

# BC Cup



# Teck



**PEI-ÎPÉ  
2023  
JEUX DU  
CANADA  
GAMES**



**BLACK TUSK**  
Nordic Events  
Society

## EVENT NOTICE **Revised**

### 2023 TECK BC CUP#1 & CANADA WINTER GAMES TRIALS January 7 & 8, 2023 BC Cup Series

<b>RACE EVENTS</b>	Saturday, January 7 9:00 am Sunday, January 8 <b>9:00 am</b>	Individual Sprint - Classic Technique Interval Start - Free Technique
<b>RACE LOCATION</b>	Whistler Olympic Park, Callaghan Valley, B.C.	
<b>HOST CLUB</b>	<a href="#">Black Tusk Nordic Events Society</a>	
<b>SANCTIONED</b>	<a href="#">Nordiq Canada (NC)</a> & <a href="#">Cross Country BC</a>	
<b>RULES</b>	Nordiq Canada Rules & Regulations: <a href="#">FIS ICR-CCR (Canadian Competition Rules) Precisions 2021</a>	
<b>TECHNICAL GUIDELINES</b>	Teck BC Cup Series Technical Guidelines: <a href="#">Technical Guidelines   Cross Country BC</a>	
<b>COMPETITION COMMITTEE</b>	Chief of Competition: Jake Weaver Competition Secretary: Shannon Harris, <a href="mailto:racesecretary@blacktusknordic.com">racesecretary@blacktusknordic.com</a> Chief of Timing: Gwendolyn Kennedy Chief of Course: Andreas Sandell Chief of Stadium: Maria Lundgren Technical Delegate:	
<b>JURY</b>	TBD, Technical Delegate Jake Weaver, Chief of Competition Named Assistant Technical Delegate or visiting coach	
<b>EVENT WEBSITE</b>	<a href="#">2023 Teck BC Cup 1</a>	

## **COVID-19 POLICY**

It is essential that all athletes, officials, coaches, and support staff including wax techs, and drivers follow BC Covid-19 Health Orders when they exist.

Please be aware that Public Health Orders may change and participant requirements may need to be altered. Please consult the event website regularly for updated notices and changes.

## **REGISTRATION**

Registration and fee payment is online only at [Zone4](#). Registrants are responsible for checking Zone4 confirmation list. Coaches are required to register through [Zone 4](#). No fees are charged.

## **RACE ENTRY DEADLINE**

Entry Deadline is **Monday, January 2, 2023 at 11:59 pm PST**

**NO LATE ENTRIES WILL BE ACCEPTED.**

## **CANADA WINTER GAMES SELECTION**

### [SELECTION CRITERIA: 2023 CANADA WINTER GAMES](#)

To be eligible for selection to the BC Team for Canada Winter Games, athletes need to register in the following categories.

Saturday, Jan. 7 - Sprint Classic - U20 Men

U20 Women

Sunday, Jan. 8 - Interval Start Free - U18 Boys, U20 Men

U16 Girls, U18 Girls, U20 Women

Para Stand and Sit: Sunday, Jan. 8 - Distance - Para Sit Men and Para Stand Men

Para Sit Women and Para Stand Women

Para Sit and Stand date of birth 1993 or later

**Note: You must indicate in the zone4 registration if you wish to be considered for selection to the BC Canada Games Team.**

## **CANCELLATION**

Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee and the Technical Delegate.

A decision to cancel one or more days of competition, or races for specific age categories due to the race conditions during an event will be made by the Technical Delegate in consultation with the Jury.

## **REFUND POLICY**

In the occurrence of cancellation by race organizers, a refund of registration fees less administration and event expenses already incurred will be provided post-event. No refunds will be made if an athlete does not participate in race(s).

ZONE4 online booking fees are non-refundable.

