

## Race Notice

### 2016 TECK BC Midget Championships

**Date:** Saturday, January 23<sup>rd</sup>, 2016 to Sunday, January 24<sup>th</sup>, 2016

**Race Location:** Larch Hills Ski Area, Salmon Arm, BC

**Host Club:** Larch Hills Nordics



Larch Hills is pleased to once again be hosting the BC Midget Championships. The objectives of this event are to:

- bring young skiers together for a memorable and enjoyable weekend of ski competition and fun
- meet the needs of a wide range of skill levels and cross country ski experience
- encourage achievement through team effort and
- encourage good ski technique.

#### Race Format:

Date	Race Format	Technique
Saturday, January 23 <sup>rd</sup> 9am Sharp	2.0 km Interval Start	Classic
12:30pm	4 x 1.5 km Team Relay	2 legs Classic, 2 legs Free Technique
Sunday, January 24 <sup>th</sup> 9am Sharp	300m Sprint Qualification Rounds	Free Technique
10:15am	300m Sprint Heats – Kings Court	

#### Race Committee:

Chief of Competition: Jeremy Ayotte/Alan Corbett      jeremy.ayotte@gmail.com  
Chief of Course: Dave Wallenstein  
Chief of Stadium: John Thielman  
Chief of Timing: Keith Hepburn  
Sprint Race Coordinators: Brian May/Rob Hart  
Competition Secretary: Rob Nash      race\_secretary@telus.net  
Technical Advisor: TBA

#### Rules:

This is an official, registered Cross Country BC event, however, it is not a sanctioned event. CCC rules to be used as a guide.

**Eligibility:**

- This race is open to all CCBC clubs and Elementary Schools (that is not officially affiliated by membership to a CCBC Club). Only one team per club or school can register in the championships.
- The championship is open to Individuals that are not affiliated with a club or school.
- A participant in this event must ski for one team only; you cannot be registered under both a school and a club team.
- Skiers born in ONLY 2003, 2004, 2005, 2006 are eligible.
- Skiers may only enter in one age category for the duration of the event.

**Licences:**

No ski licence of any kind required.

**Race Fee:**

The event fee is **\$60**. This fee includes all trail fees, races on both days, basic athlete luncheon on Saturday, pool pass Saturday afternoon, **and** the Saturday evening banquet including dinner !

**Race Entries:**

On-line registration only starting Dec 19<sup>th</sup> . The following URL is the ZONE4 registration page:

<https://zone4.ca/reg.asp?id=10650>

Relay teams: Online by coaches or team organizers from Jan 4<sup>th</sup> until Thursday, January 21<sup>st</sup> at midnight.

Changes to relay teams of previously registered racers, including team names or order of skiers, can be made until 9:00AM Saturday at the race office. **Coaches please go to ZONE4 to enter your teams, free of charge, at the following --- <https://zone4.ca/reg.asp?id=10673>**

For race entry information or any troubles using on-line registration please contact the Competition Secretary, Rob Nash at [race\\_secretary@telus.net](mailto:race_secretary@telus.net)

**Entry Deadline:**

**Tuesday, January 19<sup>th</sup> at 11:59pm - *No late entries accepted.***

**Draws:**

There is no seeding for this event. A random draw will occur on Thursday, January 21<sup>st</sup>

**Course Inspection:**

The race course will be set-up on Friday, January 22<sup>nd</sup>. On race days, the course will be closed 15 minutes prior to the start of the race until the races are finished.

**Cancellation 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 Jan 20<sup>th</sup>. 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. Under circumstances of event cancellation, the Host club will refund 50% of race fees. ZONE4 online booking fees are non-refundable.



**Trail Fees:**

Trail fees are included with race fees for all competitors. No skiing alongside race courses will be permitted during the competition.

**Start lists:**

Start lists for the Saturday morning races will be available Friday, January 22<sup>nd</sup> on-line at [www.zone4.ca](http://www.zone4.ca). Start lists for Sunday's Sprint Qualifier will be available on Saturday afternoon.

