



RACE NOTICE

Nov 30th & Dec 1st, 2022

Nordiq Cup / US Super Tour (Continental Cup)

Dec 3rd & Dec 4th, 2022

Nordiq Cup / US Super Tour (Continental Cup)

+ Western Canada Cup Race #1



2022 Nordiq Cup/US Super Tour/Western Canada Cup #1 – Sovereign Lake Nordic Club

COVID-19 POLICY:	<i>Sovereign Lake Nordic Club follows the mandates and recommendation of the Provincial Health Authority and Interior Health. As we are seeing an increase in flu and cold-related illness this fall we recommend that athletes and support staff reduce time spent in indoor spaces, wear a mask if you are experiencing any flu-like symptoms, are immunocompromised, or are feeling more comfortable. There are no enforced mandates surrounding mask-wearing or vaccinations at this time.</i>		
RACE SCHEDULE: (For more detail refer to tables at end of document)	Tuesday, Nov 29 th	Official Training	
	Wednesday, Nov 30 th	U20, Senior – Classic Sprint	
	Thursday, Dec 1 st	U20, Senior – 10km Free Mass Start	
	Friday, Dec 2 nd	Official Training	
	Saturday, Dec 3 rd	U16, U18, U20, Senior Free Sprint	
	Sunday, Dec 4 th	U16, U18, U20, Senior 5km & 10km Classic Interval Start	
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)		
RULES:	RULES AND REGULATIONS: ICC-CCR 2022 Int'l Competition Rules (ICR)		
COMPETITION TRIP CRITERIA	2022-2023 Criteria Olympic Stream - Nordiq Canada		
STAKES:	FIS points (only if racing in U20 and Senior categories with an active FIS license) Canadian points (CPL) US SuperTour Scoring Money awards Trip selections FISU Games selections (Saturday/Sunday)		
RACE ORGANIZING COMMITTEE:	Chief of Competition	Troy Hudson	troy@sovereignlake.com
	Chief of Course	Rick Latta	
	Chief of Timing & Results	Zone4	race@sovereignlake.com
	Chief of Stadium		
	Competition Secretary	Marcus Boyle	race@sovereignlake.com
RACE JURY	Chief of Race	Troy Hudson	
	Nordiq Canada Race Director	Ilona Gyapay	
	Technical Delegate	Dan Brisbin	
	Assistant Technical Delegate	Claude Laramee	
	US Ski and Snow Board Race Director	Bryan Fish	
EVENT WEB-SITE:	Nordiq Cup / US SuperTour Season Opener – Sovereign Lake Nordic Club		
INFORMATION AND COMMUNICATION:	Communications during the event will be done via email and WhatsApp. Coaches, team support and others who wish to receive communications during the event must register on Zone4.		
REGISTRATION:	Registration and fee payment is at Zone4 and is ON-LINE ONLY.		

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	<p><i>Coaches should register on Zone4 (no fee). Preliminary Seeding Lists will be sent in advance via email to coaches who are registered. All feedback on the preliminary start/seed lists must be provided to race@sovereignlake.com by 3pm on the day of the TCM. No changes will be allowed during or after the TCM.</i></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 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 close of registration, if corrections are required.</p> <p>NEW SPRINT RULES: Sprint Event – ALL U20's MUST REGISTER AS U20. U20's will register as U20's but if they make Top 30 they WILL BE PLACED in the senior category in heats and finals. There will be another round of heats and finals but that will be U20 only.</p> <p>le: Top 30 in the qualifying rounds (Senior or U20) will race in the first round of heats and finals. The second round of heats and finals (30 people) will be U20 only.</p>
RACE FEES:	<p>Registration: to Nov 27th, 2022 \$50 per race</p>
RACE ENTRY DEADLINE:	<p>The entry deadline for all races is:</p> <p>Sunday, November 27th, 2022 at 1800hrs 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"> • Tuesday, Nov 29th 1:00 pm – 3:00 pm • Wednesday, Nov 30th 8:30 am – 10:00 am • Thursday, Dec 1st 11:30 am – 1:00 pm • Friday, Dec 2nd 1:00 pm – 3:00 pm • Saturday, Dec 3rd 07:30 am – 09:00 am • Sunday, Dec 4th 07:30 am – 09:00 am