## **LICENSES**

All competitors registered in **U14 to Senior categories** must have a current race licence. The following licences are acceptable:

- Nordiq Canada Licence
- FIS Licence
- Other National Ski Licence
- Supporting Member Day Licence (SMDL)

<b>SEEDING</b>	Seeding will be used for all age categories except Masters' categories and U12 Boy/Girl and younger categories. If two or more age categories of the same gender are skiing a common distance (for example, U18 Boys and U20 Men) they will be seeded together using the current Canada Points List. These categories will be combined for the start list but separated for results and awards.
<b>START LISTS</b>	Start lists will be posted on <a href="http://zone4.ca">zone4.ca</a> by 12:00 PM January 6.
<b>RACE OFFICE</b>	The event race office will be in the WOP technical building by the XC stadium and open from 7:15 am - 4:00 pm.
<b>BIB/CHIP PICKUP</b>	<b>Bibs will not be distributed to clubs or teams. Bibs will be picked up by individual athletes when they pick up their timing chips on the way to the start area.</b> Bibs not picked up will be marked as DNS.
<b>CONCESSION</b>	A cafe at WOP Day Lodge offers food and beverages.
<b>FACILITIES</b>	A ski lodge and washrooms are located in Whistler Olympic Park. Refer to <a href="#">WOP's Conditions</a> webpage for updated facilities information
<b>PARKING</b>	Please park in the designated lots as directed by WOP staff upon arrival.
<b>TRAIL FEES</b>	All vehicles must stop at the gate on arrival. If you arrive and the gate is closed, please park in a line outside the inbound gate. Please do not park in front of the outbound gate or attempt to follow vehicles into the park through the outbound gate. Once the inbound gate is open, proceed to one of the two gate houses to scan season passes or purchase day tickets. Multi-day event tickets will be issued to registered athletes, coaches, and team staff. These will be available for pick up at the main gate house as of January 6, valid for park entry January 6 – 8, 2023. If visiting the venue prior to January 6, all visitors must purchase tickets online or in person. <a href="#">Tickets &amp; Passes   Whistler Olympic Park</a>  Please be aware of gate signage and use the following lanes to scan tickets/passes or to make a purchase. <ul style="list-style-type: none"> <li>• <b>Lane 1 (main gate house left side):</b> Scan only (includes season passes and pre-purchased ticket barcodes)</li> <li>• <b>Lane 2 ( main gate house right side):</b> Pay &amp; Scan (season passes, pre-purchased barcodes, and day-of purchases)</li> <li>• <b>Lane 3 (secondary gate house):</b> Pay &amp; Scan (season passes, pre-purchased tickets, and day-of purchases)</li> </ul> Parents/guardians dropping participants off must also purchase a day ticket (online or in person) or present a season pass <u>if they plan to ski or snowshoe.</u>  Gate access times to be confirmed prior to the event.

**COURSE MAPS** Course maps and stadium layout will be posted as soon as they are finalized. Please refer to [BCC1 event page](#) and [Course Maps](#)

**WAX FACILITIES** Waxing cabins are available for rent at Whistler Olympic Park at a rate of \$40 per day. Please contact the [Race Office](#) for wax cabin requests.

**WAX TESTING** A wax testing/warm up area will be provided near the cross-country stadium. Wax testing on course will be at the discretion of the Jury. Please refer to [BCC 1 event page](#) for maps outlining the testing area.

**WAX PROTOCOL** Please see: [CCBC Protocol Regarding the Use of Fluorinated Waxes](#)

**Non-fluoro waxing protocol applies to all ages for BC Cup #1:**

- Structure tools ARE permitted.
- Fluoro kick waxes ARE permitted (but not fluoro grip powders).
- Identified non-fluoro (NF) glide waxes ARE permitted

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

**AWARDS** Event awards will be presented at the stadium each day after completion of the final race.

**INDIVIDUAL AWARDS**

U8	All will receive a Teck participant ribbon
U10 to U16	Teck medals for top 3 finishers by YOB Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U18	BTNES awards for top 3 by YOB.
U20	BTNES awards for top 3
U23	BTNES awards for top 3
Senior	BTNES awards for top 3
Masters (30+ Years)	BTNES awards for top 5
PN Junior Sit-Ski	BTNES awards for top 3
PN Sit-Ski	BTNES awards for top 3
PN Stand	BTNES awards for top 3

## ACCOMMODATION

Hotels are available in nearby Squamish and Whistler. The closest accommodations are the following:

