

# Okanagan Cup



# Teck

## Race Notice

### 2025 Teck Okanagan Cup #1

**Date** February 8, 2025  
**Location** Larch Hills Ski Area, Salmon Arm, BC  
**Host Club** Larch Hills Nordic Society



### Race Format

Date	Time	Race Format	Technique
February 8, 2025	10:00 AM	Interval Start	Free

In addition to the above race, Larch Hills will be providing a free, unsponsored Enduro event for all athletes under 18 years of age. The event will take place in the afternoon. For more details see the “Enduro Event” heading below.

### Race Committee

Chief of Competition	Alan Corbett	<a href="mailto:askacorbett@hotmail.com">askacorbett@hotmail.com</a>
Race Secretary	Jonathan Bakker	<a href="mailto:website@skilarchhills.ca">website@skilarchhills.ca</a>
Chief of Timing	Keith Hepburn	
Chief of Course	Dave Wallensteen/Brian May	
Chief of Enduro	Phil Wallensteen	
Chief of Stadium	Darius Bucher	
Risk Manager	To Be Determined	

### Registration

Registration is available on Zone4 at <https://zone4.ca/event/2025/teck-ok-cup-1/> and will open on January 15 and close on February 5 at 11:59 PM.

## Categories and Fees

The fee covers both races on the same day – no individual race registration is permitted. In addition, a \$3 Tier 3 Event Licence fee will be charged.

Age is as of December 31, 2024.

Category	Fee	Individual Start Distance
U6 Boys	\$10	0.5km
U6 Girls	\$10	0.5km
U8 Boys	\$10	1.0km
U8 Girls	\$10	1.0km
U10 Boys	\$10	2.0km
U10 Girls	\$10	2.0km
U12 Boys	\$15	3.0km
U12 Girls	\$15	3.0km
U14 Boys	\$15	3.75km
U14 Girls	\$15	3.75km
U16 Boys	\$15	6.7km
U16 Girls	\$15	6.7km
U18 Boys	\$15	9.1km
U18 Girls	\$15	9.1km
U20 Men	\$15	9.1km
U20 Women	\$15	9.1km
U23 Men	\$15	9.1km
U23 Women	\$15	9.1km
Senior (24-29) Men	\$20	9.1km
Senior (24-29) Women	\$20	9.1km
Master's (30-39, 40-49, 50-59, 60+) Men	\$20	9.1km
Master's (30-39, 40-49, 50-59, 60+) Women	\$20	9.1km
Para Nordic	\$15	Contact race secretary for options

## **Enduro Race**

In the afternoon we will be offering an "Enduro" style race. This race has 3 separate timed segments. Segments can be taken in any order but only 1 official timed run per segment. Unofficial, untimed, trial runs are encouraged. Note that this event is for athletes under the age of 18 only.

Note that there will be a separate, easier, single course for the U8s.

As this is not an official race format, results will not count towards Okanagan Cup points.

Since some of the timed segments will be on rough/uneven/ungroomed snow, it is recommended to use warm-up or rock skis rather than race skis as equipment breakage is not uncommon.

There are no individual categories to the enduro – all skiers do the same segments.

## **Rules and Sanctioning**

Both competitions will be held in accordance with the most recent ICR-CCR (Canadian Competition Rules) Precisions which can be found at <https://nordiqcanada.ca/wp-content/uploads/Nov-2023-ICR-CCR-NOV-with-precisions.pdf>

The events are Tier 3 events, for which no race license is necessary to participate. However, a \$3 Tier 3 Event Licence will be charged to all participants which covers the entire day.

## **Refund Policy**

Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary before the registration deadline. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. The Host Club will refund 75% of race fees if an event is cancelled.

Zone4 online booking fees are non-refundable.

## **Course Inspection**

The courses will be set-out and marked on Friday, February 7 for pre-skiing. Courses will close on race day 15 minutes before the first racer gets underway.

## **Course Maps**

Course maps and stadium layouts, when available, will be available on our website at <https://skilarchhills.ca/2025-teck-okanagan-cup-1/> and will also be posted at the race site the day before.

## **Waxing Protocol**

Cross Country BC has adopted a no-fluoro policy for all ages categories at all sanctioned events. For full details, please see <https://www.crosscountrybc.ca/ccbc-wax-protocol-2024-25-0>

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

## **Weather and Webcams**

The Larch Hills weather station and webcams can be viewed at <https://skilarchhills.ca/webcam-weather/> while Environment Canada's weather forecast for Salmon Arm is available at <https://weather.gc.ca/en/location/index.html?coords=50.700,-119.267>

## **Start Lists and Results**

Start lists and results will be available on Zone4 at <https://zone4.ca/event/2025/teck-ok-cup-1/> Start lists for the interval start race will be posted no later than 12:00 noon the day before the race and will also be available at the race site.

## **Bib/Chip Pickup**

Contrary to past practice, bibs will not be handed out to all clubs before the individual start race. Instead, when athletes are called to the start line for their event, they will first congregate outside of the Bib pickup tent. Racers will be called up by category (eg. "All U10 girls"). Athletes will be given their bib and then go to the chip pickup tent where they will be given their chip. From here athletes will head directly to the starting area waiting to be called up to the start line.

For the enduro race, each participant will be provided with an electronic SportIdent (SI) timing stick. It will collect the time at the start and the end of each segment. Full instructions for proper use will be provided at the event.

Please ensure that bibs, chips, and SportIdent (SI) timing sticks are returned to the race organizers. There will be a \$75 fee charged for each missing item.

## **Awards**

All racers, including out of province racers, are eligible for all awards.

## **Interval Start Race**

Teck ribbons will be provided to all participants in the U8 categories. Teck medals will be provided to the top three finishers and ribbons for fourth and fifth place for those in the U10 through U16 categories. Those in the U18 and older categories will receive an award from the host club.

## **Enduro Race**

No awards will be presented for the enduro race.

## **Okanagan Cup Club Championship Trophy**

The Okagan Cup Series is a year-long aggregate series among clubs in the Okanagan. As this is not the final race of the series, the trophy will not be presented here. Full details on the calculation of the aggregate standings are available in section 16 of the Technical Package available at

<https://www.crosscountrybc.ca/sites/default/files/documents/2024-25%20Teck%20RC%20TG%20-%20Okanagan.pdf>

## **Accommodation**

There is no official race hotel. A non-exhaustive list of local hotels includes:

### **Hilltop Inn**

1460 Trans Canada Hwy. NE, Salmon Arm, BC V1E 4N1 - (250) 832-6025

### **Fairfield Inn & Suites by Marriott**

790 16 St NE, Salmon Arm, BC V1E 2S5 - (778) 489-0555

### **Comfort Inn & Suites**

1090 22 St NE, Salmon Arm, BC V1E 2V5 - (250) 832-7711

### **Super 8**

2901 10th Ave NE, Salmon Arm, BC V1E 2S3 – 1-866-469-0121

### **Prestige Harbourfront Resort**

251 Harbourfront Dr, Salmon Arm, BC V1E 2W7 - (250) 833-5800

### **SureStay Plus Hotel By Best Western**

61 10 St SW, Salmon Arm, BC V1E 1E4 - (250) 832-9793

### **Travelodge**

2401 Trans-Canada Hwy, Salmon Arm, BC V1E 4P7 - (250) 832-9721