that will be published on the CCBC Competition Schedule. However, it is not sanctioned – it is not a Canada Points List race, it is not held under CCC/FIS Rules and Regulations, it does not require a ski licence of any kind, and it does not require a Technical Delegate.

***Title Sponsor***

Teck, a diversified resource company based in British Columbia, is the title sponsor of the Teck Midget Championships.

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

In addition the office will supply specific awards (medals and ribbons) as described below under 'Awards for Interval Start, Sprint and Relay Events', and a tuque for each participant.

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](mailto: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](mailto: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, and needs to be scaled down accordingly for smaller events such as the Teck BC Midget Championships.**

### ***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. The Zone 4 registration page should **link directly to your race notice**, rather than the home page of your club website (linking to the club website home page is a common mistake). For the ZONE4 posting a header/banner with 'Teck Midget Championships' 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.

The 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.

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

It is important that the event notice is complete with all necessary information that the coaches require. It should be planned carefully, and there should be NO changes after it is distributed. Please include a basic accommodation list with phone numbers.

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 BC Midget Championships. .

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.

### ***Eligibility***

A CCBC Club, or an Elementary School (that is not officially affiliated by membership to a CCBC Club) can register a Team in this event. Only one Team per club or school can register in the Championships.

A participant in this event must ski for one Team only, they cannot be registered under both a School Team and a Club Team.

The Championships is open to individuals that are not affiliated with a club or school.

Skiers born in 2002, 2003, 2004 and 2005 are eligible (equivalent of grades 7, 6, 5 & 4).

Skiers may only enter in one age category for the duration of the event. When a skier registers initially, they can move up an age category, but not down.

## ***Banquet***

This event includes a banquet on the Saturday evening.

## ***Draw***

There is no seeding for this event, just a random draw. The draw for the Interval Start, Relays, and Qualification Round for the Sprints should be held NO later than the Thursday night before the event. This is for the convenience of the event organizers.

## ***Information for Coaches***

It is the responsibility of the organizers to ensure that the event notice carries most of the necessary information that the coaches will need, and that start lists for the first day are available on ZONE4 and at the race site the day before.

## ***Course Inspection***

The competition courses must be properly groomed and marked for inspection by the skiers/coaches the afternoon prior to the first event. Many participants will arrive in time to familiarize themselves with the course and they should find course markings for the first day of 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.

## ***Start and Results Lists***

ZONE4 software must be used.

Both start and results list <b>MUST</b> include the name of home club for each athlete.
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The 'Teck' logo must be displayed on the start lists and results lists. For the ZONE4 posting a header/banner with 'Teck Midget Championships' 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.

In addition to full results postings on Zone 4, the technique awards and the aggregate team points should be posted on the host club web site **as soon as possible** following the event. That will allow CCBC to access the information and broadcast all the results highlights to the ski community.

## ***Timekeeping***

A recognized electronic timing system must be used. 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, a set of equipment can be rented from the CCBC Office.

## ***Awards for Interval Start, Sprint & Relay Events***

Medals for 1st, 2nd and 3rd place in all four age categories - both male and female - will be provided by Teck. Ribbons will be provided for 4<sup>th</sup> and 5<sup>th</sup> place finishers.

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.

### ***Special Individual Awards (for good technique, etc.)***

Prizes will be provided to five skiers with excellent classic technique, and to five skiers with excellent skating technique. Evaluation will take place during the *classic interval start* and *free technique sprint* competitions. A minimum of two CCBC-approved coaches, working as a team, are appointed as judges for this award (minimum NCCP Level 3 (old system) or equivalent new system training).

Other special awards are encouraged as well. These awards are the responsibility of the host club.

Out of province skiers are eligible for special awards as well.

