



Race Notice
BC Championships
February 20 & 21st, 2010

NAME OF EVENT: 2010 BC Championships

DATES: Saturday, February 20, 2010 Mass Start Classic Technique
Sunday, February 21, 2010 Team Relays Free Technique

RACE LOCATION: Omineca Ski Club, Highway 35, Burns Lake, BC

HOST CLUB: Omineca Ski Club

SANCTIONED BY: Cross Country Canada & Cross Country BC

RULES: CCC Rules and Regulations

RACE ORGANIZING COMMITTEE: Technical Delegate: Georgia Manhard
Chief of Competition: Daryl St. Jean 250-692-3617
Chief of Course: Tony Strimbold
Chief of Timing: Jeff Ragsdale
Chief of Stadium: Gunter Hoehne
Competition Secretary: Terri Dickson 250-692-6684 or Shannon Eakin 250-698-7432

ELIGIBILITY LICENCES & SEEDING: Competitors in MIDGET and YOUNGER classes do not need a licence to compete in either race but must be members in good standing of a CCC/CCBC club. .

Competitors in the JUVENILE and OLDER categories participating in both Saturday and Sunday's race must have one of the following licences:

- 2009-2010 CCC racing licence
- FIS Licence or other National Licence
- CCC Day Licence

Based on the new CCC Competition Model, Juvenile Boys are those boys born in 1993, 1994 and 1995 whereas Juvenile Girls are those girls born in 1994, 1995 and 1996.

CCC Racing Licences must be ordered in advance from CCC and cannot be issued by the race organizers. CCC's online licence registration is: <http://www.cccski.com/main.asp?cmd-doc&ID-669&lan=0>

The CCC Day Licence will be issued at a cost of \$5, by the hosting club to Juvenile and older skiers who register for the race on Saturday without a valid CCC Racing Licence.

Competitors holding CCC Racing Licences will be drawn together and get preferential seeding and their race results will be included on the Canada Points List. CCC Day Licence holders will be drawn together. Their results will not be included on the Canada Points List.

EVENT WAIVER: Event Participation Waiver can be completed as part of the online registration.

REGISTRATION: Registration and fee payment for Saturday's race is online only at www.zone4.ca If you experience any difficulties or have questions about registration please contact the Competition Secretary Terri Dickson by phone (250) 692-6684 or email at tdickson@telus.net
No additional fee for entering online.

RACE ENTRY DEADLINE: Tuesday, February 16th, 2010 at 10:00 PM PST

LATE ENTRIES WILL NOT BE ACCEPTED

PAYMENT: Payments must be made online (credit card only) upon registration for Saturday's race. No refunds will be given. Payments for *relay teams* can be made at registration by cash or cheque. Please make cheque payable to Omineca Ski Club.

DRAW: Computer draw for Saturday's race will be held on Wednesday, February 17th, 2010.

START LISTS: Start lists for Saturday's race will be available Friday, February 19th at the Jean Paulson Lodge and online at www.zone4.ca by Thursday, February 18th.

BIB PICKUP: Bib pickup for Saturday's race will be at Omineca Ski Club, Jean Paulson Lodge between 9:30am and 10:30am on Saturday, February 20th.

Start lists and bib pickup for Sunday's race will be Sunday morning between 8:30AM and 9:30 AM at the Jean Paulson Lodge.

SKI MARKING: Ski marking will be done for Saturday's race.

RELAY ENTRIES: Individual skiers can enter on-line for the relays. If a skier has not been able to join a relay team prior to Saturday's Relay team entry deadline the entry fee paid on-line will, on request, be refunded. Additional skiers for relay teams can be entered on Saturday prior to team entry deadline.

- RELAY TEAM ENTRY:** Relay team registration forms are available with this race notice. Entry deadline for BC Championships Club Relay Teams is **Saturday February 20th at 2:00 pm at Jean Paulson Lodge**. Team entries with payments must be submitted to the Race Secretary at the Day lodge and will be accepted up to 2:00 pm on Saturday. Relay Team members must be current members of a CCC/CCBC club. No licences required. **ALL RELAY TEAMS MUST SUBMIT ENTRY FORMS ON SATURDAY. NO RELAY TEAM ENTRIES WILL BE ACCEPTED AFTER SATURDAY'S 2:00 PM DEADLINE**
- TEAM ORDER:** Deadline for changes to relay team order is 3:00 pm on Saturday. *CHANGES TO TEAM ORDER AFTER DEADLINE WILL DISQUALIFY THE TEAM.*
- CLUB TROPHY:** Each participating CCBC member club accumulates points towards the **CHAMPIONSHIP** Club Championship Trophy. Points are awarded for both days of races with 1st place receiving 5 points, 2nd – 4 points, 3rd – 3 points, 4th - 2 points, 5th – 1 point. The winner of the trophy is the club with the most points at the end of the weekend. A keeper plaque is presented to the winning club following the relays on Sunday. Points are calculated for official relay teams only, as per the CCC Rule Book.
- AWARDS SATURDAY:** Each participant in the Atoms age category will receive a special BC Cup Series ribbon provided by CCBC. The ribbons will be presented to the skiers at the end of their race at the race site. Medal presentations to the top three finishers in all categories of Saturday's Interval race with the exception of the Atoms category will be at the Awards Ceremony. The participants in the Atoms age category will receive a special recognition at the Awards Ceremony. Awards presentation will be made by CCBC to the Overall Winners of the BC Cup Series and the University / College Series.
- AWARDS SUNDAY:** Awards Presentation for the Relays and the Club Championship Trophy will be made immediately after the relays at the Jean Paulson Day Lodge.
- CCBC AWARDS PROGRAM:** Saturday's Interval Start race is part of the BC Cup Series Overall Awards and the College/University Aggregate Awards.
- CONCESSION:** There will be a concession available at the day lodge both Saturday and Sunday. Breakfast will be available starting at 8AM both days. The concession is sponsored by the Burns Lake Rotary Club.
- FACILITIES:** There is a day lodge with indoor washrooms at the race site. In addition, outhouses are located close to the parking area and the race site.
- COURSE INSPECTION:** All course distances will be marked and groomed on Friday, February 19th. As Friday is technically a training day, trail fees will be waived for all

