



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

SNSC Club Race & 2024 BC Winter Games Zone 6 Trial



Saturday, December 30th, 2023

INDIVIDUAL START, CLASSIC TECHNIQUE

MT. WASHINGTON NORDIC CENTRE



Host Club: Strathcona Nordic Ski Club. <https://strathconanordics.com>

Date/Time: Saturday, December 30, 2023, Classic Technique Interval Start– 10:00 am

Location: Mt. Washington Nordic Centre, Courtenay, B.C.

Rules: Cross Country Canada Rules and Regulations (CCR)

Technical Guidelines: The 2024 BC Winter Games Technical Guidelines are found on the CCBC website: [Click here for guidelines:](#)

Competition Committee: Chief of Competition: Len Apedaile
Competition Secretary: Nicole Muchowski nces@strathconanordics.com
Chief of Timing: Mike Tunnah
Chief of Course: Marilyn Atkinson
Chief of Stadium: TBD
Volunteer Coordinator: Michelle Willard

Eligibility: **Open to skiers of all ages and abilities!** No race license is required.

Athletes trying out for the BC Winter Games must be either 13 or 14 years of age as of December 31st, 2023. This means that eligible athletes were born in 2009, or 2010. Athletes may attend only one BC Winter Games. Athletes born in 2010 may compete in the 2009 age Category but athletes born in 2009 must compete in that age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games. All skiers must compete in their zone trials in order to qualify for the BC Winter Games. For more information please see Cross-Country BC Technical Guidelines.

Para skiers of all ages, welcome.

Para skiers born between 1988 and 2010 are eligible to qualify for BCWG.

Indigenous Participation Program: Up to 8 additional competitors (4 male and 4 female) and 2 additional coaches (1 male and 1 female) with Indigenous ancestry are permitted providing they self-identify and can produce proof of ancestry.

Registration: Registration is online at [Zone 4](#). Price: \$5.00 / entry, all ages, all categories.

Deadline: **December 29th, 2023 at 12:00 noon**

Cancellations: If the organizers are required to cancel the race due to weather it will be posted on [Zone 4](#), the club website and the club Facebook feed.

Start Lists and Results: Start lists will be posted on [Zone4](#) by Friday at 7 pm (December 29, 2023) and will also be available in Raven Lodge the morning of the race. Skiers are not seeded, but grouped by category and their positions determined by a normal draw procedure.

Bib Pickup: At Raven Lodge between 8:30 am and 9:30 am on Saturday December 30, 2023.

Facilities: The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership including Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge



facilities, food services, rentals, retail sales, lockers, sauna and showers and also services a growing snowshoeing base and toboggan area.

Waxing:

Cross Country BC respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia.

[CCBC Waxing Protocol:](#)

Not Permitted:

- Fluoro kick wax
- High fluoro (HF), medium fluoro (MF), or low fluoro (LF) glide wax, including HF, MF, or LF powders, pucks, blocks and liquids
- Fluoro cold weather powder additives and hardeners
- Fluoro grip powders

The above [CCBC waxing protocol](#) applies to the following races/age categories:

- At local races (i.e., club races, loppets, etc.), the protocol applies to U14 and younger age categories.
- At Regional Cup races (Coast Cup, Okanagan Cup, Kootenay Cup, Northern Cup), the protocol applies to ALL age categories.
- At BC Track Attack Championships, BC Winter Games and BC Winter Games Trials, the protocol applies to ALL age categories.
- At BC Cup races (including the BC Championships) the protocol applies to ALL age categories.

Ski testing on course during warm up must be in direction of travel and is allowed until 5 minutes before the first start. Wax /ski testing/warmup is available on non-race trails throughout the day.

Course:

Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the courses have been finalized. Course distances/laps may be subject to change.

In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.

Accommodation:

Mt Washington Resort has links to various on-site accommodation listings:

<https://www.mountwashington.ca/stay.html>

Accommodation in the Comox Valley (approximately 40-minute drive):

<https://experiencecomoxvalley.ca/discover/stay/>

Volunteers:

Many are needed. Please contact info@strathconanordics.com



EVENT SCHEDULE

| | |
|--------------------|---|
| Date: | Saturday, December 30th, 2023 Classic Technique Interval Start |
| Start Time: | 10:00 a.m. |

| Category | Subcategory | Age | Year Born | Distance | Course |
|---------------------------|---------------------|-----------|------------------|----------|----------|
| U8 Boys | U8B-1, U8B-2, U8B-3 | 5,6,7 | 2018, 2017, 2016 | 1.0 km | 1.0 km |
| U10 Boys | U10B-1, U10B-2 | 8, 9 | 2015, 2014 | 2.0 km | 2.0 km |
| U12 Boys | U12B-1, U12B-2 | 10, 11 | 2013, 2012 | 2.5 km | 2.5 km |
| U14 Boys | U14B-1, U14B-2 | 12, 13 | 2011, 2010 | 3.5 km | 3.5 km |
| U16 Boys | U16B-1, U16B-2 | 14, 15 | 2009, 2008 | 5.0 km | 2x2.5 km |
| U18 Boys | U18B-1, U18B-2 | 16,17 | 2007, 2006 | 7.5 km | 3x2.5 km |
| U 20 Men | U20M-1, U20M-2 | 18,19 | 2005-2004 | 7.5 km | 3x2.5 km |
| U23/Senior/Masters Men | | 20+ | >2003 | 7.5 km | 3x2.5 km |
| Adaptive Men Stand | | All | | 5.0 km | 2x2.5 km |
| Adaptive Men Sit | | All | | 3.5 km | 1x3.5 km |
| | | | | | |
| U8 Girls | U8G-1, U8G-2, U8G-3 | 5,6,7 | 2018, 2017, 2016 | 1.0 km | 1.0 km |
| U10 Girls | U10G-1, U10G-2 | 8, 9 | 2015, 2014 | 2.0 km | 2.0 km |
| U12 Girls | U12G-1, U12G-2 | 10, 11 | 2013, 2012 | 2.5 km | 2.5km |
| U14 Girls | U14G-1, U14G-2 | 12, 13 | 2011, 2010 | 3.5 km | 3.5km |
| U16 Girls | U16G-1, U16G-2 | 14, 15 | 2009, 2008 | 5.0 km | 2x2.5km |
| U 18 Girls | U18G-1, U18G-2 | 16, 17 | 2007, 2006 | 5.0 km | 2x2.5km |
| U 20 Women | U20W-1, U20W-2 | 18,19 | 2005-2004 | 5.0 km | 2x2.5km |
| U23/Senior/ Masters Women | | 20+ | >2003 | 5.0 km | 2x2.5km |
| Adapt Women Stand | | All | | 5.0 km | 2x2.5km |
| Adaptive Women Sit | | All | | 3.5 km | 1x3.5 km |

*Age as of December 31, 2023

All skiers must have a valid trail pass.

SAVE THE DATES!!

COAST CUP #4, FEB 3, 2024 – MASS START – CLASSIC TECHNIQUE,



& COAST CUP #5, FEB 4, 2024 – TEAM SPRINT RELAY ON A SKI CROSS COURSE – FREE TECHNIQUE

VANCOUVER ISLAND LOPPET MARCH 23, 2024

THE MOUNT WASHINGTON NORDIC CENTRE

