



BC Winter Games

Coaches' Meeting

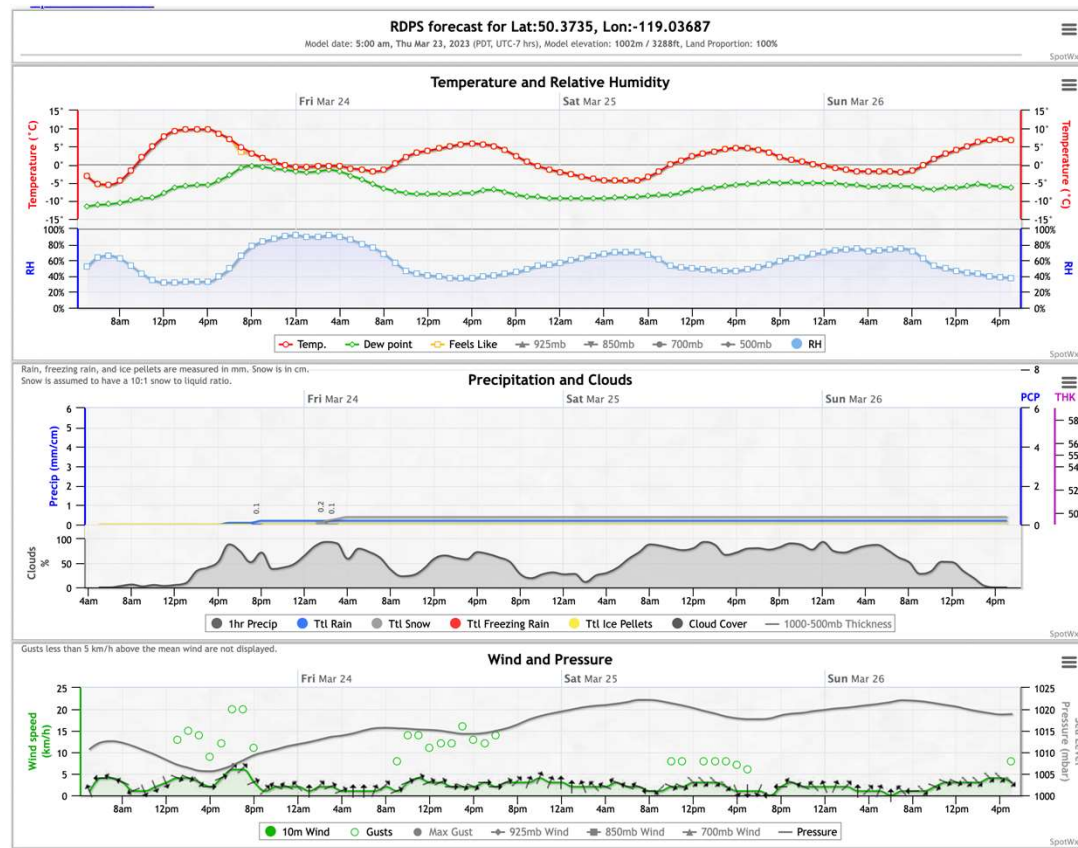
March 23, 2023

Organizing Committee

- Chief of Course Rick Latta & Bobbi
- Chief of Stadium Glen Stiven
- Chief of Timing Jen Hyde
- Race Secretary Tanya Hostyn
- Chief of Controllers Troy Hudson
- Technical Delegate Jeannie MacDonald
- BCWG Sport Chair Marcus Boyle
- BCWG Sport Host Aaron Heidt
- Chief of Competition Verena von Bremen

Weather

https://spotwx.com/products/grib_index.php?model=rdps_10km&lat=50.3735&lon=-119.03687&tz=America/Vancouver

