

RACE NOTICE – 2023 Teck BC Championships

RACE EVENTS:	Friday, March 3 rd , 2023	11:00 am	Mass Start – Free Technique
	Saturday, March 4 th , 2023	10:00 am	Interval Start – Classic Technique
	Sunday, March 5 th , 2023	10:00 am	Relay – Free Technique
LOCATION:	Telemark Nordic Centre, West Kelowna, BC		
HOSTED BY:	Telemark Nordic Club		
SANCTIONED BY:	Nordiq Canada and Cross Country BC		
RULES:	Competitions will be held in accordance with ICR-CCR (Canadian Competition Rules) Precisions 2020 https://nordiqcanada.ca/wp-content/uploads/ICR-CCR-OCT-2020-En.pdf		
COMPETITION COMMITTEE:	Chief of Competition: Mike Edwards		mike.edwards@telemarknordic.com
	Chief of Course: James Williams/Tim Mayer		
	Chief of Stadium: Deren Sentesy/David Lloyd		
	Chief of Timing: Dean Sader		
	Competition Secretary: Jillian Stamp		race@telemarknordic.com
	Event Chair: Sandy Redman		
	Technical Advisor (CCBC): Mark Richards		
EVENT WEB-SITE:	https://telemarknordic.com/teck-bc-championships-march-3-5-2023/		
REGISTRATION:	Registration and fee payment is on-line only at: https://zone4.ca/register.asp?id=31166		
	If you experience any difficulties or have questions about registration, please contact the Competition Secretary.		
	Event Participation Waiver must be completed as part of the on-line registration.		
RACE ENTRY DEADLINE:	Race entry deadline is: <u>Midnight PST Tuesday, February 28th, 2023</u>		
	<i>LATE ENTRIES WILL BE ACCEPTED up until Wednesday, March 1st at 12 Noon PST and will be subject to a \$20 per race late entry fee. Also, late registrations will not be seeded. Please contact the Competition Secretary for assistance as the web registration will be closed/offline.</i>		
	<i>Relay team entry deadline is 12 noon, Saturday, March 4th, 2023</i>		

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

- Nordiq Canada Licence
- FIS Licence
- Other National Ski Licence
- Nordiq Canada Supporting Day Member Licence

Competitors in **U12 and younger** categories do not need a licence to compete but must be members in good standing of a Nordiq Canada affiliated club.

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada Racing Licence or SMDL to compete.

The relay is not a nationally sanctioned event and no licence is required for any racer in any category.

SEEDING: The most current Canada Points List will be used for the draw for categories U14 through Senior whereby the leading points holder will have the first position of the start grid/chevron. 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.

For competitors in Masters categories and U12 and younger categories will be group together by their age/gender category and the start order will be determined by a random draw. If any of these categories has large numbers or entries (e.g., 55 U12 Girls) the race organizing committee and Technical Delegate may, at their discretion, separate the category into the 2 distinct year of birth categories and use a random draw to determine order of start.

REFUNDS: Refunds will only be issued for those competitors who withdraw from the event prior to the race entry deadline of midnight February 28th.

COURSE MAPS: Course maps are available on the event web-site:

<https://telemarknordic.com/teck-bc-championships-march-3-5-2023/>

RELAY: Each relay team is comprised of 3 skiers. There are 9 relay categories:

- U10 Boys (Age 9 & under)
- U10 Girls (Age 9 & under)
- U14 Boys (Age 10 to 13)
- U14 Girls (Age 10 to 13)
- U20 Men (Ages 14 to 19)
- U20 Women (Ages 14 to 19)
- Open Men: Senior & Masters Men
- Open Women: Senior & Masters Women
- ParaNordic (Sit & Standing, Male and Female)

Relay Rules:

- Younger skiers may ski on older age category relay team; however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team or an unofficial male relay team, but not the reverse.
- An 'Official' relay team will have 3 team members from the same club. Club status is determined by (a) the Nordiq Canada Licence Policy (for licenced competitors) or (b) the first club that an individual registered with in a given season (for unlicenced competitors). Club Championship trophy points will not be awarded to unofficial teams.

Relay registration for re-registered athletes will be open on Sunday, February 26th until 12 noon Saturday, March 4th.