**Course & Stadium Maps:**

Maps of all race courses and stadium maps will be posted to the Larch Hills website: [www.skilarchhills.ca](http://www.skilarchhills.ca)

**Bib Pickup:**

All bib pickup will be at the race office. Teams please designate an individual to pick up team bib packages.

Saturday            Individual Start Classic: 8:00am to 8:45am  
                         Relay: 11:00am to 12:00pm

Sunday             Sprint Qualification: 8:00am to 8:45am

**Relay Race Information:**

The relay is a 4 person relay; two legs classic technique followed by two legs free technique. There are two categories: Male or Female. An *'official relay team'* is comprised of four skiers from the same club or school and the same gender. Female skiers may not compete on official male relay teams. Likewise, male skiers may not compete on official female relay teams.

A relay team which has four or less skiers who are not from the same club or school can participate as an 'unofficial relay team'. An 'unofficial relay team' can be comprised of male and female athletes. 'Unofficial relay team' participants will acquire individual participation points for their club, however, they will not be eligible for any aggregate points earned as a relay team.

**'Official' relay teams must register their list of registered team members on ZONE4.** Any changes to teams, including team names or order of skiers, must be submitted to the race office by 9:30am Saturday morning.

'Unofficial' relay teams should also register on ZONE4 if possible or at the race office by 9:30am Saturday morning.

**Sprints Race Information:**

The sprints format used will be the King's Court format. The purpose of this is to ensure that all participants race all three rounds of heats following the timed qualification round.

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

## Awards:

### Individual Awards for Individual Start, Sprint and Relay Events

Medals will be provided by Teck to the top three finishers in each age category for the individual start competition and sprint competition, as well as each member of the top three Official Relay Teams in the relay competition. Ribbons will also be provided for 4<sup>th</sup> and 5<sup>th</sup> place in each competition.

### Technique Awards

Unique prizes will be provided for five skiers with excellent classic technique, and to five skiers with excellent skating technique. Evaluation will take place during the classic individual start and free technique sprint competitions.

### Team Aggregate Trophy

Each CCBC represented club team or school team accumulates points towards the Team Aggregate Trophy. Team points are earned as follows:

	Point Definition	Points value
1	Each participant in an interval start race	1 point per participant
2	Each participant on an Official relay team	1 point per participant
3	Each participant on an Unofficial relay team	1 point per participant
4	Each participant in a sprint race	1 point per participant
5	Top 4 placings in the interval start race	5, 4, 3, 2 points*
6	Top 4 placings in the sprint race	5, 4, 3, 2 points*
7	Top 4 Team placings in the interval start race	5, 4, 3, 2 points
8	Top 4 official team placings in a relay event	10, 8, 6, 4 points
9	Top 5 best classic technique	5 points each
10	Top 5 best skating technique	5 points each

*\*This is in addition to points earned for participation*

Points are calculated for individuals and Official Teams representing CCBC clubs only (i.e. teams comprised of participants from the same club or school). The team with the most overall points wins the Team Aggregate Trophy. A banner will be provided to the winning team, as well as a certificate for each member of the team.

### Banquet & Swim:

All skiers and family are invited to a swim at the Salmon Arm pool prior to the banquet, between 4:30 - 5:30pm. Pool entry is included with race fees, and we have an exclusive booking for the Midget Championships group. The pool is conveniently located in the same building as the banquet, allowing you to go directly to dinner following the swim.

There will be a banquet dinner at the Salmon Arm (SASCU) Recreation Centre at 6:00 pm, 2550 10<sup>th</sup> Ave NE. The banquet fee for each racer is included in the entry fee. A limited number (due to seating limits) of additional tickets for family and coaches must be purchased in advance on ZONE4 when registering a racer. Tickets must be picked up at the race office on Saturday during office hours. Coaches wishing to purchase a banquet ticket, separate from racer registration, will need to contact the race secretary before the registration deadline for assistance with online purchasing. Tickets are \$20 each. The awards ceremony for Saturday races will begin between 7:00 and 7:30pm. There should be standing room available for families wanting to attend just the awards presentations. Doors will reopen for awards ceremony at 7pm.