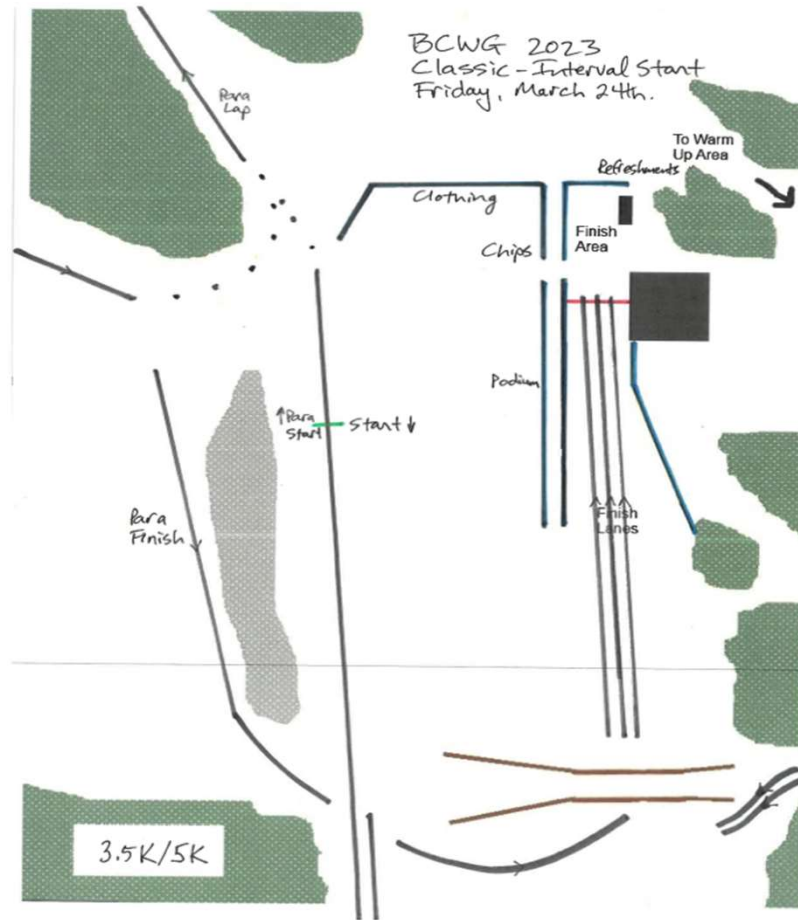


Friday, March 24

Classic Interval Start 3.5/5.0 km

- 9:30 a.m. Opening ceremony with First Nations drummer and blessing
 - Please have your athletes in the stadium for 9:25 a.m.
- Start list is posted on zone4.ca:
<https://zone4.ca/event/2023/GnBDJG/>
- Sit-skier will be starting at 9:45 a.m. and skiing to completion before we start the 3.5km able-bodied skiers
- Medals presentation is scheduled for noon
 - We have the Minister for Sport attending this presentation so please have all athletes at the podium ceremony; medals recipients should be at podium area by 11:50 for presentation briefing and parade organization

