

**The Teck OK Cup #2 is the final race of the Okanagan Cup series for this season**

**The Nickel Plate Nordic Club invites you to join us for the Okanagan Cup # 2, the second race in the Okanagan Cup Series. There will be distances of 1km for the Atoms up to 15km for adults. Come for the Nickel Plate Classic Loppet on Saturday, February 1st and stay for the Free Technique OK Cup #2 on Sunday.**

**DATES:** Sunday, February 2nd, 2014  
**TECHNIQUE:** Free Technique with Interval Starts  
**TIME:** 10 am Start  
**HOST CLUB:** Nickel Plate Nordic Club  
**RACE LOCATION:** Nickel Plate Nordic Centre, Penticton, BC  
[www.nickelplatenordic.org](http://www.nickelplatenordic.org)

Access to the NPNC can be either from Penticton by taking the Green Mountain Road for 20.1 Km, then turning onto Apex Mountain Road for 12.7 Km, and then the Hedley Nickel Plate Road for 5.3 Km. Coming from Keremeos turn onto Green Mountain Road for 14.1 Km and then turn onto Apex Mountain Road. A map is included in this document and available at [www.nickelplatenordic.org](http://www.nickelplatenordic.org)

## RULES

CCC Rules and Regulations, no points awarded toward Canada points list.

### REGISTRATION

Online Only at Zone4.ca <https://zone4.ca/reg.asp?id=6007>

Registrants are responsible for their registration processing fees.

Registration opens Sunday, December 29th at 8:00am (0800hrs) and closes Wednesday January 29th at 10:00pm (220hrs) with **NO EXCEPTIONS** and you must accept the online waiver.

### RACE COMMITTEE

Chief of Competition: Jerome Jang (250-494-1972)  
Chief of Timing: Michelle Roy  
Chief of Course: Pierre Drapeau  
Chief of Stadium: Ray Mumby  
Secretary: Alan Norquay (250-488-1117)

### CATEGORIES, DISTANCES AND FEES

	Age	Distance	Fee	After Jan 20th
Atom B/G:	5,6,7	1X1 km=1km	\$5	\$10
PeeWees B/G:	8/9	2x1km=2km	\$5	\$10
Bantam B/G:	10/11	1x3km=3km	\$5	\$10
Midget B/G:	12/13	1x3km=3km	\$5	\$10
Juvenile B/G:	14/15	1x5km=5km	\$10	\$15
Junior B/G:	16/17	1x5km=5km	\$10	\$15
Junior Women:	18/19	2x5km=10km	\$15	\$20
Junior Men:	18/19	3x5km=15km	\$15	\$20
Open Women:	20-29	2x5km=10km	\$20	\$25
Open Men:	20-29	3x5km=15km	\$20	\$25
Masters Women:	30-39	2x5km=10km	\$20	\$25
Masters Men:	30-39	3x5km=15km	\$20	\$25
Masters Women:	40-49	2x5km=10km	\$20	\$25
Masters Men:	40-49	3x5km=15km	\$20	\$25
Masters Women:	50-59	2x5km=10km	\$20	\$25
Masters Men:	50-59	3x5km=15km	\$20	\$25
Masters Women:	60+	2x5km=10km	\$20	\$25
Masters Men:	60+	3x5km=15km	\$20	\$25

Age as of Dec 31, 2013

There will be a five minute delay between category starts.

## ELIGIBILITY

Ski licenses are not required, but all competitors must be a member of a Cross Country Ski club. Anyone who is not a member can join Nickel Plate for the day with a \$10 fee. The Teck Okanagan Cup Series is designed to be an affordable & accessible event for all skiers living in the Okanagan, from children and their parents to those with more experience.

## DRAWS

There is no seeding for this event, but a random draw will take place on Thursday January 30th to determine start the order.

## START LISTS

Start lists will be available on Friday, January 31st on [www.zone4.ca](http://www.zone4.ca), and also posted in the Nickel Plate Lodge on the morning of the race. Bibs will be distributed on Sunday morning from 8:00am-9:30am.

## 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 top 5 finishers and for participation, so encourage your club to attend all Okanagan Cup races. Club aggregate awards will be presented at the end of the race.

### Club Points

1st place = 7 points

2nd place = 6 points

3rd place = 5 points

4th place = 4 points

5th place = 3 points

Participation (completing your course) = 2 points

## AWARDS

-Medals will be awarded for all 1st, 2nd and 3rd place finishes.

-TECK participation ribbons will be awarded to all Atoms.

-Ribbons will be awarded to all participants under 14.

-TECK medals or ribbons will be awarded to first 5 finishers in each age category for ages 9-14.

Awards will be presented immediately after the race.

## CONCESSION

A concession will be available in the Lodge that usually includes hot dogs and other goodies. Details TBA.

## WAXING

There is a waxing area inside the Lodge. However, it will get crowded easily and teams will need to share outlets.