**For any dietary concerns at the banquet please contact Debbie Phillips – [deb.phillips@telus.net](mailto:deb.phillips@telus.net)**

### Concession:

A concession supporting our Junior Race Team will be available at the race. A basic lunch will be provided to all registered racers on Saturday.

**Waxing:**

Electrical outlets for waxing purposes are located along the North edge of the parking lot in front of the chalet.

**CCBC Glide Waxing Protocol for Midget Age Categories and Younger**

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the BC Midget Championships. The recommended glide waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

**Snow Conditions:**

Trail and snow conditions on our website at [www.skilarchhills.ca](http://www.skilarchhills.ca)

**Salmon Arm Accommodations:**

**Comfort Inn** ( located directly across the highway from the banquet and recreation centre with breakfast buffet, pool, waterslide ! )

1090 22<sup>nd</sup> St NE  
(250) 832-7711

**Super 8 Motel** (close to banquet with continental breakfast and 10% discount at HOME restaurant)

2901 10<sup>th</sup> Ave NE  
(250) 832-8812

**Podollan Inn** (next closest to banquet, discount on meals in hotel restaurant)

1460 Trans Canada Hwy NE  
(250) 832-6025

**Prestige Harbourfront Resort** (indoor pool, located downtown by the lake, hotel restaurant)

251 Harbourfront NE  
(250) 833-5800

**Travelodge** (west side of Salmon Arm)

2401 Trans Canada Hwy SW  
(250) 832-9721

**Best Western** (west side of Salmon Arm)

61 10<sup>th</sup> St SW  
(250) 832-9793



## Event Schedule

**Saturday, January 23<sup>rd</sup>, 2016**

**9:00am - Interval Start Race - Classic Technique (15 second intervals) – \*\*\* NOTE Oldest to Youngest order \*\*\***

Category	Distance
2003 Females/Males	2.0km
2004 Females/Males	2.0km
2005 Females/Males	2.0km
2006 Females/Males	2.0km

**11am-12pm – Athlete Luncheon** – will take place in the tracksetter shed/athlete’s village, South of Chalet.

**12:30pm - Relay Race - 2 legs classic, 2 legs free technique**

4 person teams, each leg is a distance of 1.5km - Two categories offered: Male and Female. Fun, costumes are encouraged !

**4:30-5:30pm – Pool reserved for racers and families. Pool is located in the same building as the Banquet**

**6:00pm – Banquet with dinner at the Salmon Arm Recreation Centre.** Doors open at 5:30pm. A banquet ticket is included in each athlete’s race package. Family members, coaches, chaperones who wish to attend the banquet must purchase tickets separately. The awards ceremony will begin between 7:00 and 7:30pm. There should be standing room available for families wanting to attend just the awards presentations. No ticket is required for this portion only. Doors will reopen for awards ceremony at 7pm.

**Sunday, January 24<sup>th</sup>, 2016**

**9:00am – Free Technique Sprint Qualification Rounds with 15 second intervals–NOTE Youngest to Oldest order**

Category	Distance
2006 Females/Males	300m
2005 Females/Males	300m
2004 Females/Males	300m
2003 Females/Males	300m

**10:15am approx. – Kings Court Sprint Heats, starting with 2006 YOB Girls and Boys to completion and working up to 2003. Estimated time of completion of Heats is 3pm.**

Awards for the sprint races as well as the skate Technique Awards will be promptly presented outside the Larch Hills Chalet following Sunday’s sprint heat races.

### Facilities:

The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with washrooms downstairs. As there is very limited indoor space, please come prepared to spend time outside and bring clothing suitable for the weather. Tables and chairs will be provided in our tracksetter shed/athlete’s village (located on the South edge of the parking lot) for athletes to relax and keep warm. PLEASE USE CAUTION CROSSING THE PARKING LOT TO THE TRACKSETTER SHED AND BACK TO CHALET. Chalet will be used as the race office and for a first aid area, so athletes will not be permitted inside.



***We look forward to hosting you at Larch Hills!***

