



## Race Information

### BC Winter Games XC Skiing Events

March 23-26, 2023



## 2022 BC Winter Games XC Events – Sovereign Lake Nordic Club

<b>COVID-19 POLICY:</b>	The Organizing Committee will work together with BC Winter Games Event organizers and CCBC to ensure the safety of all participants.		
<b>LOCATION:</b>	Sovereign Lake Nordic Centre, <a href="#">Silver Star Provincial Park</a>		
<b>HOST CLUB:</b>	Sovereign Lake Nordic Club: <a href="https://www.sovereignlake.com/">https://www.sovereignlake.com/</a>		
<b>SANCTIONED BY:</b>	Cross Country BC BC Winter Games		
<b>RULES:</b>	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: <a href="#">Microsoft Word - 2023 BC Winter Games Technical Guidelines v4.docx (crosscountrybc.ca)</a>		
<b>COMPETITION COMMITTEE:</b>	Sport Chair	Marcus Boyle	<a href="mailto:2019okl@gmail.com">2019okl@gmail.com</a>
	Chief of Competition	Verena Von Bremen	<a href="mailto:vvonbremen@telus.net">vvonbremen@telus.net</a>
	Chief of Course	Bobbi Catt	
	Chief of Stadium	Glen Stiven	
	Chief of Timing	Jen Hyde	
	Competition Secretary	Tanya Hostyn	<a href="mailto:Tanya8607@gmail.com">Tanya8607@gmail.com</a>
	Technical Delegate	Jeannie MacDonald	
	Sport Host	Aaron Heidt	
<b>EVENT WEB-SITE:</b>	See: <a href="#">BC Winter Games – Sovereign Lake Nordic Club</a>		

<b>RACE SCHEDULE:</b>	<b>Thursday, March 23<sup>rd</sup></b>		<b>Friday, March 24<sup>th</sup></b>	<b>Saturday, March 25<sup>th</sup></b>	<b>Sunday, March 26<sup>th</sup></b>
	Official Training		Classic Technique Interval Start	Free Technique Sprints	Mixed Technique Relay
	1:30-3:30		9:45 am	10:00 am	9:30am
<b>RACE DISTANCES</b>			<b>Friday, March 24<sup>th</sup></b>	<b>Saturday, March 25<sup>th</sup></b>	<b>Sunday, March 26<sup>th</sup></b>
	Category	Birth Year	Classic Technique Interval Start	Free Technique Sprints	Mixed Technique Relay
	Girls and Boys	2008	3.5 km	500 metres	4 x 2.0 km
	Girls and Boys	2007	5 km	500 metres	4 x 2.0 km
	Open Para Sit	1988-2008	5 km	400 metres	NA

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COACH MEETINGS:	Thursday, March 23 <sup>rd</sup>	Friday, March 24 <sup>th</sup>	Saturday, March 25 <sup>th</sup>
	<b>Full Coaches Meeting</b> 3:00 <b>Location:</b> SLNC Race Office In Person	<b>Informal Coaches Meeting</b> 1:00 (during cool down) <b>Location:</b> SLNC Race Office In Person	<b>Informal Coaches Meeting</b> 2:30 (during cool down) <b>Location:</b> SLNC Race Office In Person
<b>REGISTRATION:</b>	Athletes who qualified at the Zone Trials in 2022, have been notified and were required to register by February 6 <sup>th</sup> , 2023.		
<b>LICENSES:</b>	No racing licenses are required.		
<b>CANCELLATION:</b>	If any changes or cancellations occur the information will be posted on SLNC website. Coaches will be individually emailed.		
<b>SEEDING:</b>	Individual Athletes will be grouped according to their age/gender category and start positions determined by a random draw procedure.  Relay teams to be selected by Zone coaches. Unofficial teams start behind the last official team(s) and do not need to be seeded.		
<b>START LISTS:</b>	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.		
<b>RELAY:</b>	Traditional Relays, Mixed Technique Rules: <ul style="list-style-type: none"> <li>• Zone Teams will consist of 2 female and 2 male athletes.</li> <li>• Mixed age categories</li> <li>• Distance: 4 x 2.0 km</li> <li>• Two legs of the relay are Classic Technique, and two are Free Technique.</li> <li>• Only teams made up of skiers from the same zone are eligible for medals.</li> <li>• Relay teams to be selected by Zone coaches.</li> <li>• Deadline for entering relay teams, including team names and order of skiers, must be submitted by 1:00 pm Saturday, March 25<sup>th</sup> on Zone 4. Coaches will be emailed the link.</li> </ul> Any changes to teams, including team names or order of skiers, must be submitted to the race office by <b>1:00 pm Saturday</b> afternoon.		

<b>RACE OFFICE:</b>	The event race office is a small log cabin located behind the Technical Building at the start/finish line. Hours are as follows: <ul style="list-style-type: none"> <li>• Thursday: 1:00 pm – 4:00 pm</li> <li>• Friday: 8:30 am – 1:30 pm</li> <li>• Saturday: 8:30 am – 3:00 pm</li> <li>• Sunday: 8:00 am – 10:30 pm</li> </ul> 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.
<b>AWARDS CEREMONY:</b>	Medals specially cast for the BC Winter Games will be awarded to the top 3 finishers of each category. Award ceremonies will take place each day in the stadium as soon as possible upon completion of the events.
<b>COURSE MAPS:</b>	Available on SLNC website: <a href="https://www.sovereignlake.com/event/bc-winter-games/-/xc-events">https://www.sovereignlake.com/event/bc-winter-games/-/xc-events</a>

## **2022 BC Winter Games XC Events – Sovereign Lake Nordic Club**

<b>GLIDE WAX PROTOCOL:</b>	This race will be governed by the CCBC Waxing Policy. This is available at: <a href="https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Fluoro%20Policy%202021%20final.pdf">https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Fluoro%20Policy%202021%20final.pdf</a>
<b>WAX FACILITIES:</b>	<p>There is space for team tents between the lower parking lot and the day lodge. Power outlets are available. The SLNC Wax Cabin is not for use by ski teams and is reserved for the general skiing public throughout the event.</p> <p>Teams unable to bring their own waxing equipment should email the Chief of Competition to make arrangements.</p>
<b>TRAIL PASSES:</b>	Trail fees will be waived for all competitors, registered coaches, and registered assistant coaches on each race day and on the official training day.
<b>TRAIL CONDITIONS:</b>	See trail report at: <a href="https://www.sovereignlake.com/">https://www.sovereignlake.com/</a>
<b>WEATHER:</b>	See weather report at: <a href="https://www.sovereignlake.com/">https://www.sovereignlake.com/</a>