

Okanagan Cup



Cross Country BC

Teck

RACE NOTICE – Teck Okanagan Cup 2



Cross Country BC



EVENT:	Sunday January 15, 2023: Mass Start, Free Technique (10:00 start)
RACE 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.
HOST CLUB:	Overlander Ski Club https://www.overlanderskiclub.com/
EVENT WEBSITE:	https://www.overlanderskiclub.com/
SANCTIONED BY:	Teck Okanagan Cup races are registered with Cross Country BC, but they are not nationally or provincially ‘sanctioned’, which means they are not Canada Points List races
RULES:	Competitions are held in accordance with Canadian Competition Rules (ICR-CCR Precisions) 2021: Nordic Canada Rules and Regulations CCBC Protocol regarding the use of fluorinated wax will apply: CCBC Waxing Protocol Technical Guidelines for the Teck Okanagan Cup: Teck OK Cup Technical Guidelines
COMPETITION COMMITTEE:	Chief of Competition: Natalie Manhard Oscrace@gmail.com Chief of Course: Dana Manhard Oscrace@gmail.com Chief of Stadium: Jennifer Stuart Oscrace@gmail.com Chief of Timing: Luc Guilherme lguilherme@shaw.ca Competition Secretary: Nancy Flood Oscrace@gmail.com (phone # for Competition Secretary: 250-371-7418)
RACE ENTRY:	Entry deadline is Wednesday 11 January 2022 AT 23:59 PST (i.e., 1 minute to MIDNIGHT) NO LATE ENTRIES WILL BE ACCEPTED.
LICENSES:	Licenses are not required for this event. There is no seeding & individuals do not collect CPL points, but club points accumulate for the end-of-season Club Aggregate Award.

START LIST:	The start list will be posted at the Overlander Day Lodge and at the stadium. It will also be available on-line from Zone4 following the draw at approximately 10 pm (PST) on Friday 13 January 2023.
BIB PICKUP:	Bibs will be distributed from the Race Office in the Machine Shed near the stadium beginning at 7:30AM on Race Day. ALL BIBS MUST BE PICKED UP BY 9:30 am on SUNDAY (Race Day). Clubs are encouraged to designate a coach or other individual to pick up bibs for all skiers in their club.
FACILITIES:	A heated day lodge and washrooms are located near the parking area at the start of the Stake Lake trail system, which is approximately 800 m from the Race Office and Stadium. The machine shop at the stadium area will be cleared and used for the Race Office and as a warming room/lodge for the day. Portable toilets are available near the stadium and outhouses are located at various locations along the trails.
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
PARKING:	A large parking lot is available near the Day Lodge. There is very small parking lot near the stadium that can only be used for drop-off and will be controlled. There is no parking along Lac le Jeune Rd.
FOOD AND SNACKS:	Finish Line: Snacks and Gatorade will be provided. There will be a small concession at the venue (snacks and drinks— cash only), but participants and attendees are encouraged to bring a lunch.
COURSE:	Courses will be marked and groomed by noon on Saturday January 14th. Course maps will be posted at the venue and on the event website as soon as they are available. To help reduce paper usage, printed maps will not be supplied.
TRAIL FEES:	Trail fees will be waived for all competitors, coaches and assistant coaches on race day (Sunday) and on the official training day, Saturday 14 January 2023
WAXING:	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 is allowed inside the day lodge. Teams are encouraged to bring their own tent for waxing. Participants/Teams are responsible for cleaning up their waxing area. The CCBC protocol regarding the use of fluorinated wax will apply: CCBC Waxing Protocol
WAX TESTING:	NO WAX TESTING ALLOWED on the course. A wax testing area will be designated.
AWARDS:	Awards will be presented when final results are available throughout the day U8 and younger: Teck participant ribbons for all U10 to U16: Teck medals for top 3 finishers, and Teck ribbons for 4 th and 5 th place, by year of birth; U18 to U23: Medals for top 3 finishers by age category Senior Medals for top 3 finishers by age category Masters Medals for top 3 finishers by age category

REFUNDS:	A 75% refund of will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Competition Secretary (Oscrace@gmail.com) no later than six days prior to race day (i.e., <u>Monday January 9</u>) by the 10 pm. Zone 4 registration fees are non-refundable.
ACCOMODATION	Please check the Tourism Kamloops website for information on accommodation in Kamloops

COMPETITION SCHEDULE

Mass Start – Free Technique

For safety reasons, it is recommended that all skiers wear protective eyewear when competing in mass start competitions.

Date: Sunday, 15 January 2022

Start Time: 10:00 AM

Category	YOB	Distance	Race Fee (\$)
U6, Boys and Girls	2017 and more recent	.3 km	5
U8, Boys and Girls	2015-2016	.6 km	5
U10, Boys and Girls	2014, 2013	1.5 km	<u>10</u>
U12, Boys and Girls	2012, 2011	2.5 km	15
U14, Boys and Girls	2010, 2009	3.5 km	15
U16, Boys and Girls	2008, 2007	5 km	15
U18, Men and Women	2006, 2005	5 km	15
U20 Women	2004, 2003	5 km	<u>20</u>
U23 Women	2002, 2000	5 km	<u>20</u>
Senior Women	1999-1993 (Age 23-29)	5 km	<u>20</u>
Masters Women*	1992 and earlier (Age 30+)	5 km	<u>20</u>
U20 Men	2004, 2003	10 km (2 x 5)	<u>20</u>
U23 Men	2002, 2000	10 km (2 x 5)	<u>20</u>
Senior Men	1999-1993 (Age 23-29)	10 km (2 x 5)	20
Masters Men*	1992 and earlier (Age 30+)	10 km (2 x 5)	<u>20</u>
Paranordic, Men and Women	open	open	<u>20</u>

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