



RACE NOTICE

Dec 2nd & Dec 3rd, 2023

Western Canada Cup



2023 Western Canada Cup #1 – Sovereign Lake Nordic Club

HEALTH POLICY:	Sovereign Lake Nordic Club follows the mandates and recommendation of the Provincial Health Authority and Interior Health. As we see an increase in flu and cold-related illness in the 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 feel more comfortable doing so. There are no enforced mandates surrounding mask-wearing or vaccinations at this time.		
RACE SCHEDULE: (For more detail refer to tables at end of document)	Friday, Dec 1 st	Official Training	
	Saturday, Dec 2 nd	U16, U18, U20, Senior – Classic Sprint	
	Sunday, Dec 3 rd	U16, U18, U20, Senior 5km & 10km – Mass Start Free	
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:	NORDIQ CANADA (NC) CROSS COUNTRY BC (CCBC)		
RULES:	RULES AND REGULATIONS: ICC-CCR 2022 Int'l Competition Rules (ICR) NEW SPRINT RULES APPLY: <ul style="list-style-type: none">Group 1 – OPEN (1-30) - The top 30 athletes from the qualifier irrespective of age category. If a U20 makes Top 30 in the qualifier they will be placed in the OPEN category for heats and finalsGroup 2 – U20 (31-60) – Comprised of the next best U20s who did not qualify for the Top 30		
COMPETITION TRIP CRITERIA	Not applicable		
STAKES:	Canadian points (CPL) Money awards		
RACE ORGANIZING COMMITTEE:	Chief of Competition	Troy Hudson	troy@entabenisystems.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	Tomas Gedeon	
	Assistant Technical Delegate	Sherryl Yeager	
EVENT WEB-SITE:	Western Canada Cup – 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. Registration will be active in November. Coaches should register on Zone4 (no fee). Preliminary Seeding Lists will be sent in advance via email to coaches who are registered. <i>All feedback on the preliminary start/seed lists must be provided to race@sovereignlake.com by noon on the day of the TCM. No changes will be allowed during or after the TCM.</i>		

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	<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>
RACE FEES:	\$50 per race
RACE ENTRY DEADLINE:	<p>The entry deadline for all races is:</p> <p>Sunday, November 26th, 2022 at 1800hrs</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 1st 1:00 pm – 3:00 pm • Saturday, Dec 2nd 07:30 am – 09:00 am • Sunday, Dec 3rd 07:30 am – 09:00 am
LICENSES:	<p>Please see the Nordiq Canada website for more information.</p> <p><u>TO PARTICIPATE:</u></p> <p>Canadian</p> <ul style="list-style-type: none"> • U16+ – Nordiq Canada Race License • U14 – Nordiq Canada Development License • Any – an athlete can race with a Tier 2 License (formerly SMDL) if they do not wish to collect points <p>Non-Canadian</p> <ul style="list-style-type: none"> • Nordiq Canada Associate License, or • FIS License <p><u>TO EARN POINTS:</u></p> <p>CPL Points</p> <ul style="list-style-type: none"> • U16+ – Nordiq Canada Race License • U14 – Nordiq Canada Development License • U12 and below – No points • Non-Canadian – Nordiq Canada Associate License or FIS License <p>*Racers holding both NC and FIS licenses must provide both numbers when registering on Zone4.</p>
WAIVER FORMS:	Waivers must be completed on Zone4 registration.
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>

