



## 2013 Okanagan Cup #1 & Zone 2 BCWG Trials

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**Date:** Sunday, December 29th, 2013 at 10:00am

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

**Host Club:** Revelstoke Nordic Ski Club [www.revelstokenordic.org](http://www.revelstokenordic.org)

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**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.

### **Race Committee:**

Chief of Competition: Dave Kaegi ~ 250-837-5734 ~ [wildland@telus.net](mailto:wildland@telus.net)

Chief of Timing: Richard Brittin

Chief of Course: Wade Viznaugh

Chief of Stadium: Keith McNab

Secretary: Debbie Koerber ~ 250-837-6376 ~ [debbie@apexrafting.com](mailto:debbie@apexrafting.com)

### **Eligibility:**

Ski licenses are not required. Teck Okanagan Cup series is meant to be affordable & accessible to all skiers living in the Okanagan from children and their parents to advanced skiers. Para Nordic will be included if requested.

**Rules:**

CCC Rules and Regulations apply, even though this is an unsanctioned event  
<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=3567>

**BC Winter Games Eligibility:**

Refer to <http://www.bcgames.org/Sport/TechnicalPackagesandRules/BCWinterGames/GeneralRules.aspx#Eligibility>. In addition, the following age restrictions apply – all competitors must be either 13 or 14 years of age as of December 31<sup>st</sup> 2013. This means that eligible athletes were born in 2000 (Midget category), or 1999 (Juvenile category). Athletes born in 2000 may compete in the Midget or Juvenile age category. Athletes born in 1999 must compete in the Juvenile age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games. Any 2000 athlete who wishes to race up at the Games must also race up in the qualifier. Please email race secretary [debbie@apexrafting.com](mailto:debbie@apexrafting.com) to confirm correct registration category.

BC Winter Games <http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=3465>

**BC Winter Games Selection Criteria:**

Zone 2 Team Selection Criteria: Top two (2) Eligible Finishers in the Zone Trials Race in each of the following four categories: Midget Boys (2000 YOB), Midget Girls (2000 YOB), Juvenile Boys (1999 YOB), Juvenile Girls (1999 YOB). This is a total of eight (8) spots plus potential wildcard spots to be filled after the race results are processed. Large participation numbers in the eligible age categories will influence the wildcard opportunities for our zone, so a good turnout is hoped for.

Shortly after the BCWG Trials Race, the athletes selected to the Zone 2 team will be contacted and will be required to pay the \$150 BCWG fee cheque payable to “Cross Country BC” if they wish to attend the games. Cheques will be sent to the BCWG Zone 2 Rep: Rob van Varseveld 3181 28th ST NE, Salmon Arm, BC V1E 3K8; home (250) 833-1468; cell (250) 833-8175.

**Race Entries:**

Online Zone4 registration: <https://zone4.ca/reg.asp?id=4743>  
Registrants are responsible for their own online processing fees.

**Entry Deadline:**

**Wednesday, December 25th at 10:00 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, December 26th.

**Start lists/Bibs:**

Start lists will be available Saturday, December 28th on-line at [www.zone4.ca](http://www.zone4.ca) once they are available and will be posted at the Nordic lodge on the morning of the race. Bibs will be distributed at the Nordic Lodge on Sunday morning 8:00am to 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.

**Awards:**

- Teck participation ribbons for all Atoms
- Teck medal and/or Teck ribbon presentations to the top five eligible finishers for each age category, 8 years to 14 years
- Tough Cookie Award (athlete who overcame the most adversity during the event, with a positive attitude)
- Wax Wizard draw prize
- Edible medals for top three men and women finishers in each category from 15 years up
- Masters 102+ overall athlete will receive the keys to the community :)

**Concession:**

A concession will be available in the Nordic Lodge. We will strive to sell healthy food, including hot soup and chili with minimal packaging and waste. We encourage you to bring your own reusable bowl and cup. People who buy from the concession and bring their own mug/bowl/spoon, can enter their name in the draw box for a prize. If you didn't order from the concession but had a zero waste lunch, you too can put your name in the draw box. The draw box will be beside the concession, draw at the awards ceremony.

**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.

**Course Inspection/Wax Testing:**

The race courses will be marked and open for inspection by noon Saturday. The courses will close 30 minutes prior to the race start. Wax testing lanes on the left side of Main Loop.

### **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. Skiing alongside the race courses during competition WILL NOT be permitted.

### **Course & Stadium Maps:**

All maps will be posted to <http://www.revelstokenordic.org/category/okanagan-cup/>

### **Weather/Snow Phone:**

Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or on our Facebook Page Revelstoke Nordic Ski Club <https://www.facebook.com/revelstokenordicskiclub>

### **Cancellation Policy:**

75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary [debbie@apexrafting.com](mailto:debbie@apexrafting.com) no later than six days prior to the event on Dec 24th at 10pm. Zone 4 online booking fees are non refundable.

**Please Note!** As this is a BCWG Trial this event **WILL NOT** be cancelled regardless of road closures, which are a possibility this time of year. Please check [www.drivebc.ca](http://www.drivebc.ca) for current road conditions. We recommend considering staying in Revelstoke the night before the race.

### **Parking:**

Parking at the Nordic Ski Centre is limited. Only cars with 4 or more people will be allowed to park. Drop offs will be permitted. Do not park on HWY 23S.

A parking lot will be available 7 km before 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.

### **Revelstoke Accommodation:**

Accommodations in Revelstoke book up quickly during the holiday season. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early. Please see below for a list of accommodations or visit Revelstoke Accommodation Association at [www.stayinrevelstoke.com](http://www.stayinrevelstoke.com)

1. Revelstoke Lodge 1-888-559-1979
2. Best Western Plus 250-837-2043
3. Sandman 1-800-726-3626
4. Super Eight 1-866-926-0888





RACE CATEGORIES & COST:

Sunday Dec 29th, 2013 ~ Individual Classic Start Technique ~ 10:00am start

Category	Age M&F	Year Born M&F	Distance	Fee per race
Atom	7 & under	2006-2008	1.5km	\$5
Pee Wee	8-9	2004-2005	1.5km	\$5
Bantam	10-11	2002-2003	2.5km	\$10
Midget	12-13	2000-2001	3.5km	\$10
Juvenile	14-15	1998-1999	5km	\$10
Junior B/G	16-17	1996-1997	2 x 5km	\$10
Junior M/W	18-19	1994-1995	2 x 5km	\$15
Open	20-29	1984-1993	2 x 5km	\$15
Masters 30-39	30-39	1974-1983	2 x 5km	\$15
Masters 40-49	40-49	1964-1973	2 x 5km	\$15
Masters 50-59	50-59	1954-1963	2 x 5km	\$15
Masters 60-69	60-69	1944-1953	2 x 5km	\$15
Masters 70+	70+	1943 <	2 x 5km	\$15

Age as of December 31, 2013 ~ 10km = 2 laps of 5km

GOOD LUCK TO ALL RACERS !

ARE YOUR  
DREAMS  
COLOURED  
WITH GOLD?



The BC Winter Games is your chance to compete against the best in the province. This once in a lifetime experience is waiting for you.

This is where it begins.



*Unleash your potential.*

BCGAMES.ORG

