



RACE NOTICE – Teck BC Cup 2



- RACE EVENTS:** Saturday, 25 January 2014 Interval Start – Free Technique (11:00 start)
Sunday, 26 January 2014 Mass Start – Classic Technique (10:00 start)
- LOCATION:** STAKE LAKE NORDIC CENTRE: 25 minutes south of Kamloops on the Lac Le Jeune Rd. Start and Finish are located in the stadium, which is approximately 800 m from the day lodge and parking area. A concession and warming area will be located adjacent to the stadium.
- HOSTED BY:** Overlander Ski Club
- SANCTIONED BY:** Cross Country Canada (CCC) and Cross Country BC (CCBC)
- RULES:** For the BC Cup Series Technical Guidelines please refer to the CCBC web-site : <http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=3563>
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|-------------------------------|------------------------|--------------------|--|--------------|
| COMPETITION COMMITTEE: | Chief of Competition: | Natalie Manhard | 2014teckbccup@gmail.com | 250-320-0486 |
| | Chief of Course: | Mike Stewart-Smith | | 250-374-5550 |
| | Chief of Stadium: | Andrew Petersen | | 250-851-9816 |
| | Chief of Timing: | Luc Guilherme | | 250-320-2971 |
| | Competition Secretary: | Nancy Flood | 2014teckbccup@gmail.com | 250-372-2425 |
| | Sponsorship/Media: | Tammy McDonald | | |
| | Technical Delegate: | Dirk Rohde | | |
- EVENT WEB-SITE:** Information on all event details is at http://www.overlanderskiclub.com/2014_bc_cup2.htm
- REGISTRATION:** **BY ZONE4.CA** (Registration opens 1 Jan 2014) Access www.zone4.ca and locate this event in information. Credit card payment is required. THERE IS NO ADDITIONAL FEE FOR ONLINE REGISTRATION. If you experience any difficulties or have questions about registration please contact the Competition Secretary Nancy Flood by phone 250-372-2425 or 250 -371-7418.
- Event Participation Waiver must be completed as part of the on-line registration.
- RACE ENTRY DEADLINE:** Entry deadline is: **Monday, 20 January 2014 AT MIDNIGHT PST**
LATE ENTRIES WILL BE ACCEPTED up until Wednesday, 22 January at Noon PST and will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded.

LICENSES:	<p>All competitors skiing in Juvenile, Junior, Open and Masters categories must have at least one of the following licenses:</p> <ul style="list-style-type: none"> • CCC Racing License • FIS License • Other National Ski License • CCC Supporting Day Member License (Note: can be ordered as part of the on-line registration at a cost of \$5.00 per race day) <p>Competitors in MIDGET AND YOUNGER classes do not need a license to compete but must be members in good standing of a CCC club. If they are not CCC club members, participants must pay \$5.00 to join the hosting club, Overlander Ski Club, in order to enter in this competition. Names of new club members will be registered with CCBC to meet the insurance requirements.</p>
SEEDING:	<p>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) will be used. There will be no seeding for categories that do not require a racing license (e.g., Midgets). Order of start will be by random draw.</p>
REFUNDS:	<p>Refunds will only be issued for those competitors who withdraw from the race prior to the race entry deadline of 20 January 2014 at midnight (PST). In the event of a cancellation due to bad weather conditions, the organizers reserve the right to recover costs incurred. Refunds for medical reasons are available upon receipt of a medical note from a physician or nurse practitioner.</p>
RACE FORMATS:	<p><i>Please see competition schedule (below) for race formats, distances, categories and fees.</i></p> <p><u>Individual Start Free Technique:</u> The start order for Juvenile and older categories will be based on distance CPL where the skier with the best points starts last, weather permitting. The start order for Midget and younger categories will be by random draw. The starts will be on 15 second intervals.</p> <p><u>Mass Start Classic Technique:</u> Categories will start in a chevron, with position in the grid based on distance CPL points (the skier with the best points starts at the front). Start order for Midget and younger categories will be by random draw.</p>
START LISTS:	<p>Start lists for each day of racing will be posted at the Overlander Day Lodge and at the stadium for each day of racing, and will be available on-line at www.zone4.ca following the draw at 9 pm (PST) on Thursday 23 January 2014.</p>
RACE OFFICE:	<p>The event race office will be in the downstairs of the Overlander Day Lodge Chalet. It will be open Saturday & Sunday from 8:00 am.</p>
BIB PICK-UP:	<p>Bibs for each day of racing will be distributed from the Race Office beginning at 8:00AM. <u>BIBS MUST BE PICKED UP BY 10:30 a.m. ON SATURDAY AND 9:15 am on SUNDAY.</u> Clubs are encouraged to designate a coach or other individual to pick up bibs for all skiers in their club.</p>
AWARDS:	<p>Awards for ages 14 and under are sponsored by Teck. All Atoms will receive a special Teck participant ribbon. Awards for ages 15 and over will be provided by the Overlander Ski Club. An Awards ceremony will occur directly after each day of racing.</p>

