



Race Notice

SOVEREIGN LAKE OPEN 2019 NOVEMBER 30 & DECEMBER 1, 2019

NAME OF EVENT	SOVEREIGN LAKE OPEN 2019	
RACE SCHEDULE	Saturday, November 30, 2019 Interval Start Free Technique – 10:00 am start	
	Sunday December 1, 2019 – Mass Start Classic Technique – 10:00 am start	
RACE LOCATION	SOVEREIGN LAKE NORDIC CENTRE (22 km east of Vernon, B.C. in Silver Star Provincial Park)	
HOST CLUB	SOVEREIGN LAKE NORDIC CLUB (SLNC) 250-558-3036 race@sovereignlake.com	
SANCTIONED BY	NORDIQ CANADA , CROSS COUNTRY BC	
RULES	NORDIQ CANADA RULES AND REGULATIONS http://www.cccski.com/Events/Rules-and-Regulations.aspx	
RACE ORGANIZING COMMITTEE	Chief of Competition	Sharon Clarke sharon@sovereignlake.com
	Volunteer Coordinator	Isabel Prystawik
	Chief of Course	Troy Hudson
	Assistant Chief of Course	Catherine Beck
	Chief of Timing	Jen Hyde
	Assistant Chief of Timing	Penny Latta
	Chief of Stadium	Don Wylie
	Competition Secretary	Verena von Bremen 250-540-0869 race@sovereignlake.com
RACE JURY	Technical Delegate	Nancy Flood
	Chief of Competition	Sharon Clarke
	Chiefs of Course	Troy Hudson/Catherine Beck



DAY 1 COMPETITION: Saturday, Nov. 30th Interval Start - Free Technique

Race Start: 10:00 a.m.

Category	Sub Categories/ Year of Birth	Distance	Course Format	Course Signage
Open Men (Born 2001 or before) and U18B	Senior Born 1999 or before U20M Born 2000 – 2001 U18B Born 2002 – 2003	10 km	5.0 x 2	Red
Open Women (born 2001 or before) and U18G	Senior Born 1999 or before U20W Born 2000 – 2001 U18G Born 2002 – 2003	5 km	5.0 x 1	Red
U16B	U16B Born 2004 – 2005	5 km	2.5 x 2	Blue
U16G	U16G Born 2004 – 2005	5 km	2.5 x 2	Blue
U14B	U14B Born 2006 and after	2.5 km	2.5 x 1	Blue
U14G	U14G Born 2006 and after	2.5 km	2.5 x 1	Blue

NOTE: Senior Men, U20M and U18B will be seeded together according to Distance CPL points. Likewise, Senior Women, U20W and U18G will be seeded together.

DAY 2 COMPETITION: Sunday, Dec. 1st Mass Start - Classic Technique

Race Start: 10:00 a.m.

Category	Sub Categories/ Year of Birth	Distance	Course Format	Course Signage
Open Men (Born 2001 or before)	Senior Born 1999 or before U20M Born 2000 - 2001	15 km	5.0 x 3	Red
Open Women (born 2001 or before)	Senior Born 1999 or before U20W Born 2000 – 2001	10 km	5.0 x 2	Red
U18B	U18B Born 2002 – 2003	10 km	5.0 x 2	Red
U18G	U18G Born 2002 – 2003	5 km	5.0 x 1	Red
U16B	U16B Born 2004 – 2005	5 km	2.5 x 2	Blue
U16G	U16G Born 2004 – 2005	5 km	2.5 x 2	Blue
U14B	U14B Born 2006 and after	2.5 km	2.5 x 1	Blue

NOTE: Senior Men and U20 Men will be seeded together according to Distance CPL points. Likewise, Senior Women and U20 Women will be seeded together.

NOTE: “Technique zones” will be implemented during the classic race.

RACE REGISTRATION

Registration and fee payment is ON-LINE ONLY at zone4.ca.
Coaches must register on Zone 4 (no fee). **Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.**

If you experience any difficulties registering on-line please contact the Competition Secretary immediately (race@sovereignlake.com).