The link to the no-fee, on-line relay registration will be e-mailed to all registered coaches and posted to zone4.

START LISTS: Start lists for each day of racing will be posted at the Telemark Chalet and available on-line at zone4.

RACE OFFICE: The event race office will be in a trailer adjacent to the Telemark lodge. Hours are as follows:

- Thursday 1-4 pm
- Friday 8 am - 4 pm
- Saturday 8 am – 4 pm
- Sunday 8 am - 1 pm

BIB PICK-UP: Bibs for each day of racing will be distributed from the Race Office upon opening of race office.

AWARDS: Teck, a diversified resource company based in BC, is the title sponsor of the BC Cup series. Teck provides the awards for ages 15 and under. All U8 (7 & under) will receive a special Teck participant ribbon. Awards for ages 16 and over will be provided by Telemark. Each day's awards ceremony will occur directly after each day of racing at the race site, with the exception of Saturday's awards which will occur at the awards ceremony.

Teck BC Cup Series aggregate awards will be presented at the evening awards ceremony. Please see the Technical Package for more information on the aggregate awards.

CLUB TROPHY: The BC Championships is also an annual club competition. Each participating CCBC club accumulates points and the club with the most points is awarded the Club Championship trophy. Points are awarded to the top 5 finishers on Friday & Saturday and the top 5 official relay teams on Sunday. See [Technical Package](#) for complete details.

AWARDS CEREMONY: The awards for the Teck BC Cup Series aggregate awards, including the College/University aggregate, will be presented at the evening awards ceremony. Please see the Technical Package for more information on the aggregate awards. For information on the College/University Aggregate Awards please visit <http://crosscountrybc.ca/college-university-aggregate-awards-program> .

The awards ceremony, offering desserts and refreshments, is at 7PM Saturday, March 4th at the **Emmanuel Church**, 2600 Hebert Road, West Kelowna. Doors open @ 6:30PM and presentations begin at 7:00PM

The \$10 fee for each racer is included in the Saturday race entry fees.

A limited number of additional tickets for family and coaches may be available at the race office on Saturday from 10:30 AM to 2PM. Cash only accepted.

Tickets must be picked up at the race office by end of day Saturday and will be distributed by club/team.

The Telemark Junior Race team will also be selling raffle tickets as a team fundraising activity.

CONCESSION: There will be a concession available.

Pre-order lunch for Friday and Saturday online at:

<https://zone4.ca/register.asp?id=31376>

FACILITIES: There is a day lodge at the race site. In addition, one of the machine sheds will be available for shelter. Portable toilets will be located close to the stadium area.

TRAIL FEES: Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Thursday, March 2nd.

WAX FACILITIES: Outdoor electrical outlets are available on the roadway leading from the parking lot to the stadium. Waxing is not permitted in the day lodge. Additional power will be made available from the 'old' groomer shed, located nearest to the Telemark chalet, however, it is on a first come, first 'plugged-in' basis. Teams are encouraged to bring portable generators and tents.

WAX TESTING: NO WAX TESTING ALLOWED on the course. No exceptions. A wax testing area will be designated.

WAX PROTOCOL: Please refer to the CCBC Protocol for Use of Fluorinated Waxes

<https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Fluoro%20Policy%202021%20final.pdf>

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

WEATHER: For trail and snow conditions or visit <http://telemarknordic.com/current-trail-conditions/>

CANCELLATION: A decision to cancel or move this race to a different venue, within the Okanagan Valley, will be made in consultation with the organizing committee, the Technical Delegate and Cross Country BC. Race fees are not refundable.

ACCOMMODATION: Telemark has partnered with two preferred accommodation providers to bring you discounted rates at quality accommodations with great locations for the 2023 BC Championships.



The [Cove Lakeside Resort](#) is offering 15% discount off their best advertised rates for the Teck BC Championships. Please use this [Special Booking Link](#).

**Rates are available up until 30 days prior to Accommodation Date.*

**Rates will be extended to participants for 2 - nights pre and post of each series of dates*



TownePlace Suite by Marriot is also offering special discounted rates for the BC Championships. To book contact Maya at sales@bokholdings.com

College / University Aggregate Awards Program Sponsored by Stussi Sport



1st M/F: KV+ Tornado pole (MSRP \$450) – length 170 cm and 155 cm (can be cut to length)

2nd M/F: Fischer 40L Athlete Gear bag (MSRP \$170)

3rd M/F: LilliSport Legend Gold race Gloves (MSRP\$85) – size 7 & 10 (can adjust for sizes)

EVENT SPONSORS: This event has been made possible by a generous grant from ViaSport BC.