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REFUND POLICY:	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.
SEEDING:	Seeding will be based on CPL.
TEAM CAPTAINS:	<p><u>Team Captains Meeting will be held ONLINE and are as follows:</u></p> <ul style="list-style-type: none"> - Friday Dec 1st @ 6:00 pm for Dec 2nd, and - Saturday Dec 2nd @ 6:00 pm for Dec 3rd <p>Registered coaches will receive an email with the online information.</p>
START LISTS:	Start Lists will be available on Zone4 as soon as they have been finalized.
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>Bib pickup is on the day of the race. Pick up times are:</p> <ul style="list-style-type: none"> • Saturday, Dec 2nd 07:30 am – 09:00 am • Sunday, Dec 3rd 07:30 am – 09:00 am
AWARDS:	<p>Awards:</p> <ul style="list-style-type: none"> • Open: Top 6 Women, Top 6 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 • CCUNC: Top 3 Women, Top 3 Men <p>Merchandise:</p> <ul style="list-style-type: none"> • CCUNC: Top 3 Women, Top 3 Men <p>All awards will be in the finish area following the event.</p>
PROTEST PROCEDURES:	<p>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.</p> <p>Note: there is a cash fee that must accompany the protest form.</p>
FACILITIES:	<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>
FIRST AID:	First aid attendants will be available on site at the Finish area and at the First Aid Hut across from the day lodge.
FOOD & DRINKS: ORDER LUNCH	<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. Lunch is available for purchase in advance at this link (volunteers eat free and do not have to pre-order). Food order closes on Nov 25th at 1800hrs.</p> <p>Full-service restaurants, cafes, pubs and a small grocery store are available at SilverStar Mountain Resort (3km away).</p>
COURSE MAPS:	<p>Day 1: 1.4km Classic Sprint Note that the 1.3km Classic Sprint course for U16 and U18 is a shortened version of the 1.4km Classic Sprint course.</p> <p>Day 2: 2.5km / 5km Course</p>

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WAX PROTOCOL:	<i>Nordiq Canada Wax Rule: Fluoro kick and glide wax is not permitted (all age categories).</i>
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.
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 DETAILS & TIMETABLE (schedule subject to registration)

DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
Sunday, Nov 26 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	
Fri, Dec 1 st	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 2 nd)		ONLINE	
Sat, Dec 2 nd	7:00 am – 8:30 am	Bib Pickup – Sprint – Classic Technique		Race Office	
	8:30 am – 9:15 am	Sprint Qualification – Classic Technique Open Men (U20 & Senior) Open Women (U20 & Senior)	Senior – 2003 or before U23 – 2001, 2002 or 2003 CCUNC U20 – 2004 or 2005	Stadium	1.4 km = 1 x 1.4 km 1.4km Classic Sprint Green
	9:30 am – 10:30 am	Sprint Qualification – Classic Technique U16, U18 Boys U16, U18 Girls	U16 – born 2008 or 2009 U18 – born 2006 or 2007	Stadium	1.3 km = 1 x 1.3 km 1.3km Classic Sprint * Green
	11:00 am – 12:15 pm	Heats & Finals – Classic Technique Top 30 Men – U20 & Senior Men 31 to 60 Men – U20 Men only		Stadium	1.4 km = 1 x 1.4 km 1.4km Classic Sprint Green
	12:15 pm – 1:30 pm	Heats & Finals – Classic Technique Top 30 Women – U20 & Senior Women 31 to 60 Women – U20 Women only		Stadium	1.4 km = 1 x 1.4 km 1.4km Classic Sprint Green
	1:30 pm – 2:45 pm	Heats & Finals – Classic Technique U18 Boys U16 Boys		Stadium	1.3 km = 1 x 1.3 km 1.3km Classic Sprint * Green
	2:45 pm – 4:00 pm	Heats & Finals – Classic Technique U18 Girls U16 Girls		Stadium	1.3 km = 1 x 1.3 km 1.3km Classic Sprint * Green
	6:00 pm	Team Captains Meeting (For Dec 3 rd)		ONLINE	* 1.4km course shortened by 100m

