



## 2018 Teck Midget Championships

**Race Events:** Saturday, March 3, 2018 to Sunday March 4, 2018

**Race Location:** Mt Macpherson Ski Area, Revelstoke, BC

**Host Club:** Revelstoke Nordic Ski Club <http://www.revelstokenordic.org/>

Revelstoke is pleased to be hosting the Teck Midget Championships. The objectives of this event are to:

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

### Race Format:

Date	Race Format	Technique
Saturday, March 3rd, 2018 10:00 am 1:00 pm	2.5 km Interval Start 4 x 1.5 km Team Relay	Classic 2 legs Classic, 2 legs Free Technique
Sunday, March 4th, 2018 9:00 am 10:45 am	300m Sprint Qualification Round 300m Sprint Heats (kings court)	Free Technique

**Race Committee:** **Chief of Competition: Mike Thomas ~ 250-200-0342 ~ [mike@urbanworkbench.com](mailto:mike@urbanworkbench.com)**  
Chief of Timing: Richard Brittin  
Chief of Course: Ryan Gill  
Chief of Stadium: Brad Park  
Race Secretary: Koreen Morrone ~ 250-814-8898 ~ [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com)

**Rules:** This is an official, registered Cross Country BC event.  
Technical Guidelines:

<http://www.cccski.com/getmedia/df3461fb-30ee-455a-8d8b-cdc1626f44df/2017-ICR-CCR-V3-including-marked-precisions-Fin.pdf.aspx>

CCC/FIS Rules and Regulations will 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 2005, 2006, 2007, and 2008 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:** This is not a CCC sanctioned event. No ski license of any kind required for racers.

**Race Fee:** The event fee is \$75.00. This fee includes all trail passes, three races, a bagged lunch for registered athletes on Saturday and the Saturday evening banquet including dinner.

**Race Entries:** Registration will be taken online through Zone4  
Registrants are responsible for their own online processing fees.

For race entry information or any troubles using on-line registration please contact the Competition Secretary, Koreen Morrone, at [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com) or call 250-814-8898.

There is an on-line waiver as part of the zone4 registration. This must be read and 'signed' by the parent or guardian of the racer.

**Entry Deadline:** **Wednesday, February 28th at 12:00 PM**  
***NO late entries will be accepted***

**Draws:** There is no seeding for this event, just a random draw. The draw will occur on Thursday, March 1<sup>st</sup>, 2018.

**Directions to Mt Macpherson Ski Area:** 300 meters west of the Columbia River Bridge turn south on Highway 23 South at the lights. Drive 7.3 kms; turn right off the highway at the Revelstoke Nordic Lodge and the Mt Macpherson Trails.

**Course Inspection:** The race courses will be marked and open for inspection by noon Friday. If it is snowing there will not be grooming midday on Friday. The courses will close 15 minutes prior to the race start.

**Cancellation Policy:** 75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com) no later than Feb 28th at 12pm. I acknowledge that the Host Club (herein RNSC) may choose to cancel or reschedule an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). I accept that the Host Club is not liable for any costs I may bear as a result of rescheduling or cancellation of this event. Under circumstances of the RNSC canceling the event, the Host club will refund 50% of race fees – notification 7 days; 40% of race fees refunded 48 hrs or less. No refunds for re-scheduled events\*. Zone 4 online booking fees are non refundable.

**Trail Passes:** Trail passes are included with race fees for all competitors. Those wanting to recreational ski during the event must have a valid trail pass. Recreational skiing alongside the race courses WILL NOT be permitted.

**Start lists:** Start lists for the Saturday races will be available Friday, March 2<sup>nd</sup> 12:00pm and on-line at [www.zone4.ca](http://www.zone4.ca) once they are available. Sunday sprint qualification round start lists will also be available Friday March 2<sup>nd</sup> 12:00pm

**Course Maps:** Maps of all race courses and stadium maps will be posted to the Revelstoke Nordic Ski Club website [www.revelstokenordic.org](http://www.revelstokenordic.org) as soon as they are available. Maps will also be posted at the Revelstoke Nordic Lodge Friday March 2, 2018.

**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 9:00am  
Relay: 11:00am to 12:00pm  
Sunday Sprint Qualification: 7:30 am to 8:30am

## **CCBC Low-fluoro Glide Waxing Protocol:**

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for this event. This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

### **Low-fluoro glide waxing protocol:**

- Structure tools ARE permitted
- 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 liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

### **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 which 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. Relay team participants will acquire participation points for their team; however, they will not be eligible for any aggregate points earned as a relay team.

Coaches: There will be a free online registration for RELAY TEAMS on Zone4.ca beginning on Wednesday, February 28, 2018 at 8:00 am and will close Friday March 2, 2018 at 12:00pm. Official teams MUST register online with their team name and a list of team members.

Unofficial teams also register online if you know your team make up or at the race office, no later than 9:00am on Saturday morning March 3, 2018. Any changes to teams, including team names or order of skiers, must be submitted to the race office by 9:00am Saturday morning March 3, 2018.

