EVENT NOTICE

Sovereign Canada Cup

Nov 26th to 29th

2026

(Version: 26 10 13)

2026 Canada Cup – Sovereign Lake Nordic Club

CHANGES FROM PREVIOUS REVISION	26 10 09 - Schedule Table U20 and Senior/U23 sprint heats and finals are separate, rather than having U20 race with the Seniors in the Heats and Finals. 26 10 13 - Update to race office hours		
SAFE SPORT:	Everyone has the right to a safe and inclusive environment, free from maltreatment. If you are experiencing, or you suspect someone else is experiencing, abuse, discrimination, violence or other forms of maltreatment, contact the Canadian Sport Helpline. They can connect you with support and help you file a complaint. For emergencies, call 911.		
HEALTH POLICY:	Sovereign Lake Nordic Club follows the mandates and recommendation of the Provincial Health Authority and Interior Health. As we see an increase in flu and cold-related illness in the fall we recommend that athletes and support staff reduce time spent in indoor spaces, wear a mask if you are experiencing any flu-like symptoms, are immunocompromised, or feel more comfortable doing so. There are no enforced mandates surrounding mask-wearing or vaccinations at this time.		
RACE SCHEDULE: (For more detail refer to tables at end of document)	Thursday, Nov 26th	Official Training	
	Friday, Nov 27th	Interval Start – Classic	
	Saturday, Nov 28th	Sprint – Free	
	Sunday, Nov 29th	Mass Start – Free	
LOCATION:	Sovereign Lake Nordic Centre (22 km east of Vernon, B.C. in Silver Star Provincial Park)		
HOST CLUB:	Sovereign Lake Nordic Club		
SANCTIONED BY:	FEDERATION INTERNATIONALE DE SKI (FIS) NORDIQ CANADA (NC) CROSS COUNTRY BC (CCBC)		
RULES & REGULATIONS:	Int'l Competition Rules (ICR) Technical Package – will be available from Nordiq Canada website		
COMPETITION SELECTION CRITERIA	This is a selection race for FISU games. For information about selection criteria refer to the Nordiq Canada document centre. As of the time of this publication that most recent one can be found at: 2026-27 Competition Selection Criteria .		
STAKES:	• FIS points (only if racing in U20 and Senior Categories – requires an active FIS licence) • Canadian points (CPL) • Awards (Medals, Merchandise and Cash)		
RACE ORGANIZING COMMITTEE:	Chief of Competition	Marcus Boyle	competitions@sovereignlake.com
	Chief of Course	Rick Latta	
	Chief of Timing & Results	Chris Williamson	
	Chief of Stadium	Neil Hendry	
	Competition Secretary	Marcus Boyle/DJ Hay	race@sovereignlake.com
RACE JURY	Technical Delegate	Ian Sibbald	isibbald@icloud.com
	Assistant Technical Delegate	Jacques Dumont	
	Chief of Competition	Marcus Boyle	
EVENT WEB-SITE:	Sovereign Canada Cup		

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INFORMATION AND COMMUNICATION:	Communications during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive email communications during the event must register on Zone4. The WhatsApp group will only be used for more immediate communications. To join the WhatsApp group click the link or scan the QR code below. Join WhatsApp Group Chat - 2026 - Sovereign Canada Cup
REGISTRATION:	Registration and fee payment is at Zone4 and is ON-LINE ONLY. Coaches should register on Zone4 (no fee). Preliminary Seeding Lists will be available on Zone4 and a link to them will be sent in advance via email to coaches who are registered. *Note, as of 2026/2027 year there will be NO "Racing Up" allowed. Any one who registers for an age older than their actual category will not be on the start lists. The Organizing Committee will do their best to review entries, and where a skier is not in their designated category, they will automatically, without notice, move the skier to their proper age category.* *All feedback on the preliminary seed lists must be provided to race@sovereignlake.com by **noon** on the day of the TCM. No changes will be allowed during or after the TCM.*
RACE FEES:	$50 per race
RACE ENTRY DEADLINE:	The entry deadline for all races is: **Monday, Nov 23rd, 2026 at 6pm PT** Late entries will only be accepted at the discretion of the Jury, requested through the Competition Secretary, and if allowed will incur an additional $50 late fee per race. Seeding is unlikely for late entries and it is entirely at the discretion of the Jury and OC if it does occur.
LICENCES:	The following licences are required to participate in the event: **Canadian** Open – FIS Licence U20 – FIS Licence U18/U16 – NC Race Licence

