

# Okanagan Cup



Cross Country BC

# Teck

## Teck Okanagan Cup #3



**Race Event: Sunday March 12, 2023- 11:00am**  
**Mass Start, Free Technique**



**Race Location:**

**Nickel Plate Nordic Centre**  
**Hedley, BC**

**Host Club:**

**Nickel Plate Cross Country Ski Club**  
[www.nickelplatenordic.org](http://www.nickelplatenordic.org)

**Directions to Nickel Plate Nordic Centre:** From Penticton, take Green Mountain Road about 16km. Turn right on Apex Mountain Rd, and continue for 18km. Stay right through the forks in the road. Nickel Plate Nordic is located 6.5 kms (4 miles) past Apex Mountain Resort on the Hedley/Nickel Plate Road.

**Race Committee:**

Chief of Competition: Joel Jaques [joeljaques@gmail.com](mailto:joeljaques@gmail.com)

Chief of Timing: Kevin Dyck

Chief of Course: Rick Watson

Chief of Stadium: Ray Mumby

Race Secretary: Ryan Hayden [ryan@haydenpainting.ca](mailto:ryan@haydenpainting.ca)

**Technical Guidelines:** [Teck Okanagan Cup Technical Package](#)

**Rules:**

Nordic Canada Rules and Regulations apply, even though this is an unsanctioned event  
<http://www.crosscountrybc.ca/rules-and-regulations>

**Eligibility:**

The Teck Okanagan Cup Series offers affordable, accessible competitive opportunities for skiers of all ages living in the Okanagan. Para Nordic will be included if requested.

**Race Entries:** Online Zone4 registration: <https://zone4.ca/event/2023/56396BEC/>

Registrants are responsible for online processing fees.

**Entry Deadline:** Wednesday, **March 8th, 2023 at 11:00 PM - *NO late entries will be accepted***

**Draws:**

There is no seeding for this event, just a random draw. The draw will occur on Thursday March 9, 2023.

**Start lists/Bibs:**

Start lists will be posted Saturday, March 11th, 2023 on-line at [www.zone4.ca](http://www.zone4.ca) and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Nickel Plate Nordic Lodge on Sunday March 12, 2023 between 8:30 am to 10:00 am.

**Club Aggregate Award:**

Club points are accumulated for each race in the Okanagan Cup series and an award is given to the club with the most points at the end of the final race. Points are earned for the top 5 finishers and for participation. So, encourage your club to attend all Okanagan Cup races.

**Awards:**

7 and under- Teck participation ribbon for all

8 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

9 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

10 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

11 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

12 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

13 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

14 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

15 years- Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup>.

16 years and up- will be provided by the Nickel Plate Nordic Centre.

**Waxing:**

There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. Tent coverage for group waxing may be required. It is encouraged to complete glide waxing prior to arrival.

## **CCBC Glide Waxing Protocol**

[CCBC Protocol Regarding the Use of Fluorinated Waxes](#) (PDF)

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

Medium and high fluoro glide waxes are not permitted at this race.

Cross Country BC and Nickel Plate Nordic Centre respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia (e.g. Championships and the BC Winter Games). This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

### **Waxing protocols:**

- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted (refer to Appendix A for the allowable wax list).

The above waxing protocol applies to the following races/age categories:

- At local races (i.e., club races, loppets, etc.), the protocol applies to U14 and younger age categories.
- At Regional Cup races (Coast Cup, Okanagan Cup, Kootenay Cup, Northern Cup), the protocol applies to ALL age categories.
- At BC Track Attack Championships, BC Winter Games and BC Winter Games Trials, the protocol applies to ALL age categories.
- At BC Cup races (including the BC Championships) the protocol applies to ALL age categories.
- At Western Canada Cup races the protocol applies to all age categories except the Open age category.

### **Course Inspection:**

Race courses will be marked and open for inspection by noon Saturday March 11th, 2023. The courses will close 30 minutes prior to the race start.

### **Trail Passes:**

Trail passes are included with race fees for all competitors which includes pre-ski and day of the event. Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the race course during competition WILL NOT be permitted. Pre purchasing of trail passes will be available on zone 4 during time of registration or through Nickel Plate Nordic Centre.

### **Course & Stadium Maps:**

Course maps will become available and can be found at: [Nickel Plate Nordic](#)

**Weather/Snow Conditions:**

Trail and snow conditions are available on the [NPNC Grooming Report webpage](#)

**Cancellation Policy:**

75% refund will be provided to participants who wish to withdraw provided notice of withdraw is emailed to the Race Secretary no later than six days prior to the event on March 6th, 2023 at 10 pm. Zone 4 registration fees are non-refundable.

**Parking:**

Parking at the Nordic Ski Centre is limited and is open to the public during the event. We request that teams carpool and drop offs will be permitted.

**Penticton and Apex Accommodation:** Accommodations book up quickly. If you are planning on spending the night, it is advised to book a hotel early.

For a list of accommodations in Penticton visit:

[Penticton Accommodation Options](#)

RACE CATEGORIES & COST:

Sunday March 12, 2023 ~ Mass Start Free Technique ~ 11:00am start

Category	Year Born M&F	Distance	Fee per race
U8	2015/2016	0.5 km	\$5
U10	2013/2014	1.5 km	\$15
U12	2011/2012	2.5 km	\$15
U14	2009/2010	3.75 km	\$20
U16	2007/2008	5 km	\$20
U18	2005/2006	7.5 km (2 x 3.75 km)	\$25
U20/Open/Masters	2004 and earlier	10 km (2 x 5 km)	\$25

Age as of December 31, 2022

Good Luck to all Racers!