



Race Notice
B.C. Midget Championships
March 6th and 7th, 2010
Larch Hills Ski Area, Salmon Arm, B.C.



*The Larch Hills Nordics welcome you to join us for the 2010
B.C. Midget Championships!*

The objectives of the B.C. Midget Championships are to:

- 1) Bring young skiers together for a memorable and enjoyable weekend of cross country ski competition and fun
- 2) Meet the needs of a wide range of skill levels and ski experience
- 3) Encourage achievement through team effort
- 4) Encourage good ski technique

Dates:

Saturday, March 6th, 2010

- 2 km Individual Start Classic Technique, 15 second intervals – 9:30 am start
- 4 x 1.5 km Team Relay – 1 pm start

Sunday, March 7th, 2010

- 300 m Free Technique Sprint qualification, 15 second intervals – 9:30 am start
- 300 m Free Technique Sprint Heats to follow after the qualification round

Race Location:

Larch Hills Ski Area (15 km east of Salmon Arm). **The race office will be located in the Larch Hills Ski Chalet.**

From Salmon Arm: Drive east on Highway 1. **Turn right on to Highway 97B** and drive toward Enderby for 5 km, past Mellor's Store and gas station to Grandview Bench Rd. Watch for the first **Larch Hills Ski Area** sign on the right before you reach Grandview Bench Rd. junction on the left. **Turn left on Grandview Bench Rd.** (at the junction there's a small sawmill and a sandwich board sign shows LHNS events and trail conditions) and drive east for 5 km until you see a second **Larch Hills Ski Area** sign near the Edgar Rd. junction with its cluster of mail boxes. **Turn left on Edgar Rd.** and drive 3 km until you see the third **Larch Hills Ski Area** sign on the right. **Turn gentle left on Larch Hills Rd.** which climbs steadily past several houses and John's Ski Shack for about 3 km to the Larch Hills parking lot. **The Larch Hills Ski Chalet** is located at the top end of the parking lot.



Host Club:

Larch Hills Nordic Society: www.skilarchhills.ca

Rules:

This is an official, registered Cross Country B.C. (CCBC) event, however, it is not a sanctioned event. Cross Country Canada (CCC) rules are to be used as a guideline.

Race Committee:

Technical Advisor:	Jill Stamp	jcstamp@okanagan.bc.ca 250-979-1255
Chief of Competition:	Louise Bruns	louisebruns@gmail.com 250-833-9552
Chief of Stadium:	Al Hardy	alamo9@telus.net 250-832-2550
Chief of Course:	Dave Wallenstein	dwallens@telus.net 250-832-7740
Chief of Timing:	Luke Heckrodt	lukeh@jetstream.net 250-832-2912
Race Secretary:	Rob Nash	race_secretary@telus.net 250-832-0612

Eligibility:

- Skiers born in 1997, 1998, 1999 and 2000 are eligible.
- Skiers may only enter in one age category for the duration of the event. When a skier registers they may move up an age category, but not down.
- This event is open to all CCBC clubs and elementary schools (not officially affiliated by membership to a CCBC club).
- Only one race team per club or school can register in the championships, but there is no limit to the number of racers or the number of relay teams within a club or school race team.
- This event is open to individuals who are not affiliated with a club or school.
- A participant in this event must ski for one race team only, and cannot be registered under both a school and a club team.

License:

No ski license is required for this event

Race Entry Fee:

\$45 (includes all three races, pool pass, and Saturday evening banquet)



Race Registration:

Registration for classic and sprint and relay events will be online ONLY at www.zone4.ca starting Feb 2nd. Select the “online registration” tab at the top of the page and choose “BC Midget Championships” and provide your information as required.

Waivers must be read and “signed” online (checking the box) by the parent or guardian of racer.

Racers and coaches should verify registration by checking the confirmation list on Zone4 prior to the registration deadline. Please e-mail any errors or omissions to the race secretary before midnight on Tuesday, March 2nd.

For race entry information, or if you have any problems using on-line registration, please contact the Competition Secretary preferably by e-mail to race_secretary@telus.net

Entry Deadline:

2km classic and sprint events: **Tuesday, March 2nd, midnight** online ONLY at www.zone4.ca

Relay teams: Online by coaches or team organizers until **Thursday, March 4th midnight**. Changes or additions to relay teams of previously registered racers can be made until 9 am Saturday, March 6th at the race office, however teams should be registered in advance online if at all possible. **Coaches please go to our club specific online area in Zone4 to enter your teams at the following --- <https://www.zone4.ca/info.asp?cmd=ce&id=375>**

NO LATE ENTRIES WILL BE ACCEPTED

Race Cancellation Policy:

If all 2010 BC Midget Championships events are cancelled one week in advance due to snow or weather conditions, 25% of entry fees will be retained. If all events are cancelled 48 hours in advance due to snow or weather conditions, 50% of entry fees will be retained.

Draw:

There is no seeding for this event. A random draw will occur on Thursday, March 4th, 2010.

Course Inspection:

The race course will be set up on Friday, March 5th, in the afternoon. On race days, the course will be closed 10 minutes prior to the start of the race until the races are finished. Course maps will be posted on-line at www.skilarchhills.ca and will be available from the race office on Friday, March 5th after 12:00 noon.