	Non-Canadian Open – FIS Licence U20 – FIS Licence U18/U16 – NC Associate Licence Racers holding both Nordiq Canada and FIS licences must provide both numbers when registering on Zone4. FIS Points and CPL points will be awarded according to the rules of FIS and Nordiq Canada respectively.
WAIVER FORMS:	Waivers must be completed on Zone4 registration.
CANCELLATION:	Any change in the event location or timing will be posted as early as it is known on the Sovereign Lake and Nordiq Canada website, and communicated by event email and WhatsApp. Where possible a decision on event cancellation or change of site will be made by the organizing committee ten days prior to the event in consultation with the Jury. Where possible a suitable alternative site within driving distance will be identified at the time of cancellation.
REFUND POLICY:	In the event of cancellation of the entire event, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the Competition Secretary receives notification WITH medical documentation prior to the registration deadline. After the registration deadline no refunds will be provided.
SEEDING:	Using current CPL points (distance or sprint as appropriate). Refer to Nordiq Canada for more details on CPL.
TEAM CAPTAINS MEETING:	Team Captains Meeting will be held ONLINE and are as follows: - Thursday, Nov 26th @ 6:00 pm for Nov 27th, - Friday Nov 27th @ 6:00 pm for Nov 28th, and - Saturday Nov 28th @ 6:00 pm for Nov 29th Registered coaches will receive an email with the online information.
START LISTS:	Start Lists will be available on Zone4 as soon as they have been finalized.
RACE OFFICE & BIB PICKUP:	The event race office is a small log cabin located behind the Technical Building at the start/finish line. The Race Secretary can be reached at race@sovereignlake.com. **Race Office Hours** • Thursday, Nov 26th 11:00 am – 4:00 pm • Friday, Nov 27th 8:00 am – 09:30 am • Saturday, Nov 28th 8:00 am – 09:30 am • Sunday, Nov 29th 8:00 am – 09:30 am **Athlete Bibs** pick-up for each event is on race day morning. Please send a coach or team manager to pick up bibs. Athletes, please use the "Bib Pick-Up" field when registering on Zone 4 to indicate the club or team your bib should be assigned to. **Coach Bibs** will not be provided.
AWARDS:	Podiums

	• CCNS (Female and Male) – Canadian Only
	  • Medals: 1st, 2nd, 3rd
	  • Merchandise: 1st, 2nd, 3rd
	  • Cash: None
	• U23 (Female and Male) – Any country
	  • Medals: 1st
	  • Merchandise: 1st
	  • Cash: 1st ($75)
	• Open (Female and Male) – Any country
	  • Medals: 1st, 2nd, 3rd
	  • Merchandise: 1st, 2nd, 3rd, 4th, 5th, 6th
	  • Cash: 1st ($500), 2nd ($300), 3rd ($200), 4th ($150), 5th ($100), 6th ($75), plus top sprint qualifier ($100)
	• Open (Female and Male) – Nordiq Canada Podium
	  • Only as part of any country podium
	• U20, U18 and U16 (Female and Male) – Any country
	  • Medals: 1st, 2nd, 3rd
	  • Merchandise: 1st, 2nd, 3rd
	  • Cash: None
	All awards will be in the finish area following the event.

PROTEST PROCEDURES:	The Protest Procedure is outlined in the FIS ICR – CCR Precisions 2020 (see link under RULES). Protest forms will be available in the race office during race office hours. Note: a $100 cash fee must accompany the protest form.
FACILITIES:	SLNC offers indoor washrooms downstairs in the day lodge. The upstairs of the day lodge will not be open for congregating or seating. Downstairs (limited space) will be available to athletes. In addition, outhouses will be located close to the parking and stadium areas.
FIRST AID:	First aid attendants will be available on site at the Finish area and at the First Aid Hut across from the day lodge.
FOOD & DRINKS:	Drinks and snacks will be available to racers at the finish line. A limited selection of food and drinks are available for purchase at the Sovereign Lake day lodge. Full service restaurants, cafes, pubs and a small grocery store are available at SilverStar Mountain Resort (3km away).
COURSE MAPS:	**Access to the trails during racing will only be allowed on foot** See detailed schedule for the links to the official homologations for the individual course. Images of the maps are also included at the end of this document.
WAX PROTOCOL:	***Nordiq Canada Wax Rule applies: Fluoro kick and glide wax is not permitted (all age categories).***
WAX FACILITIES:	Teams are welcome to set up tents for waxing in the area between the lower parking lot and the day lodge. Clubs should bring their own tents. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge as this is access for the washrooms. The grooming garage is also available for waxing and secure storage on a first come first serve basis through **Zone4**. One table space assumes two forms allowed (maximum) plus limited space for ski storage near the ski tables. The cost is:

