



RACE NOTICE

Saturday, December 4, 2021

Western Canada Cup #1

AltaGas Sprint Series & Mass Distance Events

Sunday, December 5, 2021

Western Canada Cup #2



AltaGas

2021 Western Canada Cup #1-2 – Sovereign Lake Nordic Club

COVID-19 POLICY:	UPDATED: This applies to all athletes, coaches, technicians and support staff. On earliest arrival to SLNC, please proceed to the SLNC Ticket Window, or to the COVID verification tent adjacent to the lodge, and provide your proof of vaccination to our staff or volunteers. Once verification is complete you will be provided with a Tyvek coloured wristband that must be worn for the duration of the race weekend. Support Staff and Coaches must also wear these wristbands for the duration of their stay at Sovereign. Replacements will not be provided without us disposing of the original. Athletes will be checked when collecting their timing chip. No wristband, no race!		
RACE SCHEDULE: (For more detail refer to tables at end of document)	Friday Dec 3 rd	9:00 am – 3:00 pm	Official Training
	Saturday Dec 4 th	9:00 am	Sprints, Free Technique Senior, U23, U20, CCUNC
	Saturday Dec 4 th	2:00 pm	Mass Start Distance, Free Technique U18,U16
	Sunday, Dec 5 th	9:00 am	Interval Start, Classic Technique Senior, U23, CCUNC, U20, U18, U16
LOCATION:	Sovereign Lake Nordic Centre, (22 km east of Vernon, B.C. in Silver Star Provincial Park)		
HOST CLUB:	Sovereign Lake Nordic Club		
SANCTIONED BY:	FEDERATION INTERNATIONALE DE SKI (FIS) NORDIQ CANADA (NC) CROSS COUNTRY BC (CCBC) FEDERACION MEXICANA DE SKI, A.C.		
RULES:	RULES AND REGULATIONS: ICC-CCR 2022 Int'l Competition Rules (ICR)		
COMPETITION TRIP CRITERIA	The competition trip criteria for the Super Tour trip from Canada Cup selections is per section 7 of the PUBLISHED-Competition-Trip-Criteria-2021-22.pdf (nordiqcanada.ca) .		
RACE ORGANIZING COMMITTEE:	Chief of Race	Troy Hudson	troy@sovereignlake.com
	Chief of Event	Cyndy Flores	
	Chief of Course	Rick Latta	
	Chief of Timing	Greg Sadesky/Jenn Hyde	
	Chief of Stadium	Glen Stiven	
	Competition Secretary	Marcus Boyle	race@sovereignlake.com
RACE JURY	Technical Delegate	Dirk Rohde	
	Chief of Race	Troy Hudson	
	NC Representative	tbd	
	Assistant Technical Delegate	Pierrot Bernier	
EVENT WEB-SITE:	Western Canada Cup #1 – Sovereign Lake Nordic Club		
REGISTRATION:	<p>Registration and fee payment is at Zone4 Registration and is ON-LINE ONLY. Coaches should register on Zone4 (no fee). Preliminary Seeding Lists will be sent in advance via email to coaches who are registered.</p> <p>If you experience any difficulties registering on-line please contact the Competition Secretary at race@sovereignlake.com.</p> <p>Racers and coaches must check the confirmation list on Zone4 Confirmation List 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, December 1st if corrections are required.</p>		

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RACE FEES:	<p><u>Early Registration:</u> up to November 22nd \$45 per race</p> <p><u>Final Registration:</u> Nov 23rd to Nov 29th \$50 per race</p>
RACE ENTRY DEADLINE:	<p>The entry deadline for all races is:</p> <p>Monday, November 29, 2021 at 23:59 PST</p> <p>Late entries will only be accepted at the discretion of the Jury, requested through the Competition Secretary, and if allowed will incur an additional \$50 late fee per race. It is at the discretion of the Jury and OC if the late entrants will be seeded.</p>
RACE OFFICE:	<p>The event race office is a small log cabin located behind the Technical Building at the start/finish line.</p> <p>Hours are as follows:</p> <ul style="list-style-type: none"> • Friday Dec 3rd: 10:00 am – Noon • Saturday Dec 4th 7:30 am – 4:00 pm • Sunday Dec 5th 7:30 am – 3:00 pm
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* - 2021/2022 NC Racing License - Other National Ski Federation License - NC Supporting Member Day License purchased at time of registration for the race <p>*Racers holding both NC and FIS licenses must provide both numbers when registering on Zone4.</p>
WAIVER FORMS:	<p>Waivers must be completed on Zone4 registration.</p>
CANCELLATION:	<p>Any change in the event location or timing will be posted as early as it is known on the Sovereign Lake and Nordiq Canada website.</p> <p>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.</p>
REFUND POLICY:	<p>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.</p>
SEEDING:	<p>Seeding will be in accordance with the technical package: Canada Cup Draft Technical Package found at: DRAFT - Canada Cup Technical Package</p> <p>Please refer to sections:</p> <p>5.7.1 Interval Start Distance Races</p> <p>5.7.2 Mass Start Races</p> <p>5.7.3 Sprint Competitions</p> <p>Unless the Competition Secretary receives notice of an athlete’s intent to race up, before or at the TCM prior to the competition, all qualifying U20 men and women will be entered into the U20 heats.</p>