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<p><u>LICENSES:</u></p>	<p>Wednesday/Thursday/Saturday/Sunday Nordiq Cup COC & SuperTour If you are racing U20 or Senior in any race at this event you must have an FIS license. FIS Tier 1</p>	<p>Saturday/Sunday Western Canada Cup U16/U18 Tier 2</p>
	<p><u>TO PARTICIPATE:</u> Everyone <ul style="list-style-type: none"> • FIS License <u>TO EARN POINTS:</u> FIS Points <ul style="list-style-type: none"> • FIS License CPL Points <ul style="list-style-type: none"> • U18+ Nordiq Canada Race License • Non-Canadian – Nordiq Canada Associate License OR FIS License </p>	<p><u>TO PARTICIPATE:</u> Canadian <ul style="list-style-type: none"> • U16+ Nordiq Canada Race License, or • U14 Nordiq Canada Development License (NCDL), or • U12 Club member – no license • Any non-Club member (any age) – SMDL Non-Canadian <ul style="list-style-type: none"> • Nordiq Canada Associate License, or • FIS License <u>TO EARN POINTS:</u> CPL Points <ul style="list-style-type: none"> • No points U12 and below • U14 Nordiq Canada Development License • U16+ Nordiq Canada Race License • Non-Canadian – Nordiq Canada Associate License or FIS License </p>
	<p>*Racers holding both NC and FIS licenses must provide both numbers when registering on Zone4.</p>	
<p>WAIVER FORMS:</p>	<p>Waivers must be completed on Zone4 registration.</p>	
<p>CANCELLATION:</p>	<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>	
<p>REFUND POLICY:</p>	<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>	
<p>SEEDING:</p>	<p>Seeding will be in accordance with the technical package found at: Canada Cup Technical Package.</p>	
<p>TEAM CAPTAINS:</p>	<p><u>Team Captains Meeting will be held ONLINE and are as follows:</u></p> <ul style="list-style-type: none"> - Tuesday Nov 29th @ 6:00 pm for Nov 30th, - Wednesday, Nov 30th @ 6:00 pm for Dec 1st, - Friday Dec 2nd @ 6:00 pm for Dec 3rd, and - Saturday Dec 3rd @ 6:00 pm for Dec 4th <p>Registered coaches will receive an email with the online information.</p>	
<p>START LISTS:</p>	<p>Start Lists will be available on Zone4 as soon as they have been finalized.</p>	
<p>BIB PICKUP:</p>	<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>	

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	<p>Bib pickup is on the day of the race. Pick up times are:</p> <ul style="list-style-type: none"> • Wednesday, Nov 30th 8:30 am – 10:00 am • Thursday, Dec 1st 11:30 am – 1:00 pm • Saturday, Dec 3rd 07:30 am – 09:00 am • Sunday, Dec 4th 07:30 am – 09:00 am <p>Coach Bibs will also be available at registration at these same times. Two bibs will be provided to each team with their athlete bibs. It is the responsibility of the team to return them by the end of the event. Any bibs not returned shall result in a fine from Nordiq Canada.</p>
<p>AWARDS:</p>	<p>Awards:</p> <ul style="list-style-type: none"> • 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>Merchandise:</p> <ul style="list-style-type: none"> • CCUNC: Top 3 Women, Top 3 Men • CCUNC skiers wishing to be recognized must race as Seniors to ensure “head to head” competition. <p>Cash COC awards for any FIS license holder:</p> <ul style="list-style-type: none"> • Open: Top 5 Women, Top 5 Men <ul style="list-style-type: none"> • 1st - \$500 • 2nd - \$300 • 3rd - \$200 • 4th - \$150 • 5th - \$100 • U23: Top Woman, Top Man <ul style="list-style-type: none"> • 1st - \$75 <p>All awards will be in the finish area following the event.</p>
<p>PROTEST PROCEDURES:</p>	<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>
<p>FACILITIES:</p>	<p>SLNC offers indoor washrooms downstairs in the day lodge. The upstairs of the day lodge will not be open for congregating or seating. Downstairs (limited space) will be available to athletes.</p> <p>In addition, outhouses will be located close to the parking and stadium areas.</p>
<p>FIRST AID:</p>	<p>First aid attendants will be available on site at the Finish area and at the First Aid Hut across from the day lodge.</p>
<p>FOOD & DRINKS:</p>	<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>
<p>COURSE MAPS:</p>	<p>Day 1: 1.3km Classic Sprint Day 2: 5km Course Day 3: 1.2km Skate Sprint</p>