	- $150 for each space for the duration of the event, including official training day. The size is approximately 9' x 12'. - 8 spaces are available There is limited space in the facility so there may have to be some adjustments to allocations, but we will do the best we can to accommodate.
WARM UP/WAX TESTING:	Refer to venue map at the end of this document **RACE COURSES WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.**
TRAIL PASSES:	Trail passes for Official Training and Competition days are included with race fees for coaches and competitors only. Passes must be purchased for any use of the trails by anybody other than Coaches and Athletes or for use of the trails on any day outside of the Official Training and Competition days. Sovereign Lake Nordic Club reserves the right to remove athletes from events (without refund) if they are discovered skiing at Sovereign without a trail pass. You may purchase additional training day tickets for other days online or at the ticket windows outside the day lodge.
TRAIL/SNOW CONDITIONS:	See the SLNC website at Sovereign Lake for snow and trail conditions and webcam information.
WEATHER:	See weather report at: Sovereign Lake
PARKING:	Parking will be VERY limited throughout the competition days. We are asking coaches, athletes and their supporters to limit the number of vehicles by carpooling in team vehicles. Due to the restrictions on parking at this time of the year we request that team vans park in Parking Lot C (this is the first parking lot on your right before coming through the gate).
AIRPORT:	The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see Kelowna Airport). Airlines include Air Canada Jazz, Westjet, Horizon Air, Air North and Central Mountain Air.
ACCOMODATION:	**Silver Star Accommodations – Accommodation Sponsor (3km from Sovereign Lake)** Book your accommodation through SSMR and receive a **25% accommodation discount**. Sovereign Canada Cup SAVE 25% on 2 nights or more **PROMO CODE - CCUP26** Available from Nov 19-30, 2026 New bookings only Cannot be combined with any other offer

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DATE	TIME (PT)	EVENT	LOCATION	COURSE
Mon, Nov 23rd	**6:00 pm**	**Final deadline for registration** *Coaches, please check confirmation list*	Any problems with registration, please email race@sovereignlake.com	
Thurs, Nov 26th	11:00 am – 4:00 pm	Race Office Open	Race Office – Brown log cabin behind green technical building	
	12:01 pm – 3:00 pm	Official Training	Sovereign Trails	
	6:00 pm	Team Captains Meeting for next day	**ONLINE**	
Fri, Nov 27th	8:00 am – 9:30 am	Interval Start Bib Pickup	Race Office	
	8:30 am – 9:25 am	Warmup on Course	Course	
	09:30 am	Interval Start Classic Open (U20 & Senior) Women – Combined Seeding	Stadium	5.0km = 2 x 2.5km Blue – 2.5km Course
	~10:30 am	Interval Start Classic Open (U20 & Senior) Men– Combined Seeding	Stadium	5.0km = 2 x 2.5km Blue – 2.5km Course
	~11:30 – 12:00pm	**BREAK (VARIES BY LOCATION)**		
	~12:00 pm	Interval Start Classic U16 & U18 Girls – Combined Seeding	Stadium	5.0km = 2 x 2.5km Blue – 2.5km Course
	~1:00 pm	Interval Start Classic U16 & U18 Boys – Combined Seeding	Stadium	5.0km = 2 x 2.5km Blue – 2.5km Course
	6:00 pm	Team Captains Meeting for next day	**ONLINE**	
Sat, Nov 28th	8:00 am – 9:30 am	Bib Pickup – Sprint – Free Technique	Race Office	
	8:30 am – 9:25 am	Warmup on Course	Course	
	9:30 am – 10:30 am	Sprint Qualification – Free Technique Open (U20 & Senior) Men – Combined Seeding Open (U20 & Senior) Women – Combined Seeding	Stadium	1.2km = 1 x 1.2km Green – 1.2km Sprint Course
	10:30 am – 11:00 am	Sprint Qualification – Free Technique U18 Boys U18 Girls	Stadium	1.2km = 1 x 1.2km Green – 1.2km Sprint Course
	11:00 am – 11:30 am	Sprint Qualification – Free Technique U16 Boys U16 Girls	Stadium	1.0km = 1 x 1.0km Green – 1.0km Sprint Course *
	11:45 am – 1:00 pm	Heats & Finals – Free Technique	Stadium	1.2km = 1 x 1.2km

