



Prince George, British Columbia, Canada

www.caledonianordic.com

Race Notice B.C. CUP # 2 January 30th and 31st, 2010

- NAME OF EVENT:** 2010 BC Cup # 2
BC Cup Series, BC University/College Series, National Championship Selection Trials
- DATES:** SATURDAY, JANUARY 30, 2009 – Individual Sprint - Free Technique
SUNDAY, JANUARY 31, 2009 - Interval Start - Classic Technique
- RACE LOCATION:** OTWAY NORDIC SKI CENTRE, PRINCE GEORGE
- HOST CLUB:** CALEDONIA NORDIC SKI CLUB
- SANCTIONED BY:** CROSS COUNTRY CANADA AND CROSS COUNTRY BC
- RULES:** CCC RULES AND REGULATIONS
- INFORMATION:**
- | | | |
|------------------------|---------------|--------------|
| TECHNICAL DELEGATE: | Dan Miller | 250 851-8392 |
| CHIEF OF COMPETITION: | Chris Hawkins | 250 561-9142 |
| COMPETITION SECRETARY: | Bonnie Hooge | 250-962-5272 |
| CHIEF OF TIMING: | Jim Burbee | 250-564-1518 |
| CHIEF OF COURSE: | Bruce Bennett | 250-564-3115 |
| CHIEF OF STADIUM: | Tim Roots | 250-561-7424 |
- ELIGIBILITY:** Participants must be five (5) years or older as of December 31st 2009 to participate in this event. **Competitors in midget age categories and younger wanting to participate in the BC Cup must be members in good standing of a CCC/CCBC club for the 2009-2010 ski season.** Midget age and younger skiers that are not CCC/CCBC members may purchase a \$10.00 youth membership in the host Caledonia Nordic Ski Club in order to enter in this competition. Names of new club members will be registered with CCBC to meet the insurance requirements.
- LICENCES:** **Competitors in juvenile categories and older** must have one of the following valid licences at the time of registration closing to be eligible to ski in the BC Cup:
- **2009/10 FIS Racing Licence;**
 - **2009/10 CCC Racing Licence; or**
 - **CCC Day Licence**
- The CCC Day Licence (\$5.00) is valid only for the one day of competition for which it is issued.

CCC RACING LICENCE:

CCC Racing Licences must be ordered in advance from CCC and cannot be issued by the race organizers. The CCC Racing licences will be verified prior to race to ensure that they are current. CCC licences can be obtained online at;
[Cross Country Canada - 2009/10 CCC Racing Licence Online Registration](#)

CCC DAY LICENCE:

The CCC Day Licence will be issued by the hosting club to skiers who enter without a valid CCC Racing Licence. The Day Licence is required for each race entered and the fee of \$5.00 per race will be added to the race registration fee.

RACE ENTRY

Entry deadline for registration and races:

TUESDAY JANUARY 26, 2010 – 4:00 PM

LATE ENTRIES WILL NOT BE ACCEPTED

EARLY BIRD RACE FEES UNTIL JANUARY 19TH

RACE ENTRIES:

Race registration is by online registration only.

NOTE: Age categories are revised to transition CCBC competitions into the Sport Canada Long Term Athlete Development Model age groupings for physiological development of young athletes. Event medals will be awarded to competitors under the age of 20 by year of birth.

ONLINE REGISTRATION and WAIVERS:

Access www.Zone4.ca and select “online registration” tab at the top of the page. Select BC Cup #2 in the “online registration” section and provide your information as prompted. Check the “confirmation list” for this event on the right hand side of the event line to confirm that you are registered correctly.

It is your responsibility to confirm that your registration information is correct.

Waiver forms are also available online and you must accept the online waiver by checking the appropriate box during registration.

Paranordic categories will be included as requested. Contact the numbers below for registration information, or email venturefc@telus.net .

If you have difficulty registering call Bonnie Hooge at 250-962-5272 or Jim Burbee at 250-564-1518 for assistance.

PAYMENT:

Payment for online registration is by credit card only.

Note that registration fees are non-refundable and a reduced early registration fee is available until January 19th.

Race may be cancelled if temperature is minus 20 Degrees Celsius or colder at start time.