Racers and coaches **must** check the confirmation list on Zone4 (zone4.ca) as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the competition secretary (race@sovereignlake.com) before 9 a.m. on Wednesday, November 27th if corrections are required.

RACE FEES

Open (Senior and U20 Women/Men)	
<u>Early Registration:</u> to November 11 th	\$35 per race*
<u>Registration:</u> Nov 12 th to November 26 th	\$40 per race*

U18, U16 and U14 Boys and Girls	
<u>Early Registration:</u> to November 11 th	\$30 per race*
<u>Registration:</u> Nov 12 th to November 26 th	\$35 per race*

* prices do not include GST or online processing fees
Credit card payment must be made on-line at zone4.ca. Entry fee includes trail pass for the training day on November 29, 2019.

TRAIL FEES

Trail fees will be waived for all competitors, registered coaches and registered assistant coaches on each race day and on the official training day, Friday, November 29th. Parents of athletes wanting to ski recreationally during the event may purchase trail passes at a discounted rate of \$10 per day. In order to receive this reduced rate, tickets must be paid for with athlete registration on Zone 4. Reduced rate trail passes will be available for pick up at the front desk in the daylodge. Please note that we are only able to refund trail pass payment if the event is cancelled.

RACE ENTRY DEADLINE

The entry deadline for all races is:
Tuesday, November 26, 2019 at 23:59 PST

Late entries will only be accepted at the discretion of the jury and will incur an additional \$50 late fee per race. Late entrants will not be seeded.

RACE OFFICE HOURS

Friday, November 29 th	10:00 a.m. – noon
Saturday, November 30 th	8:30 a.m. – 3:00 p.m.
Sunday, December 1 st	8:30 a.m. – 3:00 p.m.

LICENSES	<p>Racers must have one of the following licenses to be eligible to ski in this event:</p> <ul style="list-style-type: none"> • Current FIS License • 2019/2020 CCC Racing License • Other National Ski Federation License • CCC Supporting Member Day License (SMDL) purchased at time of registration for the race <p>Racers holding both CCC and FIS licenses must provide both numbers when registering on Zone 4. Midget skiers must have a CCC Development license or SMDL.</p>
WAIVER FORMS	Waivers must be accepted on Zone 4 registration.
SEEDING	<p>Seeding will be in accordance with the technical package: Tier II CPL Technical Package found at: http://www.cccski.com/main.asp?cmd=doc&ID=5741&lan=0 http://www.cccski.com/Events/Technical-Packages.aspx. Please refer to sections:</p> <p>6.8.1 Interval Start Distance Races</p> <p>6.8.2 Mass Start Races</p>
TEAM CAPTAINS	One Team Captains Meeting will be held at the National Training Centre at Silver Star on Friday, November 29 th at 5:00 pm for both Saturday's and Sunday's events.
START LISTS	Start Lists will be available on zone4.ca by 4 p.m. the day before each event.
BIB PICKUP	<p>Saturday between 8:30 and 10:30 am in the Race Office</p> <p>Sunday between 8:30 and 10:30 am</p> <p>The Race Office is the brown log cabin located behind the green Technical Building.</p>
AWARDS	There will be two awards presentations (in the stadium) on each race day, one for Open Category skiers and a second for the younger categories. The U18 awards will be included with the Open awards on Saturday. The presentation of medals to the top three finishers will take place as soon as results are available upon completion of the class.
PROTEST PROCEDURE	The Protest Procedure is outlined in the FIS ICR – CCR Precisions (Canadian Competition Rules). Protest forms will be available in the Race Office. Note: a \$100 cash fee must accompany the protest form.
FACILITIES	SLNC offers a heated day lodge with indoor washrooms. In addition, outhouses will be located close to the parking and stadium areas. First aid attendants will be available on site.