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DATE	TIME (PT)	EVENT	LOCATION	COURSE
		Top 30 Senior Men Top 30 Senior Women		Green – 1.2km Sprint Course
	1:00 pm – 2:15 pm	Heats & Finals – Free Technique Top 30 U20 Men Top 30 U20 Women	Stadium	1.2km = 1 x 1.2km Green – 1.2km Sprint Course
	2:15pm – 2:30 pm	**BREAK**		
	2:30 pm – 3:45 pm	Heats & Finals – Free Technique U18 Boys U18 Girls	Stadium	1.2km = 1 x 1.2km Green – 1.2km Sprint Course
	3:45 pm – 5:00 pm	Heats & Finals – Free Technique U16 Boys U16 Girls	Stadium	1.0km = 1 x 1.0km Green – 1.0km Sprint Course *
	6:00 pm	Team Captains Meeting for next day	**ONLINE**	* 1.0km course is a shorter version of the 1.2km course
Sun, Nov 29th	8:00 am – 9:30 am	Mass Start Bib Pickup	Race Office	
	8:30 am – 9:25 am	Warmup on Course	Course	
	09:30 am	Mass Start Free Open (U20 & Senior) Men – Combined Seeding	Stadium	15km = 3 x 5.0km Red – 5km Course
	~10:15 am	Mass Start Free Open (U20 & Senior) Women – Combined Seeding	Stadium	15km = 3 x 5.0km Red – 5km Course
	~11:15 am	Mass Start Free U18 Boys	Stadium	7.5km = 3 x 2.5km Blue – 2.5km Course
	~11:45 am	Mass Start Free U18 Girls	Stadium	7.5km = 3 x 2.5km Blue – 2.5km Course
	~12:15 pm	Mass Start Free U16	Stadium	5km = 2 x 2.5km Blue – 2.5km Course
	~12:45 pm	Mass Start Free U16	Stadium	5km = 2 x 2.5km Blue – 2.5km Course

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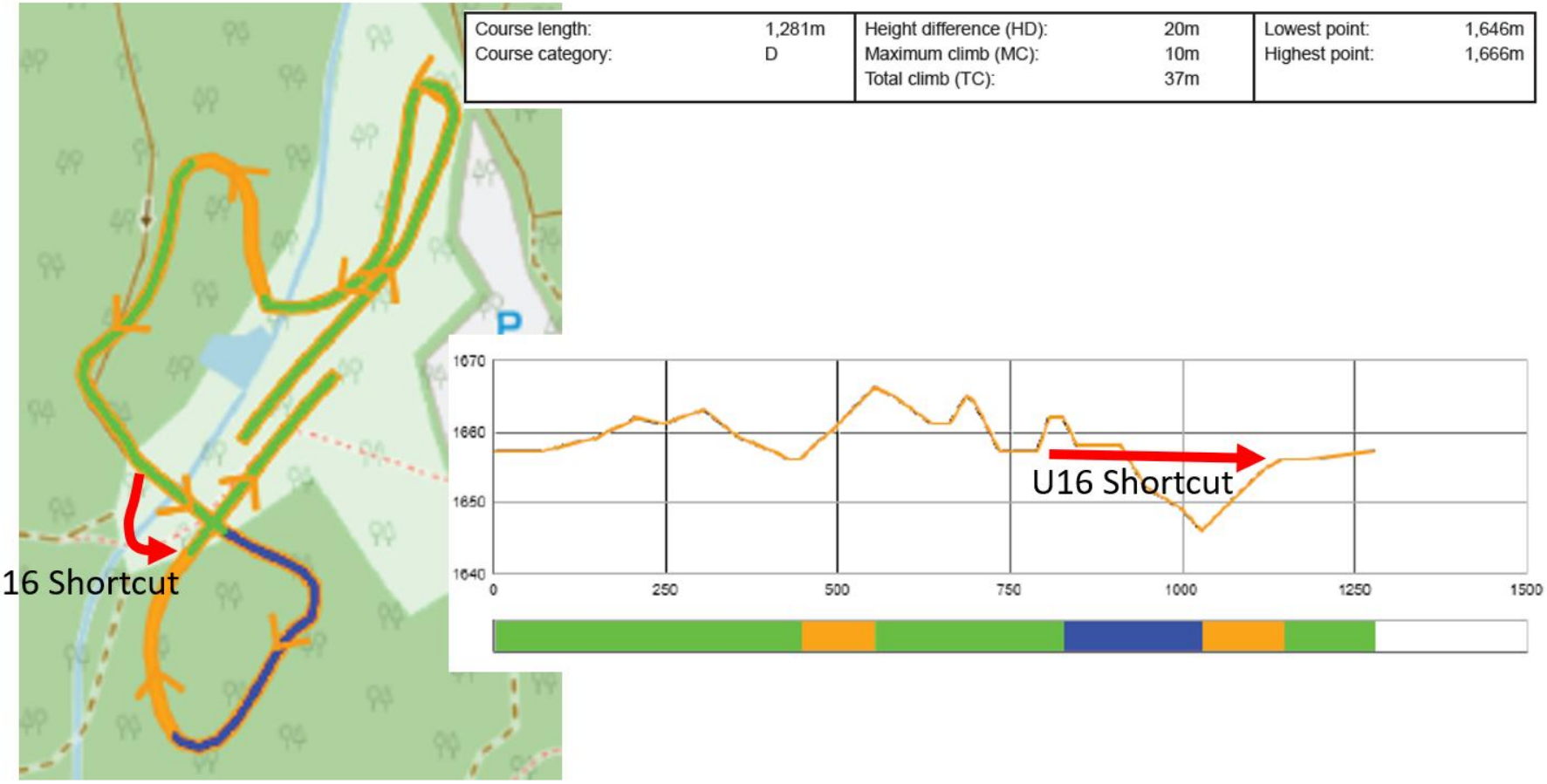
Category		Birth Years	
		Year 1	Year 2
Master*	30	1996	& Earlier
Senior*	20	2006	& Earlier
U23*	23	2006	2004
U20	20	2008	2007
U18	18	2010	2009
U16	16	2012	2011