- CONCESSION:** There will be a concession available near the stadium run by Eats Amore ("Italian Cuisine locally grown, organic and very tasty).
- FACILITIES:** A heated day lodge and outhouses are located near the parking area at the start of the Stake lake trail system, which is approximately 800 m from the stadium. The machine shop will be cleared and used as a warming room/lodge for weekend. Portable toilets are available near the stadium and outhouses are located at various locations along the trails.
- PARKING** There is a large parking is available in a large lot near the Day Lodge but parking in the small lot near the stadium is limited and will be controlled by passes; one pass per club will be issued to a coach (Coaches please register on Zone4 to facilitate issuing of passes and other communication).
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Friday 24 January. Visitor Passes must be picked-up at the Overlander Ticket booth (at the entrance to the parking lot near the day lodge).
- WAX FACILITIES:** Electrical outlets are available adjacent to the stadium. A few outlets are also available outside the Stake Lake day lodge (800 m from the stadium). No waxing inside the day lodge. Teams are encouraged to bring their own tent for waxing. Participants/Teams are responsible for cleaning up their waxing area.
- WAX TESTING:** NO WAX TESTING ALLOWED on the course. A wax testing area will be designated.
- COURSE MAPS:** Course maps will be posted on the event website: http://www.overlanderskiclub.com/2014_bc_cup2.htm. The courses to be used on Saturday will be set and marked for training on Friday.
- WEATHER:** See www.overlanderskiclub.com for up-to-date weather information or phone the snow phone at 250-372-5514. Kamloops weather can be found on the environment Canada website at http://weather.gc.ca/city/pages/bc-45_metric_e.html. Races will be cancelled or postponed if temperature conditions are unsuitable at start time

ACCOMMODATION

Best Western Hotel:

660 Columbia Street West,
Kamloops, BC, V2C 1L1, Canada
Phone: 250/374-7878



A preferred group rate has been established for this event and is available until 1 January 2014

Lac Le Jeune Wilderness Resort

On Lac Le Jeune, just west of Stake Lake
<http://laclejeunewildernessresort.com/>



A group rate has been established for this event: to take advantage of this, please Charlene directly at 1-855-375-2779 or rentals@laclejeunewildernessresort.com