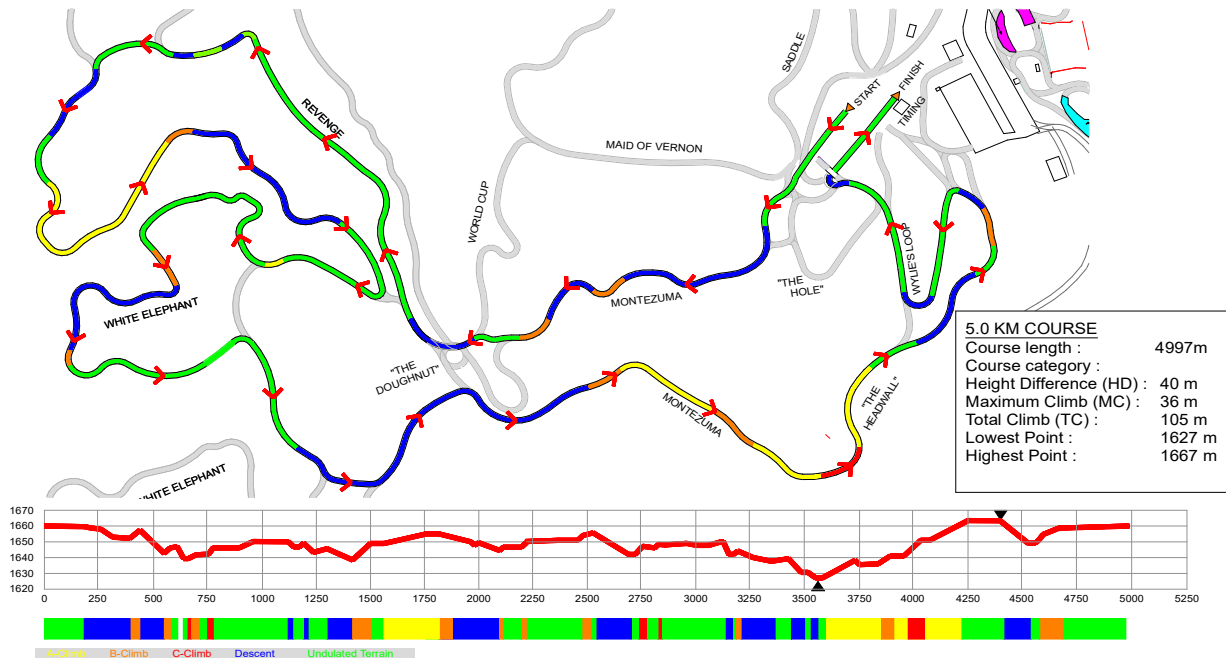
Friday Stadium



Friday 3.5 km (blue signage)/5.0 km (red signage) course



5.0 KM COURSE - RED



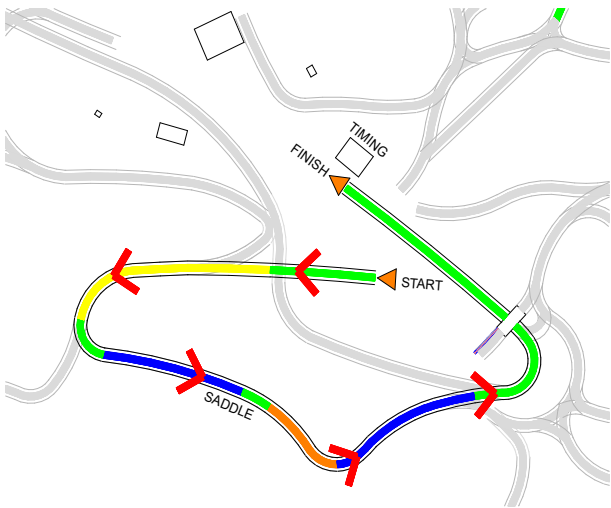
Saturday, March 25

Free Technique 500m Sprints

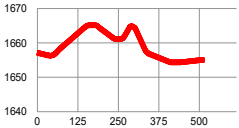
- Sprint qualifier will start at 10:00:15 with Kaden completing his sit-ski qualifier; able-bodied will begin at **10:05:15** with randomly inter-seeded girls first, then boys
- Untimed Sprint heats will begin at 11:45 a.m. (girls); boys at 12:35 p.m.
- Heats will be separated by gender and year-of-birth
- We will be skiing B finals followed by A finals for each category