## COURSE INSPECTION/WAX TESTING

The race course will be marked and open for inspection by noon on Saturday February 1st. The courses will close 30 minutes before the start. Wax testing lanes will be clearly marked.

## TRAIL PASSES

Trail passes are included in the fees for all competitors. Anyone wanting to ski during the event must have a valid trail pass. Skiing alongside the racers on the course during the competition is specifically **NOT PERMITTED**.

## COURSE AND STADIUM MAPS

All maps will be posted on <http://nickelplatenordic.org/Races/races.htm>

## WEATHER/SNOW INFORMATION

Weather information is available at <http://nickelplatenordic.org/>. Click on Snow Report or Current Weather.

## CANCELLATION POLICY

In the VERY unlikely event the event is cancelled there are no refunds. The decision regarding cancelling or postponing will be made on race day.

## PARKING

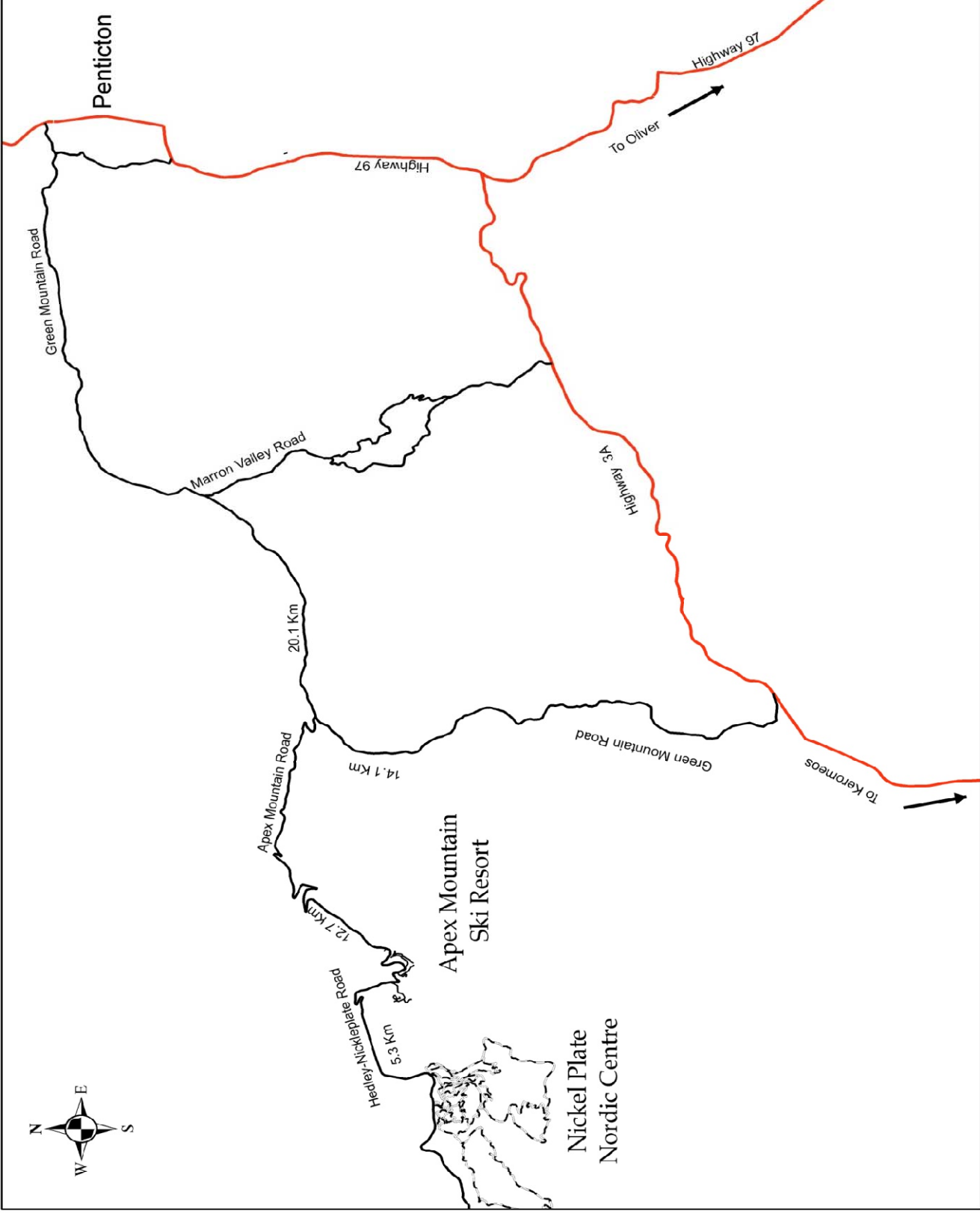
Parking at the Nickel Plate Nordic Centre is limited and often vehicles will need to be parked along the Hedley-Nickel Plate Road.



**Okanagan Cup**



**Teck**



## Getting To The Nickel Plate Nordic Centre