Race Office Hours

Friday, March 5 th	12:00 noon to 4:00 pm
Saturday, March 6 th	8:00 am to 3:00 pm
Sunday, March 7 th	8:00 am to 2:00 pm



Start Lists:

Start lists for Saturday's Individual Start Classic races will be available on Friday March 5th at the race office, at the Podollan Inn, at the Super 8 Motel and online at:

<http://www.skilarchhills.ca/eventsinfo.htm> - [Midget Championships](#)

Start lists for Sunday's sprint qualification races will be available at the race site Saturday afternoon.

Bib Pickup:

Bib Pickup will be at the race office in the Larch Hills Chalet. Due to the small size of the race office it is strongly requested that an individual or coach be designated from each team to pick up their team bibs for each event at the times noted below.

Saturday: Individual start classic	8:00 am to 9:00 am
Team relay	11:30 am to 12:30 pm
Sunday: Sprint qualification races	8:00 am to 9:00 am

Team Relay Information:

The relay comprises two legs of classic technique and two legs of free technique (4 person relay teams). All team members must be individually registered for the individual classic and sprint races before being placed on a relay team. An **“Official”** relay team is made up of four skiers of the same gender, from the same club or school. **“Unofficial”** teams may be formed with four skiers of mixed gender or from different clubs or schools.

Unofficial team members will acquire participation points for their club or school, but will not be eligible for prizes or points earned as a relay team.

Coaches or team organizers must register relay teams by **team name, category** (official male, official female or unofficial) and **names of team members** by **9:00 am Saturday March 6th**, so that race officials have time to enter the information prior to the race.

Sprint Race Information:

Sprint heats will follow a King's Court format, in which all skiers are guaranteed to compete in four races, including a qualifying time trial followed by a series of three heats. Initial sprint heat start positions will be determined based on morning qualifying times.



Awards:

Individual Start, Sprint and Relay Events

Medals will be presented to the top four finishers in each age category for the individual classic and sprint races, as well as to each member of the top four “official” relay teams.

Technique Awards

Awards will be presented to five skiers with excellent classic technique and to five skiers with excellent skating technique. Qualified judges will be on course during the individual classic and sprint competitions to evaluate skiers.

Team Aggregate Trophy

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 an individual start race	5,4,3,2 points*
6. Top 4 placings in a sprint race	5,4,3,2 points*
7. Top 4 team placings in an individual 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***
10. Top 5 best skating technique	5 points***

* In addition to points earned for participation

** Based on total time of the best four times

*** Based on selections by qualified, impartial judges

Points for top 4 team placings in a relay event are calculated for official teams only. 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 to each member of the team.

Swim and Banquet:

All skiers and family are invited to a swim at the Salmon Arm pool prior to the banquet, between 4:30 and 5:30 pm. 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 dinner at the Salmon Arm (SASCU) Recreation Centre at 6:00 pm, 2550 Trans Canada Hwy NE, Salmon Arm. The banquet fee for each racer is included in the entry fee. A limited number of additional tickets for family and coaches must be purchased in advance, at \$15 per person, through Zone 4 www.zone4.ca no later than **Tuesday, March 2nd at midnight**. Tickets must be picked up at the race office on Saturday during office hours.



Concession:

A concession will be available on both Saturday and Sunday. Racers will be provided with finish line refreshments and light lunch fare.

Waxing:

Electrical outlets for waxing purposes will be located near the chalet along the edge of the parking area.

Snow Conditions:

Check the club website at www.skilarchhills.ca for weather and snow conditions in the week prior to this event.

Accommodation:

*Super 8 Motel
2901 10th Ave NE
(250) 832-8812 (quoted sports rate of \$76.45)

*Podollan Inn
1460 Trans Canada Hwy NE
(250) 832-6025 (quoted sports rate of \$99)

***A block of rooms has been set aside at both of these hotels under “Midget Championships – XC Skiing”. The blocks will only be held until 3 weeks prior to check-in, so the sooner you can make your reservation the better.**

Other Salmon Arm Accommodation:

Travelodge Salmon Arm
2401 Trans Canada Hwy SW
(250) 832-9721

Prestige Harbourfront Resort
251 Harbourfront NE
(250) 833-5800



Event Schedule:

Saturday, March 6th, 2010

9:30 am - Individual Start Race – Classic Technique (15 second intervals)

Category	Distance
2000 Females	2.0 km
1999 Females	2.0 km
1998 Females	2.0 km
1997 Females	2.0 km
2000 Males	2.0 km
1999 Males	2.0 km
1998 Males	2.0 km
1997 Males	2.0 km

1:00 pm – Relay Race – 2 legs classic, 2 legs free technique

4 person teams, each leg 1.5 km. Two official categories offered: Male and Female

4:30 – 5:30 pm – Swim at Salmon Arm Recreation Centre Pool

6:00 pm – Banquet at Salmon Arm Recreation Centre, 2550 Trans Canada Hwy NE.

Presentation of awards for Individual Start and Relay Team Races will occur at approximately 7:30 pm.

Sunday, March 7th, 2010

*9:30 am – Sprint Race Qualification Time Trial – Free technique (15 second intervals)
as soon as possible after qualification round – Sprint Heats*

Category	Distance
2000 Females	300 m
1999 Females	300 m
1998 Females	300 m
1997 Females	300 m
2000 Males	300 m
1999 Males	300 m
1998 Males	300 m
1997 Males	300 m

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 wood stove and running water. As there is limited indoor space, please come prepared to spend time outside and bring clothing suitable for the weather. There are several outhouses on site, and portable toilets will be provided on race days.

We look forward to hosting you at Larch Hills!