2010 BC Cup #2

INTERVAL START SPRINT QUALIFIER – FREE TECHNIQUE

Date: January 30th 2010

Time: 9:00 AM start

Location: Otway Ski Centre

CATEGORY	AGE	YEAR OF BIRTH	DISTANCE (m)		FEE ¹
			M	F	
Special Olympics	open		TBD		NC
<u>Atom Boys</u>	<u>8 & under</u>	<u>2001 & later</u>			
AB1	5	2004	100		NC
AB2	6	2003	100		NC
AB3	7	2002	100		NC
AB4	8	2001	100		NC
<u>Atom Girls</u>	<u>7 & under</u>	<u>2002 & later</u>			
AG1	5	2004		100	NC
AG2	6	2003		100	NC
AG3	7	2002		100	NC
<u>Pee Wee Boys</u>	<u>9 to 11</u>	<u>1988 to 2000</u>			
PB1	9	200	100		\$ 15.00
PB2	10	1999	100		\$ 15.00
PB3	11	1998	100		\$ 15.00
<u>Pee Wee Girls</u>	<u>8 to 10</u>	<u>1999 to 2001</u>			
PG1	8	2001		100	\$ 15.00
PG2	9	2000		100	\$ 15.00
PG3	10	1999		100	\$ 15.00
<u>Midget Boys</u>	<u>12 to 13</u>	<u>1996 to 1997</u>			
MB1	12	1997	200		\$ 15.00
MB2	13	1996	200		\$ 15.00
<u>Midget Girls</u>	<u>11 to 12</u>	<u>1997 to 1998</u>			
MG1	11	1998		200	\$ 15.00
MG2	12	1997		200	\$ 15.00
<u>Juvenile Girls</u>	<u>13 to 15</u>	<u>1994 to 1996</u>			
JVG1	13	1996		600	\$20.00
JVG2	14	1995		600	\$20.00
JVG3	15	1994		600	\$20.00
<u>Juvenile Boys</u>	<u>14 to 16</u>	<u>1993 to 1995</u>			
JVB1	14	1995	800		\$20.00
JVB2	15	1994	800		\$20.00
JVB3	16	1993	800		\$20.00
<u>Junior Female</u>	<u>16 to 19</u>	<u>1990 to 1993</u>			
JF1	16	1993		800	\$ 20.00
JF2	17	1992		800	\$ 20.00
JF3	18	1991		800	\$ 20.00
JF4	19	1990		800	\$ 20.00
<u>Junior Male</u>	<u>17 to 19</u>	<u>1990 to 1992</u>			
JM1	17	1992	1000		\$20.00
JM2	18	1991	1000		\$20.00
JM3	19	1990	1000		\$20.00
Senior Men & Women	20 to 29	1980 to 1989	1000	800	\$ 20.00
Master Men & Women	30 to 39	1970 to 1979	1000	800	\$25.00
Master Men & Women	40-49	1960 to 1969	1000	800	\$25.00
Master Men & Women	50-59	1950 to 1959	1000	800	\$25.00
Master Men & Women	60 & older	1949 & earlier	1000	800	\$25.00
Para Nordic Standing			TBD	TBD	\$25.00
Para Nordic Sit Ski			TBD	TBD	\$25.00

