

# BC Cup



# Teck



## Race Notice Teck BC Cup #1 January 11 & 12, 2025



**Race Events:** **Saturday, January 11: 9:00 am** - Individual Start Free Technique  
**Sunday, January 12: 9:00 am** - Mass Start Classic Technique  
Zone4 [Event Page](#)

[Athlete/Coach Registration](#)

[Volunteer Registration](#)

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

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

**Sanctioned** Nordiq Canada (NC) & Cross Country BC

**Rules** [Nordiq Canada Rules and Regulations:](#)

**Technical Guidelines** [Teck BC Cup Series Technical Guidelines](#)

**Competition Committee** Chief of Competition: Mike Thomas [competition@revelstokenordic.org](mailto:competition@revelstokenordic.org)

Chief of Timing: Jeff Wilson

Chief of Course: Blake Paton

Chiefs of Stadium: Paul Maloney & Robyn Thomas

Race Secretary: Kendra von Bremen [racesecretary@revelstokenordic.org](mailto:racesecretary@revelstokenordic.org)

Technical Delegate: Jeannie MacDonald

**Jury** Technical Delegate: Jeannie MacDonald

Chief of Competition: Mike Thomas

Visiting Coach: Maria Lundgren

## Registration:

Registration and fee payment is online at [Zone4](#)

Registrants are responsible for checking that the information provided in the registration is accurate.

Registrants are responsible for their own online processing fees.

**Entry Deadline:** Wednesday January 8, 2025 at 11:00 PM

**NO late entries will be accepted**

## Cancellation

Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee and the Technical Delegate. A decision to cancel one or more days of competition, or races for specific age categories due to the race conditions during an event will be made by the Technical Delegate in consultation with the Jury.

## Refund Policy

A 75% refund will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary [acesecretary@revelstokenordic.org](mailto:acesecretary@revelstokenordic.org) no later than entry deadline prior to the event. **Zone4 registration fees are non-refundable.**

In the occurrence of cancellation by race organizers, a refund of registration fees, less administration, event expenses already incurred and zone 4 fees, will be provided post-event. No refunds will be made if an athlete does not participate in race(s) without notice prior to entry deadline.

**Please Note!** Road closures are a possibility this time of year. Please check [www.drivebc.ca](http://www.drivebc.ca) for current road conditions and choose your travel times according to conditions and road events.

## Licenses

Participants registered in the U14 through to the Masters categories are required to hold a current FIS Licence, Nordiq Canada Race Licence, an Associate Race Licence or a Tier 2 Event License (formerly a SMDL). U12 and younger categories do not require a license to compete but must be members in good standing of a Nordiq Canada affiliated club.

### **Seeding:**

Seeding will be used for all age categories except Masters' categories and U12 Boy/Girl and younger categories. If two or more age categories of the same gender are skiing a common distance (for example, U18 Boys and U20 Men) they will be seeded together using the current Canada Points List. These categories will be combined for the start list but separated out for results and awards.

### **Start Lists**

Start lists will be posted on [Zone4](#) prior to the race, coaches will be informed when start lists are up via the WhatsApp chat.

### **Race Office & Timing office**

The event race office will be in the main lodge. It will be open from 7:00am until the end of the event daily. The lodge will be open until 9pm daily for racers, club members and visitors. The timing office will be in the upstairs portion of the lodge or in a separate trailer outside the lodge in the parking area.

### **Bib/Chip Pick up**

Teams should plan to have a team representative pick up bibs on race days between 7:30am and 8:30am at the race office.

Chip pick up will be at the start area prior to the race. Please ensure racers are getting to the start area with enough time to go through chipping.

**\*Please note - lost or unreturned chips/bibs will incur a \$75 charge to the competitor.** Please ensure all bibs/chips are returned to the race office/finish area. All known DNS bibs must be returned to the race office prior to the start of races at 9:00am.

### **Concession**

A full concession including soup or chili, snacks and hot drinks will be available in the lodge on Saturday and Sunday while quantities last. (Fundraiser for SDP) A snack concession will be available in the lodge on Sunday while quantities last.

Nationals Athletes will be holding a bake sale over the course of the weekend to help fundraise for their trip.

## Facilities:

The lodge will be open for concession and changing. Lodge washrooms will be closed to the public due to septic system capacity. Washroom facilities are available via the Porta Potties outside the wax and stadium areas. The groomer shed will be open and equipped with chairs and tables for athletes to stay out of the elements, eat and socialize.

