

BC Cup



Teck



Teck B.C. Cup #2

Race Events: Saturday, January 26, 2019-

- 9:00am Classic Technique Qualifier and Kings Court Sprints.
- Masters Prologue - Classic Technique 5km

Interval Start

Sunday, January 27, 2019- 9:00 am

- Mass Start, Free Technique

Race Location: Mt Macpherson Ski Area, Revelstoke, BC

Host Club: Revelstoke Nordic Ski Club www.revelstokenordic.org

Directions to Mt Macpherson Ski Area: 300 meters west of the Columbia River Bridge turn south on Highway 23 South at the lights. Drive 7.3 kms, turn right off the highway at the [Revelstoke Nordic Lodge](#) and the Mt Macpherson Trails.

Sanctioned By: Cross Country Canada (CCC) and Cross Country BC (CCBC)

Rules: [FIS ICR – CCR \(Canadian Competition Rules\) 2018](#)

Race Committee: Chief of Competition: Mike Thomas ~ 250-200-0342
mike@urbanworkbench.com
Chief of Timing: Jeff Wilson
Chief of Course: Ryan Gill
Chief of Stadium: Robyn Thomas
Race Secretary: Koreen Morrone ~ 250-814-9505
koreenmorrone@gmail.com

Registration: Registration is online at [Zone4.ca](#) fees payable by credit card only. GST will be added at check out.

***Coaches and Managers should register (no fee) to receive notices. * Registrants are responsible to verify the accuracy of their entries; any corrections should be reported to the Competition Secretary.**

Para Nordic and Special Olympic categories will be included as requested. Contact the Competition Secretary for more information or if you have trouble with the registration process.

Race Entry: Deadline for Registration is Wednesday January 23, 2019 10:00 pm PST.

Refund Policy: 75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary no later than January 23, 2019 at 10pm. Zone 4 online booking fees are non-refundable.

Sprint Format: The Sprint race will offer a qualification round (15 second intervals) for all age categories. The qualification round will be followed by Kings Court Sprints.

Heats will begin as soon as the organizers can prepare for them and will be offered for age categories. Small categories may be combined.

Licences: Competitors in **Midget, Juvenile, Junior and Open categories must have one of the following valid licences** to be eligible to race in the BC Cup.

- **CCC race licence**
- **CCC day licence** (\$5 per each day of racing)

CCC race licenses must be ordered in advance from CCC at:
<http://www.cccski.com/Events/License-Applications.aspx> and cannot be issued by the

race organizers. CCC race licences will be verified to ensure that they are current. Competitors in the **Bantam or younger, and Masters categories do not need a licence** to compete, but must be members in good standing of a CCC/CCBC club.

Seeding: Competitors in the Senior and Junior Men categories and those in the Senior and Junior Women will be combined for seeding purposes and will compete as a single Open competition. The categories will be separated into Senior and Junior for results and awards/prizes. The current Canada Points List (CPL) for both distance and sprint competitions will be used.

If two or more age categories of the same gender are skiing a common distance (for example, a 5km distance for both Juvenile Girls and Junior Girls) they need to be seeded together/combined for CPL point calculation purposes. The categories would then be combined in the start list but separated again in the results.

Categories that do not require a race licence will not be seeded, start order will be by random draw.

Draw: Order of start will be determined by computer draw on the evening of Thursday January 24, 2019.

Bib Pickup: Bib pick-up for Saturday's race will be at the **Revelstoke Nordic Lodge** 7:00am to 8:00am on Saturday January 26, 2019.

Bib pick-up for Sunday's race will be at the **Revelstoke Nordic Lodge** 7:00am to 8:00am on Sunday January 27, 2019.

Warm Up/Wax Testing: The race courses will be marked and open for inspection by 1pm Friday January 25, 2019.

The lodge and courses are open until 9:30pm on lit trails. On race days, course closure 30 minutes prior to the race start.

No wax testing allowed on the course during the competition.