COMPETITION SCHEDULE

Individual Start – Free Technique

Date: Saturday, 25 January 2014

Start Time: 11:00 AM

CATEGORY	YEAR OF BIRTH	DISTANCE	FEE (includes trail fee)
<u>Atom Boys</u> AB1 AB2 AB3	2008 2007 2006	0.9 km	\$10.00
<u>Atom Girls</u> AG1 AG2 AG3	2008 2007 2006	0.9 km	\$10.00
<u>Peewee Boys</u> PB1 PB2	2005 2004	2 x 0.9 km	\$15.00
<u>Peewee Girls</u> PG1 PG2	2005 2004	2 x 0.9 km	\$15.00
<u>Bantam Boys</u> BB1 BB2	2003 2002	2.5 km	\$15.00
<u>Bantam Girls</u> BG1 BG2	2003 2002	2.5 km	\$15.00
<u>Midget Boys</u> MB1 MB2	2001 2000	3.75 km	\$15.00
<u>Midget Girls</u> MG1 MG2	2001 2000	3.75 km	\$15.00
<u>Juvenile Boys</u> JVB1 JVB2	1999 1998	5 km	\$20.00
<u>Juvenile Girls</u> JVG1 JVG2	1999 1998	5 km	\$20.00
<u>Junior Boys</u> JB1 JB2	1997 1996	2 x 5 km	\$20.00
<u>Junior Girls</u> JG1 JG2	1997 1996	2 x 3.75 km	\$20.00
<u>Junior Men</u> JM1 JM2	1995 1994	3 x 5 km	\$20.00
<u>Junior Women</u> JW1 JW2	1995 1994	2 x 5 km	\$20.00
<u>Open Men</u> U 23 23+	1993,1992,1991 1990 - 84	3 x 5 km	\$25.00
<u>Open Women</u> U23 23+	1993,1992,1991 1990 - 84	2 x 5 km	\$25.00
<u>Master Men *</u>	1983 and earlier	3 x 5 km	\$30.00
<u>Master Women *</u>	1983 and earlier	3 x 5 km	\$30.00
Para-Nordic Sit Ski Men		TBD	\$25.00
Para-Nordic Sit Ski Women		TBD	\$25.00
Para-Nordic Standing Men		TBD	\$25.00
Para-Nordic Standing Women		TBD	\$25.00

**Masters Age Categories will be offered in 10 year increments from 30-39 up to 70+*

Mass Start - Classic Technique

Date: Sunday, 26 January 2014

Start Time: 10:00 AM

CATEGORY	YEAR OF BIRTH	DISTANCE	FEE (includes trail fee)
<u>Atom Boys</u>			
AB1	2007	0.9 km	\$10.00
AB2	2006		
AB3	2005		
<u>Atom Girls</u>			
AG1	2007	0.9 km	\$10.00
AG2	2006		
AG3	2005		
<u>Peewee Boys</u>			
PB1	2004	2 x 0.9 km	\$15.00
PB2	2003		
<u>Peewee Girls</u>			
PG1	2004	2 x 0.9 km	\$15.00
PG2	2003		
<u>Bantam Boys</u>			
BB1	2002	2.5 km	\$15.00
BB2	2001		
<u>Bantam Girls</u>			
BG1	2002	2.5 km	\$15.00
BG2	2001		
<u>Midget Boys</u>			
MB1	2000	3.75 km	\$15.00
MB2	1999		
<u>Midget Girls</u>			
MG1	2000	3.75 km	\$15.00
MG2	1999		
<u>Juvenile Boys</u>			
JVB1	1998	2 x 3.75 km	\$20.00
JVB2	1997		
<u>Juvenile Girls</u>			
JVG1	1998	5 km	\$20.00
JVG2	1997		
<u>Junior Boys</u>			
JB1	1996	2 x 5 km	\$20.00
JB2	1995		
<u>Junior Girls</u>			
JG1	1996	2 x 3.75 km	\$20.00
JG2	1995		
<u>Junior Men</u>			
JM1	1994	3 x 5 km	\$20.00
JM2	1993		
<u>Junior Women</u>			
JW1	1994	2 x 5 km	\$20.00
JW2	1993		
<u>Open Men</u>			
U 23	1990 & later	3 x 5 km	\$25.00
23+	1989 & earlier		
<u>Open Women</u>			
U23	1990 & later	2 x 5 km	\$25.00
23+	1989 & earlier		
<u>Master Men *</u>	1982 and earlier	3 x 5 km	\$30.00
<u>Master Women *</u>	1982 and earlier	3 x 5 km	\$30.00
Para-Nordic Sit Ski Men		TBD	\$25.00
Para-Nordic Sit Ski Women		TBD	\$25.00
Para-Nordic Standing Men		TBD	\$25.00
Para-Nordic Standing Women		TBD	\$25.00

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