



RACE NOTICE
2012 BC Championships
February 18 & 19, 2012
Larch Hills Ski Area, Salmon Arm, B.C.



***The Larch Hills Nordics welcome you to join us for the
2012 B.C. Championships!***



Thank you to our sponsors!

RACE NOTICE
BC Championships
February 18 & 19, 2012
Larch Hills Ski Area, Salmon Arm, B.C.

NAME OF EVENT: 2012 BC CHAMPIONSHIPS
BC Cup Series and University/College Series

DATES: SATURDAY, 18 Feb 2012 11:00: Interval Start, Classic Technique
SUNDAY, 19 Feb 2012, 10:00: 3x Relay, Free Technique

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 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

SANCTIONED BY: CROSS COUNTRY CANADA AND CROSS COUNTRY BC

RULES: CCC RULES AND REGULATIONS

RACE COMMITTEE:

Technical Delegate:	Dan Miller	250-851-8392
Chief of Competition:	Louise Bruns	louisebruns@gmail.com 250-833-9552
Chief of Stadium:	Al Hardy	250-832-2550
Chief of Course:	Dave Wallensteen	250-832-7740
Chief of Timing:	Luke Heckrodt	250-832-2912
Race Secretary:	Rob Nash	race_secretary@telus.net 250-832-0612

ELIGIBILITY: All participants in the Juvenile and older categories are required to hold a current CCC racing license for the Saturday race. A CCC Day license can be purchased for \$5 for the Saturday race on Zone4 when registering.



REMINDER: Skiers in Midget and younger categories do not require a licence, but must be a member of a CCC/CCBC club. For the relay race, *all skiers* must be a member in good standing of a CCC/CCBC club. If they are not CCC/CCBC club members, participants must pay \$15.00 to join the hosting club (Larch Hills Nordics) to enter this competition. An official relay team will have three (3) team members from the same club; official teams are eligible for Club Championship Trophy points

LICENSES: CCC Racing Licenses must be ordered in advance through the competitor's Club or online at (<http://www.cccski.com/main.asp?cmd=doc&ID=669&lan=0>). CCC day licenses will be issued by the host club to juvenile and older skiers who enter without a valid CCC racing licence at a cost of \$5, payable with bib pickup.

RACE ENTRIES: Registration for all events will be online ONLY at www.zone4.ca starting Jan 23rd at : <https://zone4.ca/onlinereg.asp?id=4189>
Registration fees include trail fees.
Waivers must be read and "signed" online (checking the box) by the registrant. 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 Wednesday, February 15th.

DEADLINES: **Entry deadline for entrants into both races is Wednesday, FEBRUARY 15, 2012 at 7:00 pm. NO LATE ENTRIES WILL BE ACCEPTED. Deadline for relay team names, order of racers and changes to relay teams (of pre-registered members) is SATURDAY, FEBRUARY 18, 2012, 2:00 pm.**
Relay team registration forms will be available online at Larch Hills website and at the race office on Saturday or teams can be registered online at no charge using ZONE4 at : <https://zone4.ca/onlinereg.asp?id=4295&lan=1>

DRAW: The draw for Saturday's race will be held on Thursday, 16 Feb, 2012. Draw for relay will be done Saturday afternoon.

STARTLISTS/BIBS: Start lists for Saturday's race will be available at the Prestige Inn Hotel and the Chalet at Larch Hills in the afternoon of Friday, 17 Feb and online on ZONE4. Bibs for Saturday's race can be picked up at Larch Hills between 9:00 and 10:30 a.m. on Saturday. Start lists for Sunday's relay race will be available at the awards ceremony. Bibs for Sunday's race will be available on Sunday between 8:30 am and 9:30 am.

RACE OFFICE HOURS: Saturday, February 18th 8:00 am to 3:00 pm
Sunday, February 19th 8:00 am to 2:00 pm



CHAMP POINTS: The BC club with the most points over the two days of races will be awarded the BC Championship Club Trophy. Points are awarded to the top 5 finishers on Saturday and the top 5 official relay teams on Sunday.

AWARDS: Medal presentations to the top three finishers for each age category (except Atoms) for Saturday's race and for the BC Cup overall aggregate awards will take place at the Award Ceremony to be held at the Salmon Arm Recreation Center. Presentations for Sunday's relay race along with the Club Championship trophy will take place following the race. Participation awards for all Atoms are provided by CCBC.

CONCESSION: A concession will be available near the stadium.

FACILITIES: The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with wood stove, running water and washrooms. 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.