[Whistler Athletes' Centre](#) Phone: 604-964-0052

[Whistler Canadian Hostel](#) Phone: 1-866-762-4122

[Crystal Lodge](#) Phone: 1-800-667-3363

[Hilton Whistler Resort & Spa](#) Phone: 604-932-1982

## TOURIST INFORMATION

Whistler: <http://tourismwhistler.com>

Squamish: <http://tourismsquamish.com>

## SPONSOR

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## PARTNERS



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# RACE SCHEDULE: Teck BC Cup #1

Category	Sub Category	Year of Birth	Sat., January 7 Start: 9AM Individual Sprint Classic Technique Note: U8 and Masters do an interval start prologue only	Sun., January 8 Start: 9AM Interval Start Free Technique	Fee <sup>@</sup> per Race
U8 Boys	U8B-1, U8B-2, U8B-3	2017-2015	2 x 300 m (Prologue only)	1 x 750 m	10.00
U10 Boys	U10B-1, U10B-2	2014, 2013	1 x 300 m	1 x 1.5 km	15.00
U12 Boys	U12B-1, U12B-2	2012, 2011	1 x 300 m	1 x 2.5 km	15.00
U14 Boys	U14B-1, U14B-2	2010, 2009	1 x 750 m	2 x 2.5 km	15.00
U16 Boys	U16B-1, U16B-2	2008, 2007	1 x 1.0 km	1 x 5.0 km	20.00
U18 Boys	U18B-1, U18B-2	2006, 2005	1 x 1.2 km	2 x 5.0 km*	20.00
U20 Men	U20M-1, U20M-2	2004, 2003	1 x 1.2 km*	2 x 5.0 km*	20.00
U23 Men	--	2002-2000	1 x 1.2 km	2 x 5.0 km	25.00
Senior Men	--	1999-1993	1 x 1.2 km	2 x 5.0 km	25.00
Masters Men	--	1992 & earlier	1 x 3.3 km (Prologue only)	2 x 5.0 km	30.00
Para-Sit Junior Men	--	2010-2003	300 m	1 x 2.5 km	20.00
Para-Sit Men	--	2002 & earlier	1 x 750 m	2 x 2.5 km**	25.00
Para-Stand Men	--	--	1 x 1.0 km	2 x 2.5 km**	25.00
U8 Girls	U8G-1,U8G-2, U8G-3	2017-2015	2 x 300 m (Prologue only)	1 x 750 m	10.00
U10 Girls	U10G-1, U10G-2	2014, 2013	1 x 300 m	1 x 1.5 km	15.00
U12 Girls	U12G-1, U12G-2	2012, 2011	1 x 300 m	1 x 2.5 km	15.00
U14 Girls	U14G-1, U14G-2	2010, 2009	1 x 750 m	1 x 3.3 km	15.00
U16 Girls	U16G-1, U16G-2	2008, 2007	1 x 1.0 km	1 x 5.0 km*	20.00
U18 Girls	U18G-1, U18G-2	2006, 2005	1 x 1.2 km	1 x 5.0 km*	20.00
U20 Women	U20W-1, U20W-2	2004, 2003	1 x 1.2 km*	1 x 5.0 km*	20.00
U23 Women	--	2002-2000	1 x 1.2 km	1 x 5.0 km	25.00
Senior Women	--	1999-1993	1 x 1.2 km	1 x 5.0 km	25.00
Masters Women	--	1992 & earlier	1 x 3.3 km (Prologue only)	2 x 5.0 km	30.00
Para-Sit Junior Women	--	2010-2003	1 x 300 m	2.5 km	20.00
Para-Sit Women	--	2002 & earlier	1 x 750 m	2 x 2.5 km**	25.00
Para-Stand Women	--	--	1 x 1.0 km	2 x 2.5 km**	25.00

@ Fees include WOP trail ticket for those registered

\* Categories eligible for Canada Winter Games Trials, for athletes born 2003 or later

\*\* Categories eligible for Canada Winter Games Trials, for para-nordic athletes born 1993 or later

**Sprint Competition format:** U8 and Masters will do an interval start prologue only; Para-nordic will do a qualifier and final only. All other categories will do a qualifier plus at least a quarter final heat. Categories with fewer than 30 racers may be combined to provide a competitive experience.