



## BC SPRINT CHAMPIONSHIPS March 10 & 11, 2007

NAME OF EVENT	BC SPRINT CHAMPIONSHIPS
DATES	SATURDAY, MARCH 10, 2007 Individual start (15 sec. interval), classic technique time trial Heat sprints, classic technique  SUNDAY, MARCH 11, 2007 Team sprint, free technique
RACE LOCATION	SOVEREIGN LAKE NORDIC TRAILS 22 km east of Vernon on Silver Star Road
HOST CLUB	SOVEREIGN LAKE NORDIC CLUB (SLNC)
SANCTIONED BY	CROSS COUNTRY CANADA
RULES	The latest rules are in the 2004 CCC/FIS Rules and Regulations posted on the CCBC web site under Officials
INFORMATION	TECHNICAL DELEGATE: Denis Brown CHIEF OF RACE: Jill Benz 250-545-4991 CHIEF OF COURSE: Hans J. Mueller 250-558-1867 CHIEF OF TIMING: Peter Chernis 250-545-0132 CHIEF OF STADIUM: Greg O'Neil 250-503-1264 COMPETITION SECRETARY: Sharon Clarke 250-545-9787 REGISTRAR: Jane Ohashi 250-545-0754 (w) or 545-7941 (h)
ELIGIBILITY	Competitors in the JUVENILE and older categories (born in 1991 or earlier) must have one of the following for Saturday's Heat Sprint to be eligible for CPL. You will be seeded by CPL points if applicable and then by random draw. 2006/2007 CCC competitor licence CCC day licence (can be purchased online at registration)
LICENCES	SKIERS MUST HAVE VALID CCC OR FIS LICENCE WHEN REGISTERING FOR RACES, OR CURRENT CLUB MEMBERSHIP  PLEASE NOTE THERE IS A \$5.00 INSURANCE SURCHARGE IF YOU ARE NOT A MEMBER OF A CROSS-COUNTRY SKI CLUB ASSOCIATED WITH CCBC. THIS IS FOR A ONE DAY SLNC CLUB MEMBERSHIP.

CCC day licence is \$5.00. The fee for the licence will be added to the entry fee if a licence has to be issued  
CCC Competitor Licences must be ordered in advance through CCC. **They cannot be issued by the race organizers.**

RACE ENTRY	<p>Competitors must register and pay ONLINE using Zone 4 at <a href="http://www.zone4.ca">www.zone4.ca</a> by Tuesday, March 6 at 9:00 pm.</p> <p>All competitors must fully complete a Race Entry form, pay fees, and read and check the box indicating they agree with the Race Waiver Form online before racing.</p> <p>Please ensure that you only enter the desired race(s) ONCE per competitor. If you make a mistake on your entry online, please contact Jane Ohashi at <a href="mailto:jane@sladen-moore.com">jane@sladen-moore.com</a> or 250-545-0754 (work), 250-545-7941 (home) or 250-545-8689 (fax) for corrections. If you only entered one race and decide to enter both, you may go online and enter the other race as long as you do so before the entry deadline below. No refunds will be made for over payments or cancellations.</p>
<b>DEADLINE:</b>	<p><b><u>Entry deadline for BOTH races is 9:00 pm on Tuesday, March 6, 2007</u></b>  <b><u>ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED!</u></b></p>
	<p>TEAMS: Teams for the team sprint can be finalized up to Saturday, March 10 at 10 am.</p>
TEAM SPRINT REG. FORMS	<p>Team Sprint registration forms will be available online at the Sovereign Lake website (<a href="http://www.sovereignlake.com">www.sovereignlake.com</a>), at the Lodge Friday afternoon and at the race office Saturday morning until 10:00 am.</p>
TEAM SPRINT	<p>Entry deadline for Team Sprint teams is Saturday, March 10 at 10:00 am at the Race Secretary office at Sovereign Lake (log building behind green technical building)</p> <p><b>NO TEAM SPRINT ENTRIES WILL BE ACCEPTED AFTER SATURDAY'S 10 AM DEADLINE</b></p>
TEAM ORDER	<p>Deadline for changes to team order is 10:00 am on Saturday. The Race Secretary must be notified IN WRITING about the changes before the deadline.</p> <p><b>CHANGES TO TEAM ORDER AFTER DEADLINE WILL DISQUALIFY THE TEAM</b></p>
PAYMENT	<p>Online using Zone 4 (<a href="http://www.zone4.ca">www.zone4.ca</a>)</p>
CANCELLATION	<p>No refunds will be made for cancellations or overpayment</p>
DRAW	<p>A computer draw for Saturday's qualifying race and Sunday's team sprint races will be held on Thursday, March 8, 2007. Seeding for the both days will be based on CCC licences with CCC sprint points, and a random draw for all others (including CCC day licences).</p>
CONCESSION	<p>A concession will be available at SLNC.</p>
FACILITIES	<p>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.</p>
WAXING	<p>Outdoor plug-ins are available on the decks beside the day lodge. Skis are not permitted in the day lodge. Teams are responsible for cleaning up their waxing area. <b><u>Power bars are strictly prohibited in the waxing area.</u></b></p>
WARM UP/ WAX TESTING	<p>Warm up and wax testing areas are located close to waxing facilities adjacent to the stadium. <b>NO WAX TESTING ALLOWED ON THE COURSE DURING THE COMPETITION</b></p>
COURSE MAPS	<p>Course maps will be posted on the club website. The courses to be used on Saturday will be set and marked for training on Friday.</p>