Waxing: There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. There are six exterior plug-ins available. Tent coverage for group waxing may be required.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all BC Cup races (including the BC Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

CCBC Low Fluoro Glide Waxing Protocol:

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

Awards: Individual awards will be presented following completion of the events:

Ages 7 and under receive Teck participant ribbons as they cross the finish

Age 8: Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers

Ages 9-15: Teck medals for top 3 finishers, Teck ribbons for 4th and 5th finishers

Age 16 and up: Edible medals for top three men and women finishers in each category

Weather: Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or
On the Revelstoke Nordic Ski Club website:
<http://www.revelstokenordic.org/>

Course Maps: Course Maps will be posted on the Revelstoke Nordic Ski Club website as soon as they become available and will be posted at the Revelstoke Nordic Lodge Friday Jan 25, 2019 at 1pm.

Trail Passes: Trail passes are included with race fees for all competitors. Those wanting to recreational ski during the event must have a valid trail pass. Recreational skiing alongside the race courses WILL NOT be permitted.

Parking:

PLEASE NOTE THAT PARKING WILL BE LIMITED ON RACE DAYS!

Only cars with 4 or more people will be allowed to park. Drop offs of equipment and passengers is will be permitted. Do not park on HWY 23S.

A parking lot will be available 7 km north of the ski area to use as a self-organized meeting area for carpooling.

Facilities: A day lodge with a first Aid facility is at the race site. The groomer shed will also be available with tables and chairs. The day lodge has indoor washrooms. Additional outhouses are located close to the parking and stadium area.

Concession: A concession will be available in the Nordic Lodge on both Saturday and Sunday with hot soup and chili for purchase.

Accommodation: Accommodations in Revelstoke book up quickly. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early.

For a list of accommodations visit Revelstoke Accommodation Association at www.stayinrevelstoke.com



Saturday, January 26, 2019- 9:00am Classic Technique Qualifier and Kings Court Sprints

Note: Masters athletes who wish to sprint should register in the Open Category. The Masters Prologue will start immediately following the qualifier and prior to the Sprint Heats.

Category	Age M&F	Year Born M&F	Classic Technique Distance	Fee per race
Atom	7 & under	2011-2013	150 m	\$5
Pee Wee	8-9	2009-2010	150 m	\$5
Bantam	10-11	2007-2008	300 m	\$10
Midget	12-13	2005-2006	450 m	\$10
Juvenile	14-15	2003-2004	800 m	\$10
Junior B/G	16-17	2001-2002	800 m	\$10
Junior M/W	18-19	1999-2000	800 m	\$15
Open	20-29	1989-1998	800 m	\$15
Masters 30-39	30-39	1979-1988	5km	\$15
Masters 40-49	40-49	1969-1978	5km	\$15
Masters 50-59	50-59	1959-1968	5km	\$15
Masters 60-69	60-69	1949-1958	5km	\$15
Masters 70+	70+	1948 and earlier	5km	\$15

Age as of December 31, 2018

BC Cup



Teck

Sunday, January 27, 2019- 10:00am Mass Start, Free Technique

Category	Age M&F	Year Born M&F	Free Technique Distance	Fee per race
Atom	7 & under	2011-2013	1.5km	\$5
Pee Wee	8-9	2009-2010	1.5km	\$5
Bantam	10-11	2007-2008	2.5km	\$10
Midget	12-13	2005-2006	3.75km	\$10
Juvenile	14-15	2003-2004	2 x 3.75km	\$10
Junior B/G	16-17	2001-2002	2 x 3.75km	\$10
Junior M/W	18-19	1999-2000	2 x 5km	\$15
Open	20-29	1989-1998	2 x 5km	\$15
Masters 30-39	30-39	1979-1988	2 x 5km	\$15
Masters 40-49	40-49	1969-1978	2 x 5km	\$15
Masters 50-59	50-59	1959-1968	2 x 5km	\$15
Masters 60-69	60-69	1949-1958	2 x 5km	\$15
Masters 70+	70+	1948 and earlier	2 x 5km	\$15

Age as of December 31, 2018