



Race Information

BC Winter Games XC Skiing Events

February 24-27, 2022



2022 BC Winter Games XC Events – Sovereign Lake Nordic Club

COVID-19 POLICY:	The Organizing Committee will work together with BC Winter Games Event organizers and CCBC to still have races while prioritizing the safety of everyone on site. Updates will be posted on the BCWG event page of the Sovereign Lake website and communicated to all registered athletes and coaches via email prior to travel to Vernon for the games.		
LOCATION:	Sovereign Lake Nordic Centre, Silver Star Provincial Park		
HOST CLUB:	Sovereign Lake Nordic Club: https://www.sovereignlake.com/		
SANCTIONED BY:	Cross Country BC BC Winter Games		
RULES:	BCWG competitions are held in accordance with Nordic Canada Rules & Regulations For the 2022 BC Winter Games XC Skiing & XC Skiing-Para Technical Guidelines please refer to their web-site: https://www.bcgames.org/Sport/Technical-Packages-and-Rules/BC-Winter-Games		
COMPETITION COMMITTEE:	Sport Chair	Marcus Boyle	2019okl@gmail.com
	Chief of Competition	Verena Von Bremen	vvonbremen@telus.net
	Chief of Course	Neil Hendry	
	Chief of Stadium	Glen Stiven	
	Chief of Timing	Logan Maley	
	Competition Secretary	Cheryl Dowler	cheryl.sovereign@gmail.com
	Technical Delegate	Jeannie MacDonald	
	Sport Host	Tanya Hostyn	tanya@systemsinc.ca
EVENT WEB-SITE:	See: https://www.sovereignlake.com/event/bc-winter-games-biathlon-and-xc-events/		

RACE SCHEDULE:	Thursday, Feb 24th		Friday, Feb 25th	Saturday, Feb 26th	Sunday, Feb 27
	Official Training		Classic Technique Interval Start	Free Technique Sprints	Mixed Technique Relay
	1:00pm to 4:00pm		10:00am	10:00 am	9:30am
RACE DISTANCES			Friday, Feb 25th	Saturday, Feb 26th	Sunday, Feb 27th
	Category	Birth Year	Classic Technique Interval Start	Free Technique Sprints	Mixed Technique Relay
	Girls	2008	3.5 km	400 metres	4 x 2.0 km
	Girls	2007	5 km	400 metres	4 x 2.0 km
	Boys	2008	3.5 km	400 metres	4 x 2.0 km
	Boys	2007	5 km	400 metres	4 x 2.0 km
	Open Para Sit Men & Women Age 13 to 35	1988-2008	TBD	TBD	NA
Open Para Stand Men & Women Age 13 to 35	1988-2008	TBD	TBD	NA	

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ELIGIBILITY:	<p>BC Games XC Skiing Eligibility Requirements Age: Athletes born in 2007 or 2008 are eligible. Zone Team Composition: 8 competitors per zone (4 male; 4 female) Wildcards: 18 Maximum Athletes: 82</p> <p>BC Games XC Skiing Indigenous Requirements Age: Athletes born in 2007 or 2008 are eligible. Zone Team Composition: 8 competitors total (4 male; 4 female). There are no zone allocation restrictions for Indigenous competitors. Maximum Athletes: 8</p> <p>All skiers must compete in their zone trials to qualify for the BC Winter Games. See: https://www.bcgames.org/Sport/Technical-Packages-and-Rules/BC-Winter-Games</p> <p>BC Games XC Para-Skiing Eligibility Requirements Age: Athletes born between 1988 and 2008 are eligible. Zone Team Composition: 8 competitors with a disability (plus guides for visually impaired). There are no zone allocation restrictions for competitors with a disability. Maximum Athletes: 8</p>
REGISTRATION:	Athletes who qualify at the Zone Trials to attend the BC Winter Games will be notified and provided the Zone 4 link to register and pay fees (\$175.00). The deadline for registering is January 17, 2022 at 4:00 p.m.
LICENSES:	No racing licenses are required.
CANCELLATION:	If any changes or cancellations occur the information will be posted on SLNC website. Coaches will be individually emailed.
SEEDING:	<p>Individual Athletes will be grouped according to their age/gender category and start positions determined by a random draw procedure.</p> <p>Relay teams to be selected by Zone coaches. Unofficial teams start behind the last official team(s) and do not need to be seeded.</p>
START LISTS:	Start lists for each day of racing will be available online at Zone 4 (zone4.ca) and posted on the results board in the stadium at the beginning of each race day.
RELAY:	<p>Traditional Relays, Mixed Technique Rules:</p> <ul style="list-style-type: none"> • Zone Teams will consist of 2 female and 2 male athletes. • Mixed age categories • Distance: 4 x 2.0 km • Two legs of the relay are Classic Technique, and two are Free Technique. • Only teams made up of skiers from the same zone are eligible for medals. • Relay teams to be selected by Zone coaches. • Deadline for entering relay teams, including team names and order of skiers, must be submitted by 1:00 pm Saturday February 26th on Zone 4. Coaches will be emailed the link. <p>Any changes to teams, including team names or order of skiers, must be submitted to the race office by 1:00 pm Saturday afternoon.</p>

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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">• Thursday: 1:00 pm – 4:00 pm• Friday 8:00 am – 2:00 pm• Saturday 8:00 am – 3:00 pm• Sunday 8:00 am – 2:00 pm <p>Bibs will be available for pick up by Zone Team Managers 90 minutes before the race start each day. Announcements will be made when heat bibs are available for pick up on Saturday after the sprint qualifier.</p>
AWARDS CEREMONY:	<p>Medals specially cast for the BC Winter Games will be awarded at the Games. Award ceremonies will take place each day in the stadium as soon as possible upon completion of the events.</p>
FACILITIES:	<p>Sovereign Lake Nordic Centre sells drinks and snack items in the main lodge. Masks are required indoors. In addition, porta-potties will be made available.</p>
COURSE MAPS:	<p>Available on SLNC website: https://www.sovereignlake.com/</p>
GLIDE WAX PROTOCOL:	<p>This race will be governed by the CCBC Waxing Policy. This is available at: https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Fluoro%20Policy%202021%20final.pdf</p>
WAX FACILITIES:	<p>There is space for team tents between the lower parking lot and the day lodge. Teams must supply their own wax tents. Power outlets are available.</p> <p>The SLNC Wax Cabin is not for use by ski teams and is reserved for the general skiing public throughout the event.</p>
TRAIL PASSES:	<p>Trail fees will be waived for all competitors, registered coaches, and registered assistant coaches on each race day and on the official training day.</p>
TRAIL CONDITIONS:	<p>See trail report at: https://www.sovereignlake.com/</p>
WEATHER:	<p>See weather report at: https://www.sovereignlake.com/</p>