¹ Early bird fee reductions before January 20th of \$5.00 per race

2010 BC Cup #2

INTERVAL START MID DISTANCE – CLASSIC TECHNIQUE

Date: January 31ST 2010

Time: 10:00 AM start

Location: Otway Ski Centre

CATEGORY	AGE	YEAR OF BIRTH	DISTANCE (km)		FEE ²
			M	F	
Special Olympics	open		TBD		NC
<u>Atom Boys</u>	<u>8 & under</u>	<u>2001 & later</u>			
AB1	5	2004	1.0		NC
AB2	6	2003	1.0		NC
AB3	7	2002	1.0		NC
AB4	8	2001	1.0		NC
<u>Atom Girls</u>	<u>7 & under</u>	<u>2002 & later</u>			
AG1	5	2004		1.0	NC
AG2	6	2003		1.0	NC
AG3	7	2002		1.0	NC
<u>Pee Wee Boys</u>	<u>9 to 11</u>	<u>1988 to 2000</u>			
PB1	9	200	2.0		\$ 15.00
PB2	10	1999	2.0		\$ 15.00
PB3	11	1998	2.0		\$ 15.00
<u>Pee Wee Girls</u>	<u>8 to 10</u>	<u>1999 to 2001</u>			
PG1	8	2001		2.0	\$ 15.00
PG2	9	2000		2.0	\$ 15.00
PG3	10	1999		2.0	\$ 15.00
<u>Midget Boys</u>	<u>12 to 13</u>	<u>1996 to 1997</u>			
MB1	12	1997	3.5		\$ 15.00
MB2	13	1996	3.5		\$ 15.00
<u>Midget Girls</u>	<u>11 to 12</u>	<u>1997 to 1998</u>			
MG1	11	1998		3.5	\$ 15.00
MG2	12	1997		3.5	\$ 15.00
<u>Juvenile Boys</u>	<u>14 to 16</u>	<u>1993 to 1995</u>			
JVB1	14	1995	5.0		\$20.00
JVB2	15	1994	5.0		\$20.00
JVB3	16	1993	5.0		\$20.00
<u>Juvenile Girls</u>	<u>13 to 15</u>	<u>1994 to 1996</u>			
JVG1	13	1996		5.0	\$20.00
JVG2	14	1995		5.0	\$20.00
JVG3	15	1994		5.0	\$20.00
<u>Junior Male</u>	<u>17 to 19</u>	<u>1990 to 1992</u>			
JM1	17	1992	7.5 + 5.0		\$20.00
JM2	18	1991	7.5 + 5.0		\$20.00
JM3	19	1990	7.5 + 5.0		\$20.00
<u>Junior Female</u>	<u>16 to 19</u>	<u>1990 to 1993</u>			
JF1	16	1993		7.5	\$ 20.00
JF2	17	1992		7.5	\$ 20.00
JF3	18	1991		7.5	\$ 20.00
JF4	19	1990		7.5	\$ 20.00
Senior Men & Women	20 to 29	1980 to 1989	7.5 + 5.0	7.5	\$ 20.00
Master Men & Women	30 to 39	1970 to 1979	7.5 + 5.0	7.5	\$25.00
Master Men & Women	40-49	1960 to 1969	7.5 + 5.0	7.5	\$25.00
Master Men & Women	50-59	1950 to 1959	7.5 + 5.0	7.5	\$25.00
Master Men & Women	60 & older	1949 & earlier	7.5 + 5.0	7.5	\$25.00
Para Nordic Standing			TBD	TBD	\$25.00
Para Nordic Sit Ski			TBD	TBD	\$25.00

² Early bird fee reductions before January 20th of \$5.00 per race

- SEEDING:** Competitors holding CCC Racing Licences will be drawn together and get preferential seeding and their race results will be included on the Canada Points List. CCC Day Licence holders will be drawn together. Their results will not be included on the Canada Points List.
- DRAW:** Computer draw for Saturday's Individual Sprint qualifiers and Sunday's Interval Start race will be held on Thursday, January 28, 2010.
For information call Bonnie Hooge at 250-962-5272 or Jim Burbee at 250-564-1518.
- START LISTS AND BIB PICKUP:** **Start lists** for the Saturday race will be available Friday Jan. 29th at the Otway Nordic Ski Centre. Start lists for the Sunday race will be available after the Saturday race.
Bib pick-up for Saturday's race will be at the Otway Nordic Ski Centre between 7:30 am and 8:30 am on Saturday, January 30th.
Bib pick-up for Sunday's race will be at the Otway Nordic Ski Centre between 8:00 am and 9:30 am on Sunday, January 31st.
- BC CUP AWARDS:** Awards will take place at the Otway Nordic Ski Centre each race day following the posting of final results. Participation ribbons will be presented to all Atom skiers. Awards for categories Pee Wee through Junior will be presented to the top three finishers in each year of birth within each race event. Awards for Seniors and Masters will be to the top three finishers in each category.
- SKI SERIES POINTS:** Saturday's Individual Sprint race and Sunday's Interval Start Race are part of the BC Cup Series Overall Awards and the College/University Aggregate Awards.
- CONCESSION:** A concession will be available during events.
- FACILITIES:** A day lodge with a First Aid facility is at the race site. The day lodge has indoor washrooms. Additional outhouses are located close to the parking and stadium area.
- OTWAY WAXING:** Indoor and outdoor waxing outlets with sufficient electrical power for waxing purposes are available at the race site.
- WARM UP/
WAX TESTING:** Warm up and glide testing areas are located adjacent to the waxing facilities near the stadium.
No wax testing allowed on the course during the competition.
- RACE COURSES:** The race courses at Otway Nordic Ski Centre will be set for classic technique on Saturday afternoon.
- COURSE MAPS:** Course maps will be available at the Caledonia Nordic website. Watch this website for course updates. <http://www.caledonianordic.com>
- SKI MARKING:** Ski marking will be done for the Sunday interval start classic race.