### ***Team/Club Aggregate Trophy***

Points are earned by:

1. Participating in an interval start race - 1 point per participant
2. Participating on an official relay team - 1 point per participant
3. Participating on an unofficial relay team - 1 point per participant
4. Participating in a sprint race - 1 point per participant
5. The top 4 placings in an interval start race - 5, 4, 3, 2, points  
*(this is in addition to points earned for participation)*
6. The top 4 placings in a sprint race - 5, 4, 3, 2, points  
*(this is in addition to points earned for participation)*
7. The top 4 placings in an interval start race - 5, 4, 3, 2, points  
*(based on total time of the best four times)*
8. The top 4 official Team placings in a relay event - 10, 8, 6, 4 points
9. The top 5 skiers for best classic technique - 5 points each
10. The top 5 skiers for best skating technique - 5 points each

Points are calculated for individuals and relay teams representing CCBC clubs only.

Points for top 4 relay placings are calculated for official relay teams representing CCBC clubs only.

The Team with the most overall points wins the Team Aggregate Trophy.

A banner will be provided to the winning Team, as well as a certificate to each member of the Team. It is Cross Country BC's responsibility to provide the banner, and it is the host clubs responsibility to provide the certificates.

The Teck Midget Championship Team Trophy is provided by Cross Country BC. This trophy will be displayed at the CCBC Office between Championship events, and Cross Country BC will be responsible for engraving plaques with the name of the winning Team.

### ***Ski Licences:***

Participants do not require a licence.

## **Race Format and Technique**

**Interval Start**, classic technique. 15 second interval starts should be used. Eight categories offered: born in 2005 (boy and girl categories), born in 2004 (boy and girl categories), born in 2003 (boy and girl categories) and born in 2002 (boy and girl categories).

**Individual Sprint**, free technique. 15 second interval starts for the Qualification Round. A "Kings Court" format is preferred so that every participant has the opportunity to ski in the same number of events. However this format requires a high level of race management skill to execute in a timely manner and should only be used if the event organizers feel comfortable about doing so. Recommendation: one minute spacing between heats. If the traditional sprint format is used, then all participants must be offered the opportunity to compete in the Qualification Round and a minimum of one heat. Eight categories offered: born in 2005 (boy and girl categories), born in 2004 (boy and girl categories), born in 2003 (boy and girl categories) and born in 2002 (boy and girl categories).

The sprint course should be straight for the first 40-50 metres (to the first corner), and then provide some corners and a small hill in the middle section. The last section should offer a straight run to the finish - about 50 metres. The total length should be approximately 250 metres, and not more than 300 metres. The design should encourage technique transitions, agility in a crowded field and race tactics.

**Relays**, Two legs classic technique, two legs free technique (four person teams). Two categories offered, boy and girl. An official relay "team" is made up of four skiers from the same Club/School and same gender. A team which has four skiers which are not from the same Club/School Team or are mixed boys/girls can participate and acquire participation points for their Team, but they will not be eligible for prizes or any points earned as a relay team.

## **Distances**

Distances MUST NOT be greater than those listed below.

### **Individual Start (m/f)**

9 years	2005	2.0 km
10 years	2004	2.0 km
11 years	2003	2.0 km
12 years	2002	2.0 km

### **Sprints (m/f)**

9 years	2005	300 meters
10 years	2004	300 meters
11 years	2003	300 meters
12 years	2002	300 meters

### **Relays (m/f)**

Ages 9-12	(2005, 2004, 2003, 2002)	4 x 1.5 km
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## **Registration Fees:**

Event organizers are encouraged to keep their entry fees as low as possible to encourage participation. The maximum fee for both day's events and the Saturday evening banquet is \$60.00, and additional benefits would be expected if the fee were to be set at that level.

***Trail Fees:***

The host club should not charge separate trail-use fees to athletes, coaches or persons assisting coaches on the course inspection day (the day prior to the first event) or the days that the event is held. In addition, spectators should be allowed access to the competition trails during competition (to the extent they do not interfere with the competitors) without payment of trail use fees. Instead, organizers should make arrangements ahead of time for payment for use of the Trails for their event, and this expense should be built into the participant's registration fee.

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. Event participants should not be required to display a pass during the course of a competition.