



Strathcona Nordics Ski Club
B.C. Winter Games Trials
& Club Race
Vancouver Island Zone 6

**SATURDAY, JANUARY 2ND 2010:
CLASSIC TECHNIQUE, INDIVIDUAL STARTS**

MOUNT WASHINGTON NORDIC CENTRE



NAME OF EVENT: BC Winter Games Vancouver Island Zone Trials and Club Race

DATE:  **mount Washington** January 2nd, 2010  **SKIX WAX HUT**
Individual Start: Classic Technique, Individual Start

RACE LOCATION: Mt Washington Nordic Centre, Courtenay, B.C.

HOST CLUB: Strathcona Nordics Ski Club

SANCTIONED BY: BC Winter Games & Cross Country BC

RULES: CCC and BC Winter Games Rules and Regulations
<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=1930>

INFORMATION: Chief of Race: Sara Vandermale
Chief of Course: Bob Hauser
Chief of Timing: Doug Herchmer
Chief of Stadium: Brian Vandermale
Race Secretary: Barb Kelly
Zone 6 Rep: Marilyn Atkinson (250) 374-4050
marilyna@shaw.ca

RACE ENTRIES: **Online:** Access www.zone4.ca and locate this event in the online registration section and enter your information. Credit card payment method is provided.

ENTRY DEADLINE: Entry deadline for this race is:
THURSDAY, December 31st, 2009, 12:00 PM
Late entries will not be accepted.

ELIGIBILITY: **Open to all skiers.** To be eligible for the BC Winter Games, skiers must be 13 or 14 years of age as of December 31st 2009 (born in 1995 - Juvenile category, born in 1996 - Midget category) and must compete in a BC Winter Games Trials race.

LICENCES: Competitors in **midget and younger classes** (born in 1996 or later) do not need a license to compete in Saturday's race.

DRAW: **Computer Draw** for this race will be held on Thursday, Dec 31, 2009. Zone Trial athletes will get preferential seeding within their age category; all other categories will be by random draw.

START LIST: **Start lists** for the race will be available on Friday, January 1 after 2 pm at Raven Lodge.

BIB PICKUP: **Bib pick-up** for this race will be at Mt. Washington Nordic Center, Raven Lodge between 9:00 am and 10:00 am on Saturday, January 2nd, 2010

AWARDS **Location and time:** Mt. Washington Nordic Centre, Raven Lodge: Saturday, January 2nd, Post Race

CONCESSION: The Mt. Washington Raven Lodge has wide range of food and beverages for sale from 8:00am – 4:00pm.

FACILITIES: Raven Lodge is a world class Nordic facility with all amenities.

WAXING: Raven Lodge has two outdoor waxing benches with electrical outlets.

TRAIL PASSES: Trail passes for non-season pass holders must be purchased by race participants from Mt. Washington Alpine Resort. All racers must have a valid trail pass at all times when on the trails.

ACCOMMODATION: At the Race Site (Mt. Washington)

- Deer Lodge 1-888-969-3322 www.deerlodgebc.com
- Alpine Accommodations 1-888-837-4663 www.alpinechalets.com
- Mt. Washington Accommodations 1-800-699-6499

In the Comox Valley (Approx. a 40 minute drive to race)

- The Coast Westerly Hotel 1-800-668-7797
- The Port Augusta Inn & Suites 1-800-663-2141
- Shantz Haus Hostel 1-866-603-2060 www.shantzhospital.com

RACE SCHEDULE

NAME OF EVENT: BC Winter Games Trials

DATE: Saturday, January 2nd, 2010

LOCATION: Mt Washington Nordic Centre, Raven Lodge

START TIME: 11:00 AM

INTERVAL START – CLASSIC TECHNIQUE

CATEGORY	Age as of Dec 31, 2009	Year Born	Distance (km) M & F	Fee
ATOMS	7 & under	2002 & later	1	\$ 5.00
PEE WEE	8 & 9	2001- 2000	1	\$ 5.00
MINI MIDGET	10 & 11	1999- 1998	2.5	\$ 5.00
MIDGET	12 & 13	1997- 1996	3.5	\$ 5.00
JUVENILE BOYS	14, 15 & 16	1995 - 1993	5.0	\$ 5.00
JUVENILE GIRLS	14 & 15	1995- 1994	5.0	\$ 5.00

OPEN WOMEN	16-29	1993- 1980	7.5	\$10.00
MASTERS WOMEN	30+	1979+	7.5	\$10.00
OPEN MEN	17-29	1992- 1980	10	\$10.00
MASTER MEN	30+	1979	10	\$10.00