WEATHER	Call 250-260-5335 prior to the race for trail and snow conditions or visit <a href="http://www.sovereignlake.com">http://www.sovereignlake.com</a>
ACCOMMODATION	Online accommodation information and booking: <a href="http://www.virtualvernon.com">http://www.virtualvernon.com</a>
BIB PICK UP & START LISTS	Registration and start lists for the first day will be available at the Lodge Friday afternoon and at the Race Office on Saturday morning. Start lists for Sunday's race will be available on the afternoon of Saturday, March 10. Bibs for Saturday's race can be picked up at the Race Office between 8:30 – 9:30 am on Saturday. Bibs must be turned in once a skier has completed his or her time trial on Saturday. Bibs for the heat sprints will be issued just prior to the event. Bibs for Sunday's team sprint can be picked up at the Race Office between 7:30 – 8:30 am on Sunday, March 11.
HEAT SPRINTS	All skiers participate in a minimum of the time trial and one heat. See race schedule for categories offered. The qualification round (time trial) for the sprints will be an interval start race with 15 second intervals. The sprint heats that follow will be comprised of a maximum of 6 skiers per group with all skiers advancing from the time trial to the first heat. The start positions for the heats will be based on the results of the morning time trials. Two skiers from each heat advance to the next round. Skiers with the fastest times in the time trial will have their choice of lane in the first heats. The finish position in the prior heat will determine the choice of lane in the subsequent heats. In the case of a tie in the heats, final placings will be determined by individual time achieved in the morning time trial. Skiers are allowed one false start per round prior to being disqualified. Skiers will be disqualified if they ski off the course or through the course markings. Some categories may be combined if there are insufficient entries in a particular category.
TEAM SPRINTS	Team Sprints are relays with teams of 2 athletes who alternately ski legs of the race. In this event, members of Atom/Pee Wee teams will each ski one leg. For all other categories, each team member will ski 2 legs. To be "official" teams must be made up of individuals of the same club. Females can ski on official male teams. Changes to team composition will only be allowed up to 10:00 am on Saturday. The event consists of qualifying rounds (semi finals) in which a maximum of 20 teams per category race following a mass start. The fastest 5 teams of each semi-final progress to the finals. The start will be a regular mass start. Clean exchanges must be made within the marked exchange zone.

For safety reasons, we recommend that skiers wear protective eyewear while competing in the sprints.
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AWARDS AND SELECTIONS	Medal presentations to the top three (3) finishers in each category (except Atoms) will be made at the race site following the races on Saturday. Ribbons will be provided to Atoms in the Saturday races. Medals will be provided to the top three (3) finishers in all categories in the Sunday Team Sprints immediately following the races
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### **2007 CCBC Junior Sprint Series**

**Eligible age categories:** Jr Men/Jr Women; Jr Boys/Jr Girls; Juv Boys/Juv Girls

**Three races:**

- BC Cup #2 -day #1 Individual Sprint, free technique
- BC Sprint Championships - day #1 Individual Sprint, classic technique
- BC Sprint Championships - day #2 Team Sprint, free technique

**Awards:**

All three races will be used to accumulate points for the aggregate awards  
 Aggregate awards will be handed out for first, second and third placings after the final race in the series.

SKI MARKING No ski marking

RESULTS Results will be posed at Zone 4

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**BC SPRINT CHAMPIONSHIPS  
RACE SCHEDULE**

DATE Saturday, March 10, 2007 – Heat Sprints, Classic technique  
TIMES Time trials (qualifying round) start at 10:00 am  
Heats to follow

CATEGORY	AGE AS OF DEC. 31/06	YEAR BORN	DISTANCE (M)		FEE
			M	F	
ATOMS	8 & under	1999 & later	100	100	\$ 4.00
PEE WEE	9 & 10	1997-1998	200	200	\$ 8.00
MINI MIDGET	11 & 12	1995 – 1996	350	350	\$ 8.00
MIDGET	13 & 14	1993 – 1994	350	350	\$10.00
JUVENILE	15 & 16	1991 – 1992	550	550	\$10.00
JUNIOR B & G	17 & 18	1989 - 1990	550	550	\$12.00
JUNIOR M & W	19 & 20	1987 - 1988	900	900	\$15.00
SEN/MASTERS M & W	21 – 40	1986 - 1977	900	900	\$20.00
MASTERS M & W	41+	1976 - 1967	900	900	\$20.00

DATE Sunday, March 11, 2007 – Team Sprints, Free technique  
TIME 9:00 AM

CATEGORY	AGE AS OF DEC 31, 2006	YEAR BORN	DISTANCE (M)	FEE/PERSON
ATOMS/PEE WEE	Under 10	1997 & later	2 X 125	\$ 4.00
MINI MIDGET/MIDGET	11 - 14	1993 -1996	4 X 300	\$ 8.00
JUVENILE/JUNIOR B & G	15 - 18	1989 - 1992	4 X 450	\$10.00
ADULT	19 +	1988 & earlier	4 X 650	\$15.00

See Waiver on next page – included in online registration

**EVENT PARTICIPANT WAIVER**  
**BC SPRINT CHAMPIONSHIPS - March 10 & 11, 2007**

IN CONSIDERATION OF Cross Country Canada (hereinafter called CCC), Cross Country BC,(hereinafter called CCBC) and Sovereign Lake Nordic Club (SLNC) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, CCC, CCBC and the SLNC, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of CCC, CCBC and the SLNC, their servants, agents, sponsors, supporters, employees or volunteers. Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of CCC, CCBC and the SLNC. In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason. I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation. I authorize and consent to the publication by CCC, CCBC and the SLNC of any materials containing my name or picture, and I release to CCC, the CCBC and the SLNC and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material. By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by CCC, CCBC and the SLNC, and to follow the instructions of the officials during the event. As a participant of the BC Sprint Championships, I have read and understand the contents and intent of this waiver. As a parent or guardian of a child who is under the legal age of 19, I have read and understand the contents and intent of this waiver and accept it's terms and conditions