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COURSE MAPS

Sprint Course

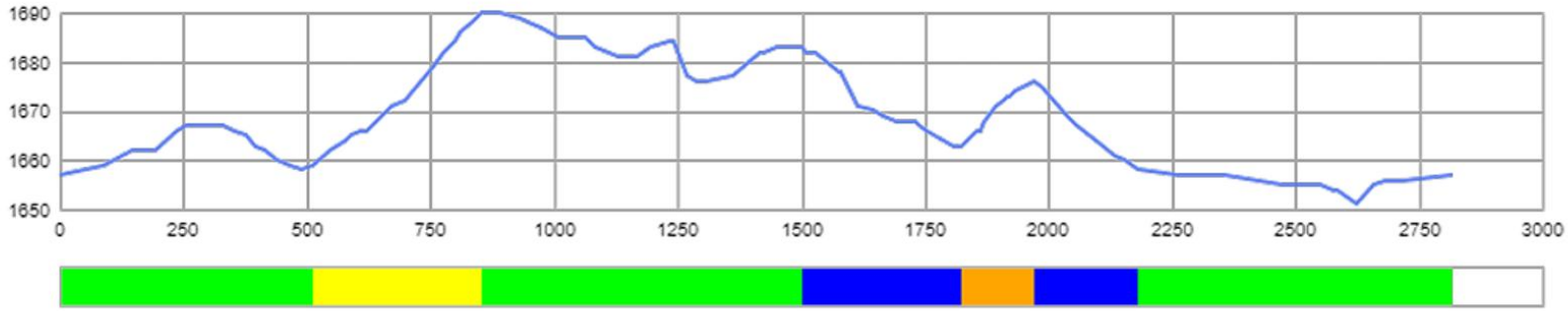
Course length:	1,281m	Height difference (HD):	20m	Lowest point:	1,646m
Course category:	D	Maximum climb (MC):	10m	Highest point:	1,666m
		Total climb (TC):	37m		