Addition event support provided by:



RACE DISTANCES AND FEES:

CATEGORY	YEAR OF BIRTH	Fri, March 3 rd Start: 11AM Mass Start Free Technique		Sat, March 4 th Start: 10AM Interval Start Classic Technique		Sun, March 5 th Start: 10AM Relay (3 leg) Free Technique \$10 per person (\$30/team)
		Distance:	Fee:	Distance:	Fee:	
<u>U8 Boys</u> U8B-1 U8B-2 U8B-3	2017 2016 2015	1.0 km	\$10.00	1.0 km	\$10.00	U10 RELAY (Age 9 & under) 3 x 1.0 km
<u>U8 Girls</u> U8G-1 U8G-2 U8G-3	2017 2016 2015	1.0 km	\$10.00	1.0 km	\$10.00	
<u>U10 Boys</u> U10B-1 U10B-2	2014 2013	1.5 km	\$10.00	1.5 km	\$10.00	
<u>U10 Girls</u> U10G-1 U10G-2	2014 2013	1.5 km	\$10.00	1.5 km	\$10.00	
<u>U12 Boys</u> U12B-1 U12B-2	2012 2011	2.5 km	\$15.00	2.5 km	\$15.00	U14 RELAY (Ages 10 - 13) 3 x 2.5 km
<u>U12 Girls</u> U12G-1 U12G-2	2012 2011	2.5 km	\$15.00	2.5 km	\$15.00	
<u>U14 Boys</u> U14B-1 U14B-1	2010 2009	3.75 km	\$15.00	5.0 km	\$15.00	
<u>U14 Girls</u> U14G-1 U14G-2	2010 2009	3.75 km	\$15.00	5.0 km	\$15.00	
<u>U16 Boys</u> U16B-1 U16B-2	2008 2007	5.0 km (2 x 2.5 km)	\$20.00	5.0 km	\$20.00	U20 RELAY (Ages 14-19) 3 x 3.3 km
<u>U16 Girls</u> U16G-1 U16G-2	2008 2007	5.0 km (2 x 2.5 km)	\$20.00	5.0 km	\$20.00	
<u>U18 Boys</u> U18B-1 U18B-2	2006 2005	7.5 km (2 x 3.75 km)	\$20.00	5.0 km	\$20.00	
<u>U18 Girls</u> U18G-1 U18G-2	2006 2005	7.5 km (2 x 3.75 km)	\$20.00	5.0 km	\$20.00	
<u>U20 Men</u> U20M-1 U20M-2	2004 2003	7.5 km (2 x 3.75 km)	\$20.00	5.0 km	\$20.00	
<u>U20 Women</u> U20W-1 U20W-2	2004 2003	7.5 km (2 x 3.75 km)	\$20.00	5.0 km	\$20.00	
<u>Open Men</u> U 23 Senior	2000-2002 1993-1999	7.5 km (2 x 3.75 km)	\$25.00	5.0 km	\$25.00	OPEN RELAY (OPEN & MASTERS) 3 x 3.3 km
<u>Open Women</u> U23 Senior	2000-2002 1993-1999	7.5 km (2 x 3.75 km)	\$25.00	5.0 km	\$25.00	
<u>Master Men</u> (10 year age categories)	1992 & earlier	7.5 km (2 x 3.75 km)	\$30.00	10 km (2 x 5.0 km)	\$30.00	
<u>Master Women</u> (10 year age categories)	1992 & earlier	7.5 km (2 x 3.75 km)	\$30.00	10 km (2 x 5.0 km)	\$30.00	
ParaNordic Sit Ski Men		TBD	\$25.00	TBD	\$25.00	PN RELAY (SIT & STANDING)
ParaNordic Sit Ski Women		TBD	\$25.00	TBD	\$25.00	
ParaNordic Standing Men		TBD	\$25.00	TBD	\$25.00	
ParaNordic Standing Women		TBD	\$25.00	TBD	\$25.00	