FOOD & DRINKS	Drinks and snacks will be available to racers at the finish line. SLNC Program Parents will be selling hot lunch items as a fundraiser to support program initiatives at Sovereign Lake. A limited selection of other food and drinks are available for purchase at the Sovereign Lake day lodge. Full service restaurants, cafes, pubs and a small grocery store are available at Silver Star Mountain Resort (3km away).
WAXING	<p>Teams are welcome to set up tents for waxing in the area under the flags between the lower parking lot and the day lodge. The grooming garage will NOT be available for this event. There is an adequate supply of power available to connect extension cords. There is no waxing on the decks of the main day lodge. The wax cabin is for the use of recreational day skiers only.</p> <p>CCBC Low-fluoro Glide Waxing Protocol for U14 (MIDGET-AGE) SKIERS In order to keep costs down while still keeping the competition level fair, Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for Midget level skiers at this event. This also applies to coaches, athletes, wax technicians and parents from out-of-province or out-of-country.</p> <p>Low-fluoro glide waxing protocol: Structure tools ARE permitted. Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted. Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted. Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted. Cold weather powder additives and hardeners are NOT permitted.</p>
SNOW CONDITIONS	See the SLNC website at www.sovereignlake.com for trail conditions and web cam information.
WARM UP/WAX TESTING	Warm up/cool down and glide testing areas are located on Wylie's Loop and Montezuma trails. THE COURSE WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.
COURSE MAPS	https://www.sovereignlake.com/event/sovereign_lake_open_2019/
CANCELLATION	Any change in the event location or timing will be posted as early as it is known on the Sovereign Lake web site www.sovereignlake.com and www.cccski.com . Where possible a decision on event cancellation or change of site will be made by the organizing committee one week prior to the event in consultation with the Technical Delegate. Where possible a suitable alternative site within driving distance will be identified at the time of cancellation.

REFUNDS

In the event of cancellation, a refund of registration fees less administration and event expenses already incurred will be provided. A refund of individual registration fees will only be provided for medical reasons and if the competition secretary receives notification WITH medical documentation prior to the registration deadline on November 26th.

AIRPORT

The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see www.kelownaairport.com). Airlines include Air Canada Jazz, Westjet, Horizon Air, Air North and Central Mountain Air.

ACCOMMODATION Silver Star Mountain (3km from Sovereign Lake)

- SilverStar Stays
Phone 1-250-241-7827
Web <https://silverstarstays.com/>
- Silver Star Accommodation
Phone 1-800-489-0599
Web www.staraccom.com

Vernon (21 km from Sovereign Lake)

- See <http://www.vernontourism.com>

EVENT TIMETABLE

DATE	TIME (PST)	EVENT	LOCATION
Monday, Nov. 11	23:59	Deadline for early registration	http://www.zone4.ca
Tuesday, Nov. 26	23:59	Final deadline for registration <i>Coaches please check Confirmation List</i>	If you have any problems with registration please email race@sovereignlake.com
Friday, Nov. 29	10:00-12:00	Race Office open	<i>brown log cabin behind green technical building</i>
	9:00-15:00	Official Training	Sovereign Lake Nordic Centre
	17:00	Team Captains Meeting	National Training Centre Silver Star Mtn Resort
Saturday, Nov. 30	8:30-10:30	Bib pickup	Race Office
	10:00	Interval Start FT Open Men & U18B	Stadium
	To be determined once registration closes	Interval Start FT Open Women & U18G	<i>Awards in finish area following</i>
		Open Men/Women/U18 Awards	
		Interval Start FT U16/U14 B/G	
		U16/U14 Awards	<i>Awards in finish area following</i>
Sunday, Dec. 1 st	8:30-10:30	Bib pickup	Race Office
	10:00	Mass Start CL Open Men	Stadium
		Mass Start CL Open Women	<i>Awards in finish area following</i>
	To be determined once registration closes	Open Men/Women Awards	
		Mass Start CL U18B	
		Mass Start CL U18G	
		Mass Start CL U16B	
		Mass Start CL U16G	
		Mass Start CL U14B	
		Mass Start CL U14G	
		U18/U16/U14 Awards	<i>Awards in finish area following</i>

PLEASE NOTE THAT SCHEDULED TIMES AND START ORDER ARE SUBJECT TO CHANGE DUE TO WEATHER OR OTHER JURY DECISIONS. UPDATES WILL BE POSTED ON SLNC OPEN EVENT WEBSITE AND WILL BE EMAILED TO REGISTERED COACHES.

https://www.sovereignlake.com/event/sovereign_lake_open_2019/