Sprint Course

BCWG - SPRINT



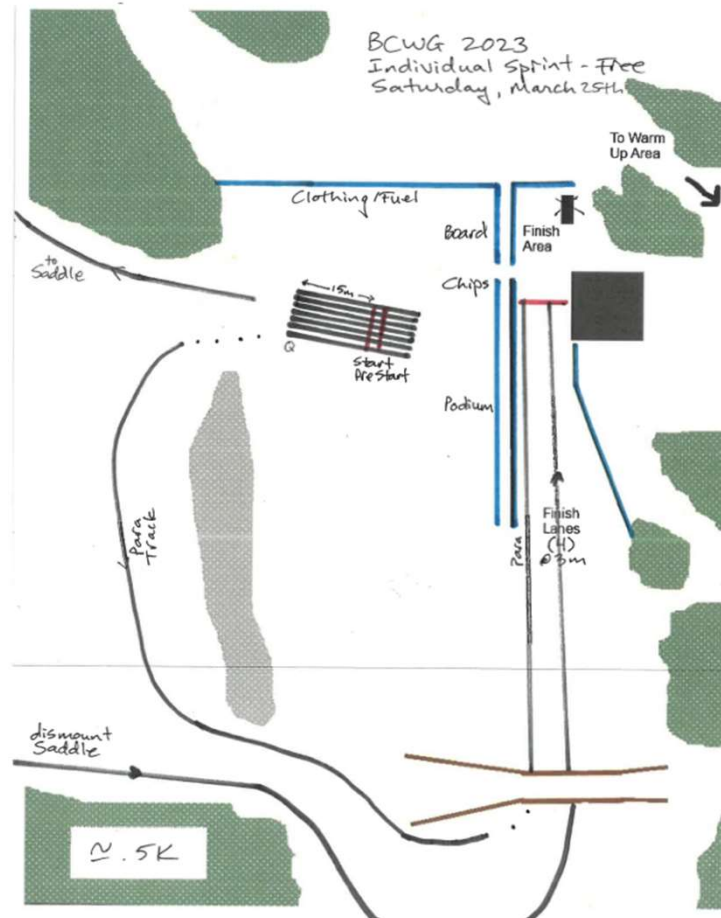
Course length :	500 m
Course category :	
Height Difference (HD) :	11 m
Maximum Climb (MC) :	9 m
Total Climb (TC) :	14 m
Lowest Point :	1,654 m
Highest Point :	1,665 m



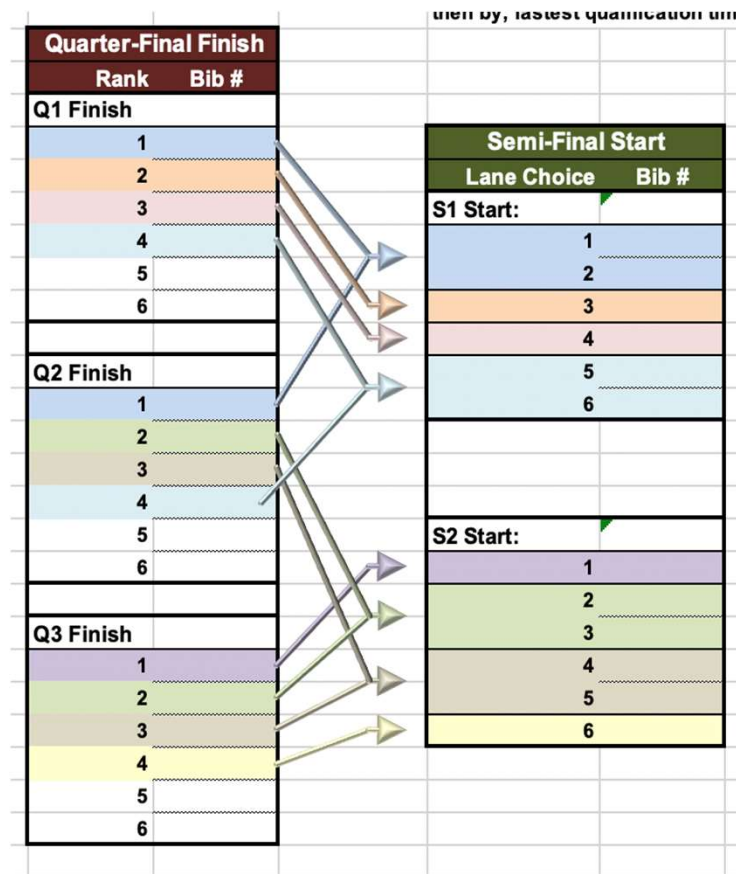
A-climb B-climb C-climb descent undulated terrain