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	Day 4: 2.5km / 5km Course
WAX PROTOCOL:	All age categories: – 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 for Nordiq Cup (COC FIS Tier 1) and <i>combined</i> Nordiq Cup and Canada Cup (FIS Tier 1) events. Please refer to Fluoro Wax Rule for all 2022-2023 Nordiq Canada Sanctioned Wax Tech Resources - Nordiq Canada.
WAX FACILITIES:	Teams are welcome to set up tents for waxing in the area 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. Additional wax tent rental is currently tbd.
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 training and 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. Due to the restrictions on parking at this time of the year we request that team vans park in Parking Lot C (this is the first parking lot on your right before coming through the gate).
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
Sunday, Nov 27 th	6:00 pm	Final deadline for registration <i>Coaches, please check confirmation list</i>	If you have any problems with registration, please email race@sovereignlake.com
Tues, Nov 29 th	1:00 pm – 3:00 pm	Race Office Open	Race Office – Brown log cabin behind green technical building
	12:01 pm – 3:00 pm	Official Training	Sovereign Lake Nordic Centre
	6:00 pm	Team Captains Meeting (For Nov 30 th)	ONLINE
Wed, Nov 30 th	8:30 am – 10:00 am	Bib Pickup – Sprint – Classic Technique	Race Office – Brown log cabin behind green technical building
	10:00 am – 11:00 am	Sprint Qualification – Classic Technique Group 1 – Open Women (U20 & Senior) Group 2 – Open Men (U20 & Senior)	Stadium
	12:30 pm – 1:45 pm	Heats & Finals – Classic Technique Group 1A – U20 Women only – Top 30 not qualifying for Group 1B Group 1B – Top 30 U20 and Senior Women	Stadium
	1:45 pm – 3:00 pm	Heats & Finals – Classic Technique Group 2A – U20 Men only – Top 30 not qualifying for Group 2B Group 2B – Top 30 U20 and Senior Men	Stadium
	6:00 pm	Team Captains Meeting (For Dec 1 st)	ONLINE
Thu, Dec 1 st	10:30 am – 12:00 pm	Bib Pickup – Mass Start	Race Office – Brown log cabin behind green technical building
	12:00 pm – 12:30 pm	Mass Start Free – Open Women (U20 & Senior)	Stadium
	12:30 pm – 1:30 pm	Mass Start Free – Open Men (U20 & Senior)	Stadium