## Parking & FREE Shuttle:

Parking will be very **LIMITED** at Revelstoke Nordic. There will be a FREE shuttle available and teams will receive parking passes according to the number of athletes they have attending, but these will be very limited due to space limitations. Parking priority for Coaches, Waxers and Race Volunteers. ***We encourage use of the free shuttle buses and carpooling.*** Drop-offs will be permitted. Shuttle parking, schedule and pick up locations for the shuttle bus will be communicated closer to the race weekend. For safety reasons ***ABSOLUTELY NO PARKING ON HIGHWAY.***

In partnership with Revelstoke Economic Development, we are providing a FREE robust [shuttle service](#) for the two day race. **\*\*Please do not get on the RMR Ski Hill Resort shuttle in error.\*\***

## Trail Fees:

*Athlete trail fees are **included** in race fees for Friday pre-ski and for competition days.* We ask that parents and family wanting to ski on our trail systems (which includes a dog loop) please purchase trail passes at a discounted rate on [Zone4](#) when registering your athlete. Trail passes purchased in advance will be available for pick up at the ticket office during ticket office hours; 9am-4pm daily. Recreational skiing alongside the course during races ***WILL NOT*** be permitted.

## Course Maps:

Course maps and stadium layout will be posted as soon as they are finalized. Maps are available on the Revelstoke Nordic website: <http://www.revelstokenordic.org/race-maps/>

### 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 will be required. CCBC Protocol Regarding the Use of Fluorinated Waxes [Link](#). **Adherence to this protocol is the responsibility of coaches, parents and wax techs.**

### Warm Up/Wax Testing:

The race courses will be marked and open for inspection by noon on Friday, Jan 10. The course will close to all skiers 15 minutes prior to the start of racing.

No wax testing allowed on the course during the competition. Wax testing areas will be accessed via the upper stadium trail.

### Race Fees/Distance & Format

Saturday is interval start free technique. Sunday is a mass start classic event.

| Category                | Years of Birth   | Saturday<br>Interval start<br>Free Technique | Sunday<br>Mass start<br>Classic Technique | Fee per<br>race |
|-------------------------|------------------|--|---|-----------------|
| U-8                     | 2019-2017        | TBA  | TBA                                       | \$8             |
| U-10                    | 2016, 2015       | 1 x 1.5km                                    | 1 x 1.5km                                 | \$12            |
| U-12                    | 2014, 2013       | 1 x 2.5km                                    | 1 x 2.5km                                 | \$18            |
| U-14                    | 2012, 2011       | 1 x 3.75km                                   | 1 x 5km                                   | \$20            |
| U-16                    | 2010, 2009       | 2 x 3.75km                                   | 1 x 5km                                   | \$25            |
| U-18                    | 2008, 2007       | 2 x 3.75km                                   | 2 x 5km                                   | \$25            |
| U20                     | 2006 and earlier | 2 x 3.75km                                   | 2 x 5km                                   | \$25            |
| Seniors<br>(U23 & Open) | 2004-1995        | 2 x 3.75km                                   | 2 x 5km                                   | \$25            |
| Masters                 | 1996 and earlier | 2 x Masters 5km                              | 2 x Masters 5km                           | \$35            |
| Para Nordic             | open             | TBA  | TBA                                       | \$25            |

\*U-14 to U-23 distances in alignment with CCBC BC Cup #1 2025 distance guidelines

## **Awards and Categories**

Event awards will be presented throughout the day, times will be announced and posted on the coaches WhatsApp chat.

U8: Teck participant ribbon for all.

U10 to U16: Teck medals for top 3 by YOB; Teck ribbons for 4th & 5th.

U18: Revelstoke Nordic awards for top 3 by YOB.

U20: Revelstoke Nordic awards for top 3.

Senior: Revelstoke Nordic awards for top 3.

Masters: Revelstoke Nordic awards dependent on number of competitors.

Para Nordic: Revelstoke Nordic awards for top 3.

## **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 (hopefully you have already done so!). Booking directly with the accommodation rather than through a 3rd party is generally more reliable, and better for our local businesses. For a list of accommodations visit [See Revelstoke](#).

# BC Cup



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Thank you to our growing list of local sponsors!

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