competitors, coaches and assistant coaches. Passes must be picked-up at the Jean Paulson Lodge race office and displayed while using the facilities.

WAXING:

Outdoor plug-ins are available in the waxing cabin and around the exterior of the machine shed. Waxing is not permitted in the lodge. Participants/teams planning on waxing outdoors should bring a canopy to protect their waxing location. Participants/teams are responsible for cleaning up their waxing area.

WARM UP/WAX TESTING:

NO WAX TESTING ALLOWED ON THE COURSE DURING THE COMPETITION.

COURSE MAPS:

Course maps are available on the club website at www.ominecaskiclub.com

BANQUET & AWARDS:

Omineca will be hosting a buffet-style banquet and awards ceremony. Tickets for the banquet and awards Ceremony are included with Saturday's race entry fee. Extra tickets at a price of \$18.00 each are available on-line and at the Registration at the race site on the Saturday. Limited tickets available – please pre-purchase, if possible. No attendance without a ticket.

ACCOMODATION:

Sunshine Inn (block of rooms held until Feb.5)	1-888-388-1100
Burns Lake Motor Inn (special rates mention races)	250-692-7545
Wanakena Motel	250-692-3151
Travellers Motel	250-692-7471
Lakeland Hotel	1-888-441-2999
Ninth Avenue Guesthouse	250-692-3618
Wulf's Inukshuk Gifts and B&B	250-692-3742

Mass Start – Classic Technique

Date: Saturday, February 20, 2010

Time: 11:00AM

Category	Sub-Category	Age	Year of Birth	Distance (Km)	Fee (includes trail fee and banquet ticket for skier)
Atom Boys	AB1	5	2004	1.0	\$18
Atom Boys	AB2	6	2003	1.0	\$18
Atom Boys	AB3	7	2002	1.0	\$18
Atom Boys	AB4	8	2001	1.0	\$18
Atom Girls	AG1	5	2004	1.0	\$18
Atom Girls	AG2	6	2003	1.0	\$18
Atom Girls	AG3	7	2002	1.0	\$18
Pee Wee Boys	PB1	9	2000	2.0	\$28
Pee Wee Boys	PB2	10	1999	2.0	\$28
Pee Wee Boys	PB3	11	1998	3.0	\$28
Pee Wee Girls	PG1	8	2001	2.0	\$28
Pee Wee Girls	PG2	9	2000	2.0	\$28
Pee Wee Girls	PG3	10	1999	3.0	\$28
Midget Boys	MB1	12	1997	5.0	\$35
Midget Boys	MB2	13	1996	5.0	\$35
Midget Girls	MG1	11	1998	5.0	\$35
Midget Girls	MG2	12	1997	5.0	\$35
Juvenile Boys	JVB1	14	1995	7.0 (5.0 + 2.0)	\$40
Juvenile Boys	JVB2	15	1994	7.0 (5.0 + 2.0)	\$40
Juvenile Boys	JVB3	16	1993	7.0 (5.0 + 2.0)	\$40
Juvenile Girls	JVG1	13	1996	7.0 (5.0 + 2.0)	\$40
Juvenile Girls	JVG2	14	1995	7.0 (5.0 + 2.0)	\$40
Juvenile Girls	JVG3	15	1994	7.0 (5.0 + 2.0)	\$40
Junior Male	JM1	17	1992	15.0	\$40
Junior Male	JM2	18	1991	15.0	\$40
Junior Male	JM3	19	1990	15.0	\$40
Junior Female	JF1	16	1993	10.0	\$40
Junior Female	JF2	17	1992	10.0	\$40
Junior Female	JF3	18	1991	10.0	\$40
Junior Female	JF4	19	1990	10.0	\$40
Senior Men & Women		20 to 29	1980 to 1989	15.0 - M/10.0 F	\$40
Masters Men & Women		30 to 39	1970 to 1979	15.0 - M/10.0 F	\$40
Masters Men & Women		40 to 49	1960 to 1969	15.0 - M/10.0 F	\$40
Masters Men & Women		50 to 59	1950 to 1959	15.0 - M/10.0 F	\$40
Masters Men & Women		60 to 69	1940 to 1949	15.0 - M/10.0 F	\$40
Masters Men & Women		70+	1939 and earlier	15.0 - M/10.0 F	\$40
Para Nordic Sit Ski				2.0	\$40
Para Nordic Standing				5.0	\$40