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Fri, Dec 2 nd	1:00 pm – 3:00 pm	Race Office Open	Race Office – Brown log cabin behind green technical building
	12:01 pm – 3:00 pm	Official Training	Sovereign Lake Nordic Centre
	6:00 pm	Team Captains Meeting (For Dec 3 rd)	ONLINE
Sat, Dec 3 rd	7:00 am – 8:30 am	Bib Pickup – Sprint – Free Technique	Race Office – Brown log cabin behind green technical building
	8:30 am – 9:15 am	Sprint Qualification – Free Technique Group 1 – Open Men (U20 & Senior) Group 2 – Open Women (U20 & Senior)	Stadium
	9:30 am – 10:15 am	Sprint Qualification – Free Technique Group 3 – U16, U18 Boys Group 4 – U16, U18 Girls	Stadium
	11:00 am – 12:15 pm	Heats & Finals – Free Technique Group 1A – U20 Men only – Top 30 not qualifying for Group 1B Group 1B – Top 30 U20 and Senior Men	Stadium
	12:15 pm – 1:30 pm	Heats & Finals – Free Technique Group 2A – U20 Women only – Top 30 not qualifying for Group 2B Group 2B – Top 30 U20 and Senior Women	Stadium
	1:30 pm – 2:45 pm	Heats & Finals – Free Technique Group 3A – U16 Boys Group 3B – U18 Boys	Stadium
	2:45 pm – 4:00 pm	Heats & Finals – Free Technique Group 3A – U16 Girls Group 3B – U18 Girls	Stadium
	6:00 pm	Team Captains Meeting (For Dec 4 th)	ONLINE
Sun, Dec 4 th	7:30 am – 9:00 am	Interval Start Bib Pickup	Race Office – Brown log cabin behind green technical building
	09:00 am	Interval Start Classic – Open Men (U20 & Senior)	Stadium
	~09:45 am	Interval Start Classic – Open Women (U20 & Senior)	Stadium
	~10:30 am	Interval Start Classic – U16 & U18 Boys	Stadium
	~11:15 am	Interval Start Classic – U16 & U18 Girls	Stadium

AWARDS WILL BE IN THE STADIUM AFTER THE EVENT

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 EVENT WEBSITE AFTER REGISTRATION CLOSES

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RACE DETAILS

Nov 30th – Nordiq Cup / US Super Tour (Continental Cup) – Day 1 COMPETITION

Classic Sprint

Notes:

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

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Women	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – 2003 or 2004	1.3 km	1 x 1.3 km 1.3km Classic Sprint	Green
Open Men	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – 2003 or 2004	1.3 km	1 x 1.3 km 1.3km Classic Sprint	Green

Dec 1st – Nordiq Cup / US Super Tour (Continental Cup) – Day 2 COMPETITION

Free Mass Start

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
Open Women	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	10 km	2 x 5.0 km 5km Course	Red
Open Men	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	10 km	2 x 5.0 km 5km Course	Red

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Dec 3rd – Nordiq Cup / US Super Tour (Continental Cup) / Western Canada Cup #1 – Day 3 COMPETITION