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

**WARM UP/
WAX TESTING:** No wax testing or warm up is allowed on the race course during the competition. Other trails are available.

COURSE MAPS: Course maps will be posted on the Larch Hills website under the events tab. The courses to be used on Saturday will be set and marked for training on Friday.

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

RACE CANCELLATION

POLICY: If all BC 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.

AWARD CEREMONY:

There will be an awards ceremony with refreshments and desserts at:
Salmon Arm (SASCU) Recreation Centre
2550 Trans Canada Hwy NE, Salmon Arm
Doors open at 6:30pm, Awards at 7pm

The \$10 fee for each racer is included in the Saturday race registration fees. A limited number of additional tickets for family and coaches will be available at the race office for \$10 on Saturday between 10:30am and 1pm.



ACCOMMODATION:

Prestige Harbourfront Resort
251 Harbourfront NE
(250) 833-5800
Toll free 1-877-737-8443

Prestige Hotel is our official host hotel. They have generously offered a discounted rate to all racers and a sponsorship of our team. They will also setup a waxing area for teams to use. They are located on the waterfront, close to downtown and a short drive to the recreation center, and have a nice restaurant, pub, fitness room, pool, spa etc. for your use. Please mention the BC Championship Cross Country Race when booking.

Super 8 Motel
2901 10th Ave NE
(250) 832-8812

Podollan Inn
1460 Trans Canada Hwy NE
(250) 832-6025

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

Holiday Inn Express
1090 - 22nd Street NE
(250) 832-7711



RACE CATEGORIES/COST:

SATURDAY 18 February 2012 – INTERVAL START CLASSIC TECHNIQUE (11:00 start) – Approx km

Category	Age		Year Born		Distance (km) Classic Tech.		Fee per race*
	Male	Female	Male	Female	Male	Female	
Atom	8 & under	8 & under	2003-06	2003-06	1.5	1.5	\$5
Pee Wee A	9-10	9	2001-02	2002	2.0	2.0	\$15
Pee Wee B	11-12	10-11	1999-2000	2000-01	3.5	3.5	\$15
Midget	13-14	12-13	1997,98	1998,99	5.0	5.0	\$15
Juvenile	15	14-15	1996	1996, 97	7.0(2x3.5)	5.0	\$20
Junior B/G	16-17	16-17	1994, 95	1994, 95	10 (2x5)	7.0(2x3.5)	\$20
Junior M/W	18-19	18-19	1992, 93	1992, 93	15 (3x5)	10 (2x5)	\$20
Open	U23 & 23+	U23 & 23+	1989-91 1982-1988	1989-91 1982-1988	15 (3x5)	10 (2x5)	\$25
Masters	30+	30+	≤1981	≤1981	15 (3x5)	10 (2x5)	\$30
Para (sit ski)	14-40	14-40	1972-98	1972-98	3.0(2x1.5)	3.0 (2x1.5)	As above by age

*plus \$10 per person for awards ceremony

Revised Pee Wee B distance from 3km

SUNDAY 19 February 2012 – FREE TECHNIQUE RELAY (10:00 start) – Approx km

Category	Age		Year Born		Distance (km) Free Tech.		Fee per person
	Male	Female	Male	Female	Male	Female	
Atom	8 & under	8 & under	2003-06	2003-06	3 x 1.5	3 x 1.5	\$5
Pee Wee A	9-10	9	2001-02	2002	3 x 1.5	3 x 1.5	\$8
Pee Wee B	11-12	10-11	1999-2000	2000-01	3 x 1.5	3 x 1.5	\$8
Midget	13-14	12-13	1997,98	1998,99	3 x 2.5	3 x 2.5	\$8
Juvenile	15	14-15	1996	1996, 97	3 x 3.5	3 x 3.5	\$10
Junior B/G	16-17	16-17	1994, 95	1994, 95	3 x 3.5	3 x 3.5	\$10
Junior M/W	18-19	18-19	1992, 93	1992, 93	3 x 3.5	3 x 3.5	\$10
Open	U23 & 23+	U23 & 23+	1989-91 1982-1988	1989-91 1982-1988	3 x 5.0	3 x 3.5	\$10
Masters	30+	30+	≤1981	≤1981	3 x 5.0	3 x 3.5	\$10

Revised Midget distance from 2km

Skiers can move up in age groups, females can compete on male teams.
 Official Club Teams (**all skiers from the same club**) are eligible for medals.
 BC Championship Points are awarded to official BC Club Teams only.

GOOD LUCK TO ALL RACERS !