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TEAM CAPTAINS:	<p>Team Captains Meeting will be held ONLINE on Friday, December 3rd at 6:00 pm for Saturday's races and Saturday at 6:00pm for Sunday's races. Registered coaches will receive an email with the online information.</p> <p>It is highly recommended that all coaches participate in both meetings.</p>
START LISTS:	<p>Start Lists will be available on Zone4 as soon as they have been finalized.</p>
BIB PICKUP:	<p>Bib pickup is at the race office which is the brown log cabin located behind the green Technical Building, west of the main day lodge.</p> <p>Sprints: Saturday between 7:30 am and 9:30 am Saturday Distance Events: Saturday between 12:00 and 1:30 pm</p> <p>Sunday between 7:30 and 9:30 am</p>
AWARDS:	<p>Awards:</p> <p>Open: Top 5 Women, Top 5 Men U23: Top Woman, Top Man U20: Top 3 Women, Top 3 Men U18: Top 3 Girls, Top 3 Boys U16: Top 3 Girls, Top 3 Boys</p> <p>Merchandise:</p> <p>CCUNC: Top 3 Women, Top 3 Men CCUNC skiers wishing to be recognized must race as Seniors to ensure "head to head" competition.</p> <p>Cash: There will be no cash awards</p> <p>All awards will be in the finish area following the event</p>
PROTEST PROCEDURES:	<p>NORAM Protest Procedures. The Protest Procedure is outlined in the FIS ICR – CCR Precisions 2020 (see link under RULES). Protest forms will be available in the race office. Note: a \$100 cash fee must accompany the protest form.</p>
FACILITIES:	<p>SLNC offers indoor washrooms downstairs in the day lodge. The day lodge will not be open for congregating or seating. In addition, outhouses will be located close to the parking and stadium areas. First aid attendants will be available on site at the Finish area and at the First Aid Hut across from the day lodge.</p>
FOOD & DRINKS:	<p>Drinks and snacks will be available to racers at the finish line. A limited selection of 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 SilverStar Mountain Resort (3km away).</p>
COURSE MAPS:	<p>Blue (2.5 k): Blue Course Red (5.0 k): Red Course Brown (1,300m): Brown Course</p>
WAX PROTOCOL:	<p>Senior, U23, CCUNC and U20 – Nordiq Canada, CCBC and Sovereign Lake Nordic Club continue to believe in a fluoro free wax future and strongly recommend participants use fluoro free waxes, but with current challenges around enforcement and monitoring usage there will be no fluoro wax ban at Tier 1 FIS sanctioned events like this Western Canada Cup #1/2. Please refer to CCBC, NC and FIS policies for more information.</p> <p>U18 and U16 – are to follow the CCBC low-fluoro glide waxing policy CCBC Low-fluoro Glide Waxing Protocol Cross Country BC. Fluoro kick waxes are allowed.</p>

