

Okanagan Cup



Cross Country BC

Teck



Teck Okanagan Cup #1

Saturday December 17, 2022

11:00am Interval Start,
Classic Technique



Cross Country BC

Mt Macpherson Ski Area, Revelstoke, BC
Revelstoke Nordic Ski Club www.revelstokenordic.org

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: Mike Thomas 250-814-4583 competition@revelstokenordic.org

Chief of Timing: Jeff Wilson

Chief of Course: Blake Paton

Chief of Stadium: Paul Maloney

Race Secretary: Kendra von Bremen raceseecretary@revelstokenordic.org

Technical Guidelines: [Teck Okanagan Cup Series - Technical Guidelines](#)

Rules:

Nordic Canada Rules and Regulations apply, even though this is an unsanctioned event <http://www.crosscountrybc.ca/rules-and-regulations>

Eligibility:

The Teck Okanagan Cup Series offers affordable, accessible competitive opportunities for skiers of all ages living in the Okanagan. Para Nordic will be included if requested.

Race Entries: Online Zone4 registration

<https://zone4.ca/register.asp?id=29518>

Registrants are responsible for their own online processing fees.

Entry Deadline: Tuesday, **December 13, 2022 at 11:00 PM**

NO late entries will be accepted

Draws:

There is no seeding for this event, a random draw will occur on Thursday December 15, 2022.

Start lists/Bibs:

Start lists will be posted Friday, December 16, 2022 on-line at www.zone4.ca and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Revelstoke Nordic Lodge on Saturday December 17, 2022 between 8:30 am to 10:00 am.

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 point at the end of the final race. Points are earned for the top 5 finishers and for participation. Encourage your club to attend and participate in the Okanagan Cup series.

Awards:

Athletes U7 and under - Teck participation ribbon for all

Athletes U8 years to U15 - Teck medals for top 3 finishers, Teck ribbons for 4th & 5th

Athletes U16 and up - prizes will be provided by the Revelstoke Nordic Ski Club

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.

CCBC Protocol Regarding the Use of Fluorinated Waxes

Link: https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf

Adherence to this protocol is the responsibility of coaches, parents and wax techs.

Course Inspection/Wax Testing:

The race courses will be marked and open for inspection by noon Friday December 16, 2022. The courses will close 15 minutes prior to the race start.

Trail Passes:

Trail passes are included with race fees for all competitors which includes pre-ski on Friday December 16, 2022, and for the day of the event.

Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the race course during competition WILL NOT be permitted.

Pre purchasing of trail passes will be available on zone 4 during registration.

Course & Stadium Maps:

Maps are available on the Revelstoke Nordic website.

<http://www.revelstokenordic.org/race-maps/>

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% refund will be provided to participants who wish to withdraw provided notice of withdraw is emailed to the Race Secretary racesecretary@revelstokenordic.org no later than six days prior to the event on December 11, 2022 by 10 pm. Zone 4 registration fees are non-refundable.

Please Note! Road closures are a possibility this time of year. Please check www.drivebc.ca for current road conditions and choose your travel times according to conditions and road events.

Parking:

Parking at the Nordic Ski Centre is limited and is open to the public during the event. We request that teams carpool if possible, drop-offs will be permitted. Do not park on HWY 23S.

Revelstoke Accommodation: Accommodations in Revelstoke book up quickly. 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/revelstoke-accommodations/>



RACE CATEGORIES & COST:

Saturday December 17, 2022 ~ Interval Start Classic Time Trial ~ 11:00am start

Category	Year Born M&F	Distance	Fee per race
U8 and down	2015-2016	300m	\$5
U10 and down	2013-2014	1.5 km	\$10
U12	2011-2012	2.0 km	\$15
U14	2009-2010	2.5 km	\$15
U16	2007-2008	2 x 2.5 km	\$25
U18	2005-2006	2 x 2.5 km	\$25
U20/Open	2003 and earlier	2 x 2.5 km	\$25
Masters		3 x 2 km	\$25
Paranordic		2 x 1.5 km	\$20

Age as of December 31, 2022

GOOD LUCK TO ALL RACERS!