

## Race Notice

### 2014 TECK BC Midget Championships

**Date:** Saturday, February 8<sup>th</sup>, 2014 to Sunday, February 9<sup>th</sup>, 2014

**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, February 8 <sup>th</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, February 9 <sup>th</sup> 9am Sharp	300m Sprint Qualification Rounds	Free Technique
10:30am	300m Sprint Heats – Kings Court	

#### Race Committee:

Chief of Competition: Alan Corbett      askacorbett@hotmail.com  
Chief of Course: Dave Wallenstein  
Chief of Stadium: Al Hardy  
Chief of Timing: Keith Hepburn/Luke Heckrodt  
Competition Secretary: Rob Nash      race\_secretary@telus.net  
Technical Advisor: Nancy Flood

#### 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 Tournament 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 2001, 2002, 2003, 2004 are eligible.
- Skiers may only enter in one age category for the duration of the event. When a skier initially registers, they can move up an age category, but not down.

**Licenses:**

No ski license of any kind required.

**Race Fee:**

The event fee is **\$60**. This fee includes all trail passes, 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 Jan 3<sup>rd</sup>. The following URL is the Zone4 registration page:

<https://zone4.ca/reg.asp?id=5609>

Relay teams: Online by coaches or team organizers from Jan 20th until Thursday, February 6th 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 our club specific online area in Zone4 to enter your teams, free of charge, at the following --- <https://zone4.ca/onlinereg.asp?id=6134&lan=1>**

There is no on-line registration fee. There is an on-line waiver as part of the zone4 registration. This must be read and 'signed' by the parent or guardian of registrant.

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, February 4<sup>rd</sup> at 11:59pm - *No late entries accepted.***

**Draws:**

There is no seeding for this event. A random draw will occur on Thursday, February 6<sup>th</sup>

**Course Inspection:**

The race course will be set-up on Friday, February 7<sup>th</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 Feb 5<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. Zone 4 online booking fees are non-refundable.



**Trail Passes:**

Trail passes 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, February 7<sup>th</sup> on-line at [www.zone4.ca](http://www.zone4.ca) .  
Start lists for Sunday's Sprint heats 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 to 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 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 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.

Overtaking of other skiers follows the same rules as in other events except in the marked "finish zone". The leading skier in the marked "finish zone" should stay inside their chosen lane while in this zone and the overtaking skier is required to change lanes.

***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 participating 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 Official Teams 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 for assistance before registration deadline. Tickets are \$15 each. The awards ceremony for Saturday races will begin between 7:00 and 7:30. There should be standing room available for families wanting to attend just the awards presentations. Doors will reopen for awards ceremony at 7pm.

Parking will be limited due to 7pm BCJHL Hockey game at the SHAW centre next door.

### Concession:

A concession 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. There is a standard coach's agreement that no high flouro waxes are to be used at Midgets.

**Snow Phone:**

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 - Ask for the Midget Skiing competition rate of \$109

**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 - Ask for Midget special rate of \$79.95 for Double Room

**Podollan Inn** (discount on meals in hotel restaurant)

1460 Trans Canada Hwy NE

(250) 832-6025 - ask for group rate

**Prestige Harbourfront Resort** (very nice, 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

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**Saturday, February 8<sup>th</sup>, 2014**

***9:00am - Interval Start Race - Classic Technique (15 second intervals)***

Category	Distance
2004 Females/Males	2.0km
2003 Females/Males	2.0km
2002 Females/Males	2.0km
2001 Females/Males	2.0km

***11am-12pm – Athlete Luncheon*** – will take place in the tracksetter shed, 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 Center.*** A banquet ticket is included in each athlete's race package. Family members who wish to attend the banquet must purchase tickets separately. The awards ceremony will begin between 7:00 and 7:30. There should be standing room available for families wanting to attend just the awards presentations. Doors will reopen for awards ceremony at 7pm. Parking will be limited due to 7pm BCJHL Hockey game at the SHAW centre next door.

**Sunday, February 9<sup>th</sup>, 2014**

***9:00am – Free Technique Sprint Qualification Rounds with 15 second intervals***

Category	Distance
2004 Females/Males	300m
2003 Females/Males	300m
2002 Females/Males	300m
2001 Females/Males	300m

***10:30am approx. – Sprint Heats, starting with 2004 YOB Girls and Boys to completion and working up to 2001.***

Awards for the sprint races as well as the Technique Awards will be promptly presented outside the Larch Hills Chalet following Sunday's 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 for athletes to relax and keep warm between events on Saturday. Chalet will be used as race office and for first aid area so athletes will not be permitted inside.

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