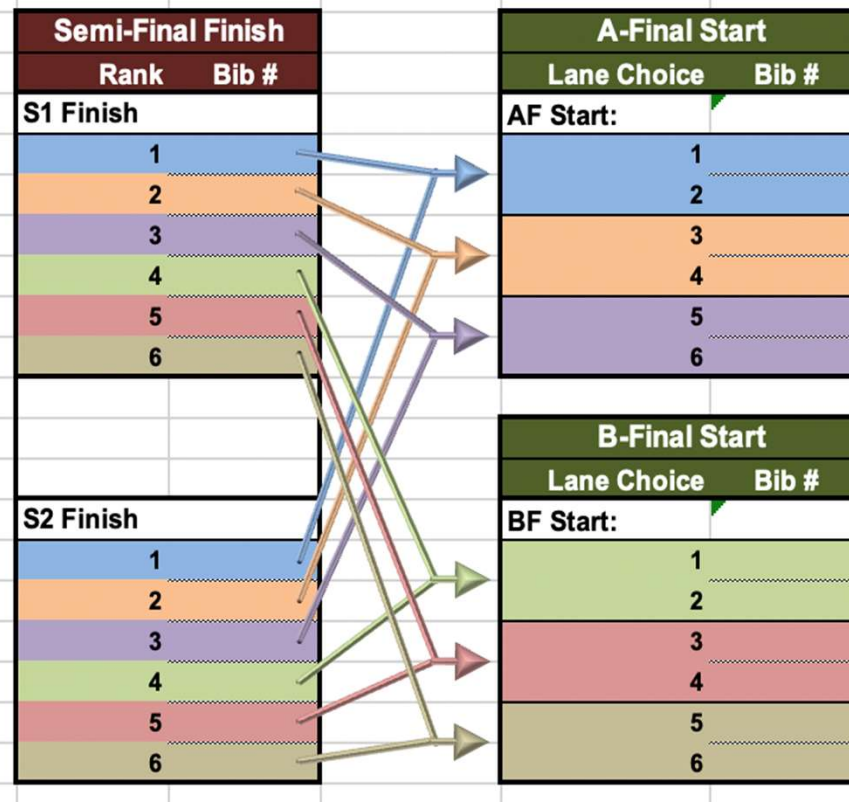
Sprint Stadium



2007 Girls/2008 & 2007 Boys



2008 Girls



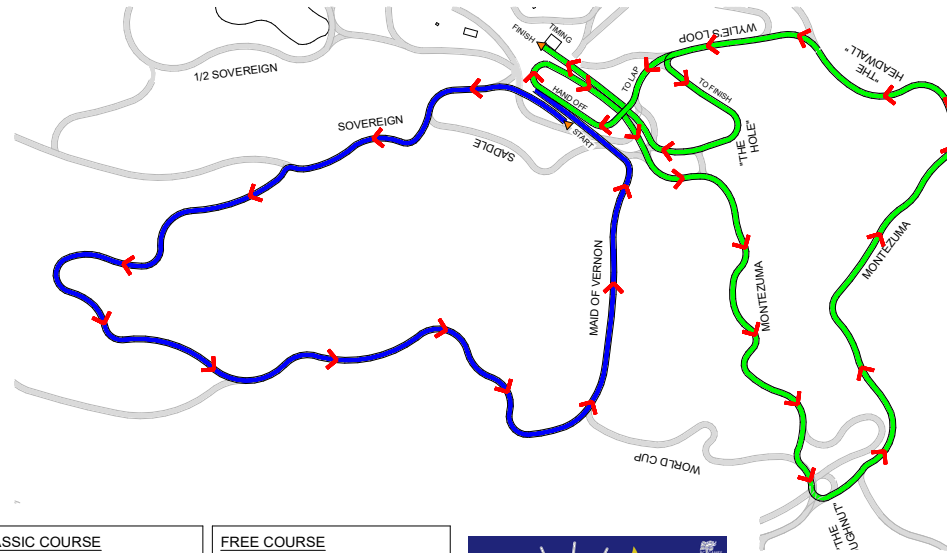
Sunday, March 26

Relay Day!