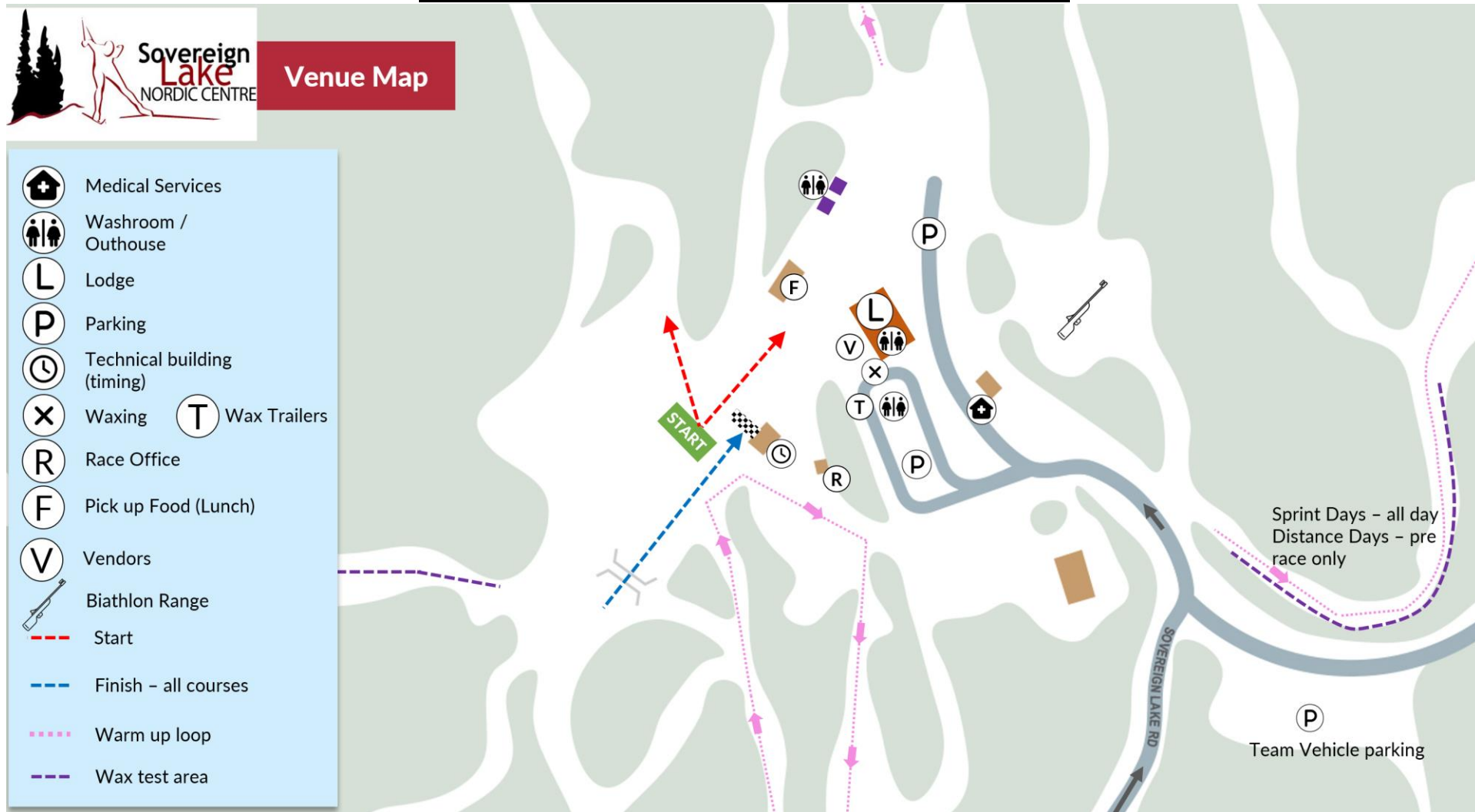
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DATE	TIME (PST)	EVENT	Sub Category/YOB	LOCATION	COURSE
Sun, Dec 3 rd	7:30 am – 9:00 am	Mass Start Bib Pickup		Race Office	
	09:00 am	Mass Start Free – Open Women (U20 & Senior)	Senior – 2003 or before U23 – 2001, 2002 or 2003 CCUNC U20 – 2004 or 2005	Stadium	10 km = 2 x 5.0 km 5km Course Red
	~09:45 am	Mass Start Free – Open Men (U20 & Senior)	Senior – 2003 or before U23 – 2001, 2002 or 2003 CCUNC U20 – 2004 or 2005	Stadium	10 km = 2 x 5.0 km 5km Course Red
	~10:30 am	Mass Start Free – U16 & U18 Girls	U16 – born 2008 or 2009 U18 – born 2006 or 2007	Stadium	5 km = 2 x 2.5 km 2.5km Course Blue
	~11:00 am	Mass Start Free – U16 & U18 Boys	U16 – born 2008 or 2009 U18 – born 2006 or 2007	Stadium	5 km = 2 x 2.5 km 2.5km Course Blue

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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