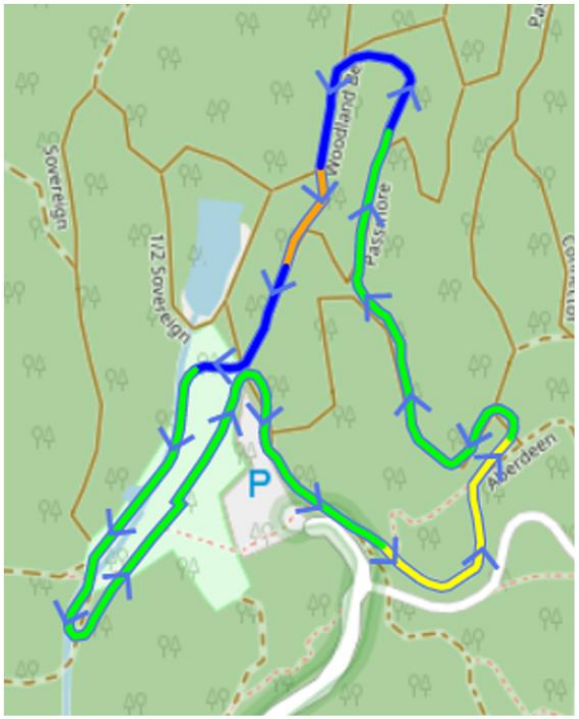


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2.5k Course

Course length:	2,816m	Height difference (HD):	39m	Lowest point:	1,651m
Course category:	D	Maximum climb (MC):	31m	Highest point:	1,690m
		Total climb (TC):	71m		

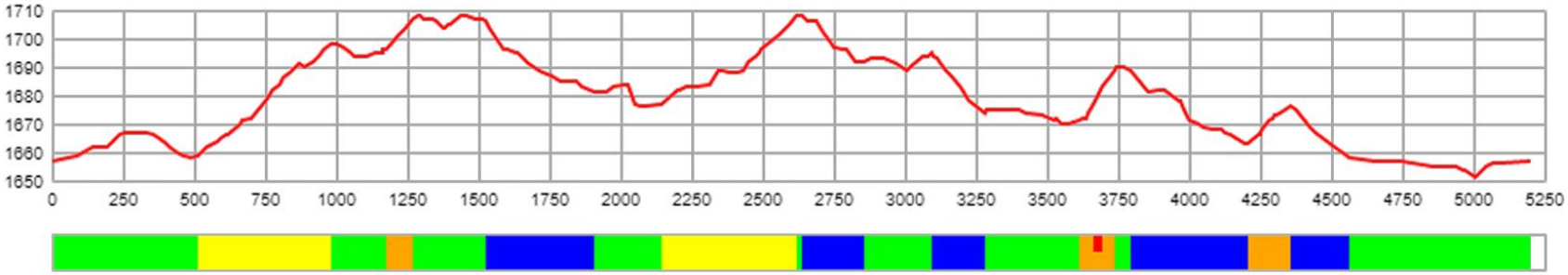


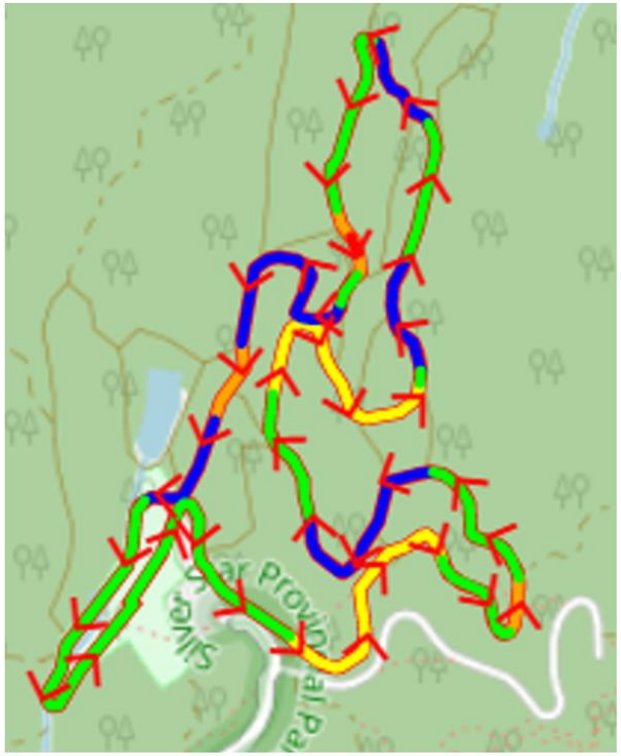


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5k Course

Course length:	5,201m	Height difference (HD):	57m	Lowest point:	1,651m
Course category:	D	Maximum climb (MC):	40m	Highest point:	1,708m
		Total climb (TC):	154m		





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VENUE MAP



END OF DOCUMENT