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WAX FACILITIES:	Teams are welcome to set up tents for waxing in the area under the flag poles between the lower parking lot and the day lodge. Clubs should bring their own tents where possible. There is an adequate supply of power available to connect extension cords. The grooming garage is also available for waxing and secure storage on a first come first serve basis (approx. 5 teams can fit in the facility). There is no waxing on the decks of the main day lodge as this is access for the washrooms. The wax cabin is for the use of recreational day skiers <u>only</u> .
WARM UP/WAX TESTING:	Warm up, cool down and glide testing areas are located on Wylies Loop and Montezuma trails. RACE COURSES WILL BE CLOSED FIVE (5) MINUTES BEFORE THE START OF COMPETITION.
TRAIL PASSES:	Trail passes for Friday (training day) and for Saturday and Sunday race days are included with race fees. You may purchase additional training day tickets for other days online at the e-store or at the ticket windows outside the day lodge.
TRAIL/SNOW CONDITIONS:	See the SLNC website at Sovereign Lake for snow and trail conditions and webcam information.
WEATHER:	See weather report at: Sovereign Lake
PARKING:	Parking will be VERY limited throughout the competition days. We are asking coaches, athletes and their supporters to limit the number of vehicles by carpooling in team vehicles.
AIRPORT:	The Kelowna International Airport is the closest airport to Sovereign Lake (approx 1 hr drive – see Kelowna Airport). Airlines include Air Canada Jazz, Westjet, Horizon Air, Air North and Central Mountain Air.
ACCOMODATION:	Silver Star Mountain (3km from Sovereign Lake) Silver Star Accommodation Phone 1-800-663-4481 Web Accommodation SilverStar Mountain Resort (skisilverstar.com) Vernon (21 km from Sovereign Lake) See Vernon Tourism

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EVENT TIMETABLE

DATE	TIME (PST)	EVENT	LOCATION
Monday, Nov 22 nd	23:59	Deadline for early registration	Zone4 Registration
Monday, Nov 29 th	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, Dec 3 rd	10:00-12:00	Race Office Open	Brown log cabin behind green technical building
	09:00-15:00	Official Training	Sovereign Lake Nordic Centre
	18:00	Team Captains Meeting	ONLINE
Saturday, Dec 4 th	07:30-09:30	Sprint Bib Pickup	Race Office
	09:00-10:00	Sprint Qualification Free Technique U20, Open Women U20, Open Men	Stadium
	11:30-13:30	Heats & Finals U20 Women, Open Women U20 Men, Open Men	Stadium
	12:00-13:30	Bib Pickup U18/U16	Race Office
	14:00-16:00	Mass Start Free Technique U18 Boys, U16 Boys U18 Girls, U16 Girls	Stadium
	18:00	TCM	ONLINE
Sunday, Dec 5 th	07:30-09:30	Bib Pickup	Race Office
	09:00	Interval Start Classic Open Men U20 Men	Stadium
	~10:00	Interval Start Classic Open Women U20 Women	Stadium
	~11:00-13:00	Interval Start Classic U18 Boys/Girls U16 Boys/Girls	Stadium

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 NORAM EVENT WEBSITE AFTER REGISTRATION CLOSES

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RACE DETAILS

Day 1 COMPETITION – Saturday Dec 4th

AltaGas Sprints - Free Technique

Notes:

- Skiers will be seeded together according to CPL sprint points for the qualifying round but will ski in separate Senior and U20 heats.
- The top 30 racers in each of the Open and U20 categories advance to the Sprint Heats.

Qualifying

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Men	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC U20 – 2002 or 2003	1,300 m	1 x 1,300 m	Brown
Women	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC U20 – 2002 or 2003	1,300 m	1 x 1,300 m	Brown

Heats and Finals

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Men	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC	1,300 m	1 x 1,300 m	Brown
Open Women	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC	1,300 m	1 x 1,300 m	Brown
U20 Men	2002 or 2003	1,300 m	1 x 1,300 m	Brown
U20 Women	2002 or 2003	1,300 m	1 x 1,300 m	Brown

Distance Event for U18 & U16 skiers – Mass Start Free Technique

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
U18 Boys	2004 or 2005	5 km	2 x 2.5 km	Blue
U18 Girls	2004 or 2005	5 km	2 x 2.5 km	Blue
U16 Boys	2006 or 2007	5 km	2 x 2.5 km	Blue
U16 Girls	2006 or 2007	5 km	2 x 2.5 km	Blue

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Day 2 COMPETITION – Sunday Dec 5th

Interval Start - Classic Technique

Notes:

- [“Course Marking Zones”](#) will be implemented during the classic race

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Men	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC	15 km	3 x 5.0 km	Red
U20 Men	2002 or 2003	10 km	2 x 5.0 km	Red
Open Women	Senior – born 2001 or before U23 – born 1999, 2000 or 2001 CCUNC	10 km	2 x 5.0 km	Red
U20 Women	2002 or 2003	5 km	1 x 5.0 km	Red
U18 Boys	2004 or 2005	5 km	1 x 5.0 km	Red
U18 Girls	2004 or 2005	5 km	1 x 5.0 km	Red
U16 Boys	2006 or 2007	2.5 km	1 x 2.5 km	Blue
U16 Girls	2006 or 2007	2.5 km	1 x 2.5 km	Blue

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