### **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. The top skiers in each heat move up within their category while the bottom skiers move down to ski against other top or bottoms skiers in other heats. Heats may be comprised of up to six skiers.

Initial sprint heat start positions will be based on the Sunday morning sprint qualification round times.

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 for 1st, 2nd and 3rd place in all four age categories - both male and female - will be provided by Teck. In addition Teck ribbons will be provided for 4th and 5th place finishers.

**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	No. of participants in an individual 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	No. of participants 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 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*

*\*\* Based on total time of the best four times*

Points are calculated for individuals and 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.

Awards for day 2 will follow the races as soon as possible.

**Banquet:**

The banquet will be held on Saturday March 3<sup>rd</sup> at the Mid-Station Lodge at Revelstoke Mountain Resort (<http://www.revelstokemountainresort.com/>). Banquet festivities will begin at 6:00 pm with uploading of the gondola starting at 5:30 pm. Please ensure your arrival to Revelstoke Mountain Resort by 5:45 pm to ensure you are able to make the 6:00 pm banquet start time. The gondola ride is 4 minutes long. All costs are included with registration.

**Location and Parking:** Revelstoke Mountain Resort is located at 2950 Camozzi Road, 10 minutes from downtown Revelstoke. Parking is available in outside lots as you approach the resort. Directions can be found online here:

<http://www.revelstokemountainresort.com/resort/getting-here-by-car>

**Parents:** There will be a limited amount of tickets available for parents wishing to attend the banquet. The tickets will be at a cost of \$30 each available on zone4 during registration. There is a restaurant at the bottom of the gondola The Rockford Grill (<https://rockfordgrill.com/revelstoke/>) where parents can dine while kids are at the banquet. Parents not attending the food portion of the banquet can take the Gondola at 7:15 pm to watch the awards. These tickets will be provided with bib pickup and are free, but will also be limited.

Tubing is also available at the base of the Gondola for parents/siblings not attending the banquet, or prior to the banquet (<http://www.revelstokemountainresort.com/lessons-activities/fun-park-beginner-area>).

*Please note that there is a short walk in the snow from the gondola to the mid-station lodge, please wear appropriate footwear.*

**Parking and Shuttle Services:**

PLEASE NOTE THAT PARKING WILL BE LIMITED ON RACE DAYS!

Only cars with 4 or more people will be allowed to park. Drop offs of equipment and passengers is will be permitted. Do not park on HWY 23S.

A parking lot will be available 7 km north of the ski area to use as a self organized meeting area for car pooling. See RNSC website for a map showing the location of the ski area and the car pooling parking lot.

On race days a 25 passenger shuttle bus will run continuously from the designated parking 7km away from 6am until the end of the day.

**Concession:** A free bagged lunch will be available in the Revelstoke Nordic Lodge Groomer shed for all registered athletes.

There will be an option to purchase additional hot lunch, hot/cold beverages and snack items. **Cash only**

**Waxing:** There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. There are six exterior plug-ins available. Tent coverage for group waxing may be required.

**Snow Phone:** Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or on our website [Revelstoke Nordic Lodge](#).

**Revelstoke Accommodation:**

Accommodations in Revelstoke book up quickly during the season. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early.

For a list of accommodations visit Revelstoke Accommodation Association at: <https://seerevelstoke.com/>

**Sutton Place Hotel:** <https://www.suttonplace.com/hotels/sutton-place-hotel-revelstoke-rev?&corpCode=RNSC2018>

Phone: 1-250-814-5000



The Sutton Place Hotel, located at the base of Revelstoke Mountain Resort is offering 30% off Promotional rate for families and athletes attending the event.

**Sandman Hotel:** Phone 1-250-837-6161

The Sandman Hotel is also offering 30% off the Promotional rate. Individuals need to call property directly and state they will be attending the Nordic Midget Championships.



## Event Schedule

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### Saturday, March 3rd, 2018

**10:00AM - Interval Start Race (M/F) - Classic Technique (15 second intervals)**  
Category Distance

Category	Distance
2008 Females	2.5km
2007 Females	2.5 km
2006 Females	2.5km
2005 Females	2.5km
2008 Males	2.5km
2007 Males	2.5km
2006 Males	2.5km
2005 Males	2.5km

**1:00- 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

**6:00 pm – Banquet at Revelstoke Mountain Resort.** Awards for Saturday's race events will occur at the banquet. Unloading of the gondola to the Mid-Station lodge starting at 5:30 PM.

### Sunday, March 4th, 2018

**9:00AM – Free Technique Sprint Qualification round**

Category	Distance
2008 Females	300 m
2007 Females	300 m
2006 Females	300 m
2005 Females	300 m
2008 Males	300 m
2007 Males	300 m
2006 Males	300 m
2005 Males	300 m



**10:45AM-Free Technique Sprint Heats**  
**Category Distance**

<b>Category</b>	<b>Distance</b>
2008 Females	300m
2007 Females	300m
2006 Females	300m
2005 Females	300m
2008 Males	300m
2007 Males	300m
2006 Males	300m
2005 Males	300m