Free Sprint

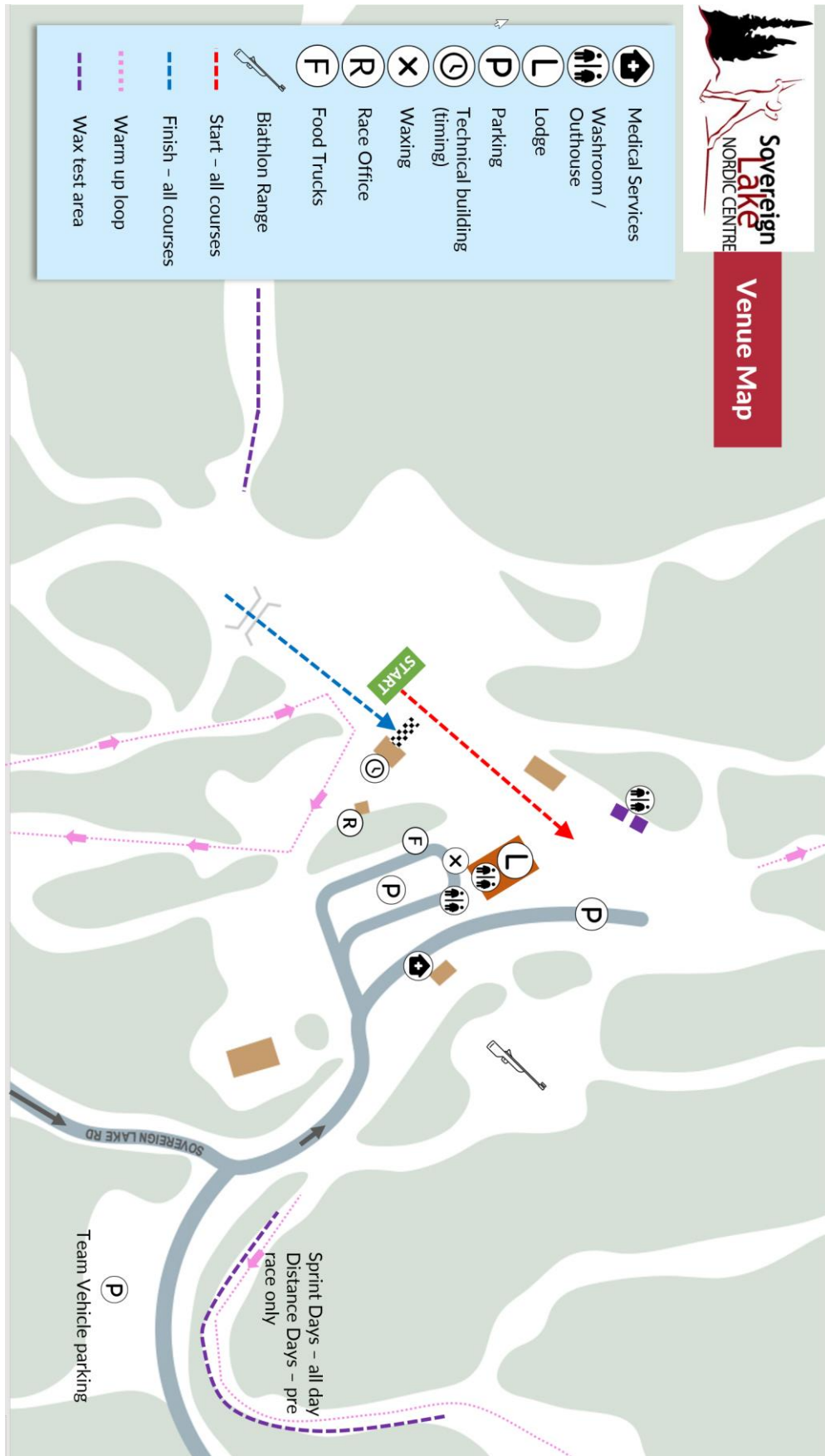
Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
U16 Boys & U18 Boys	U16 – born 2007 or 2008 U18 – born 2005 or 2006	1.2 km	1 x 1.2 km 1.2km Skate Sprint	Yellow
U16 Girls & U18 Girls	U16 – born 2007 or 2008 U18 – born 2005 or 2006	1.2 km	1 x 1.2 km 1.2km Skate Sprint	Yellow
Open Men	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	1.2 km	1 x 1.2 km 1.2km Skate Sprint	Yellow
Open Women	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	1.2 km	1 x 1.2 km 1.2km Skate Sprint	Yellow

Dec 4th – Nordiq Cup / US Super Tour (Continental Cup) / Western Canada Cup #1 – Day 4 COMPETITION

Classic Interval Start

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

Category	Sub Category/Year of Birth	Distance	Course Format	Course Signage
U16 Boys	U16 – born 2007 or 2008	5 km	2 x 2.5 km 2.5km Course	Blue
U18 Boys	U18 – born 2005 or 2006	5 km	2 x 2.5 km 2.5km Course	Blue
Open Men	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	10 km	2 x 5.0 km 5km Course	Red
U16 Girls	U16 – born 2007 or 2008	5 km	2 x 2.5 km 2.5km Course	Blue
U18 Girls	U18 – born 2005 or 2006	5 km	2 x 2.5 km 2.5km Course	Blue
Open Women	Senior – born 2002 or before U23 – born 2000, 2001 or 2002 CCUNC U20 – born 2003 or 2004	10 km	2 x 5.0 km 5km Course	Red



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