- 2 classic skiers followed by 2 skate skiers
- Official teams must have 4 skiers from same zone; 2 girls and 2 boys
- Want everyone to be on a team; feel free to complete unofficial teams by combining zones; coaches can complete unofficial teams
- Come up with funny team names to entertain our announcer and the spectators!
- For zones that have more than one official team, please put (A team) and (B team) in team name field so we can seed them correctly.
- 9:30 a.m. start time!

Relay Courses

BCWG - RELAY COURSE

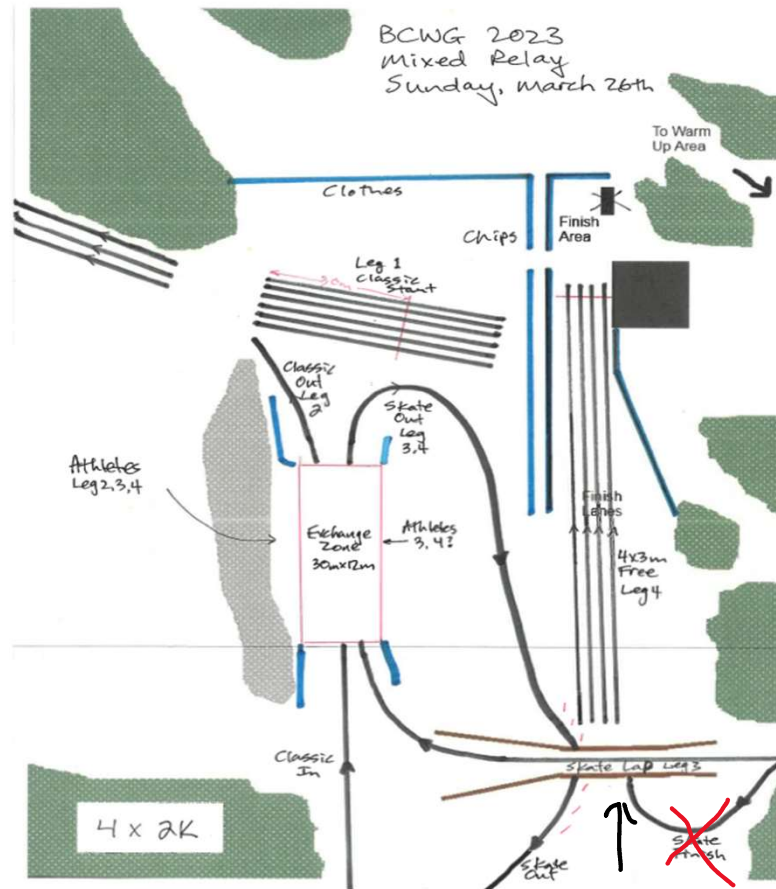


CLASSIC COURSE	
Course length :	1904 m
Course category :	
Height Difference (HD) :	20 m
Maximum Climb (MC) :	13.5 m
Total Climb (TC) :	40 m
Lowest Point :	1655 m
Highest Point :	1675 m

FREE COURSE	
Course length :	1805 m
Course category :	
Height Difference (HD) :	38 m
Maximum Climb (MC) :	25.6 m
Total Climb (TC) :	44.7 m
Lowest Point :	1628 m
Highest Point :	1666 m



Relay Stadium



Informal Coaches Meetings

- Chief of Competition, TD and Sport Chair will be available to answer any questions:
 - Friday 1:00 – 1:30 p.m.
 - Saturday 3:30 – 4:00 p.m.
- Or email our Tanya Hostyn, Race Secretary
[http://Tanya8607@gmail.com](mailto:Tanya8607@gmail.com)

Let the games begin!