



# Strathcona Nordic Ski Club

## *B.C. Winter Games Zone 6 Trial & Club Race*

**SATURDAY, DECEMBER 31<sup>ST</sup> 2011**  
**CLASSIC TECHNIQUE, INDIVIDUAL START**

**MOUNT WASHINGTON NORDIC CENTRE**



**NAME OF EVENT:** BC Winter Games Zone 6 Trial and Club Race

**DATE:** Saturday, December 31<sup>st</sup> 2011  
Individual Start, Classic Technique, 9:00 am start

**RACE LOCATION:** Mount Washington Nordic Centre, Courtenay, B.C.

**HOST CLUB:** Strathcona Nordic Ski Club

**RULES:** CCC and Rules and Regulations  
<http://www.cccski.com/Events/Rules-and-Regulations.aspx>

BC Winter Games Technical Package for Cross-country Skiing

<http://crosscountrybc.ca/main.asp?cmd=doc&ID=3108x>

**INFORMATION:**

Chief of Race:	Len Apedaile
Chief of Course:	Bob Hauser
Chief of Timing:	Doug Herchmer
Chief of Stadium:	Chris Stapff
Race Secretary:	Alison Stocks
Zone 6 Rep:	Marilyn Atkinson 250-338-9345 <a href="mailto:marilyna@shaw.ca">marilyna@shaw.ca</a>

**RACE ENTRIES:** **Online:** Access [www.zone4.ca](http://www.zone4.ca) , locate this event in the online registration section, and enter your information. Pay by credit card.

**ENTRY DEADLINE:** The entry deadline for this race is:  
**THURSDAY, December 29<sup>th</sup> 2011, midnight**  
**Late entries will not be accepted.**

**ELIGIBILITY:** **Open to skiers of all ages.**

To be eligible for the BC Winter Games:

- able-bodied skiers must be 13 (born in 1998) or 14 (born in 1997) years of age;
- Para athletes born between 1972 and 1998 (age 14-40) are eligible.
- Athletes must compete in a BC Winter Games Trials race.
- All athletes competing in the Trials must be a member in good standing with Cross Country BC.

**DRAW:** **Computer Draw** for this race will be held on Thursday, Dec 29<sup>th</sup> 2011. Zone 6 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, December 30<sup>th</sup> after 5 pm on Zone 4.

- BIB PICKUP:** **Bib pick-up** for this race will be at Mount Washington Nordic Center in the Raven Lodge between **7:30am and 8:00** am on Saturday, December 31<sup>st</sup> 2011.
- AWARDS:** **Location and time:** Mount Washington Nordic Centre, Raven Lodge, Saturday, December 31st, post race
- CONCESSION:** The Mount 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 on the lower level and two indoor waxing benches in a small wax cabin near the lodge. Electrical outlets are available in both locations.
- 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 (Mount Washington Resort)**
- Deer Lodge 1-888-969-3322 [www.deerlodgebc.com](http://www.deerlodgebc.com)
  - Alpine Accommodations 1-888-837-4663 [www.alpinechalets.com](http://www.alpinechalets.com)
  - Mount 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
  - Holiday Inn Express 1-778-225-0010
  - The Cona Hostel, toll free: 1(877) 490-CONA (2662)

## RACE SCHEDULE

**NAME OF EVENT:** BC Winter Games Zone 6 Trial and Club Race  
**DATE:** Saturday, December 31<sup>st</sup>, 2011  
**LOCATION:** Mount Washington Nordic Centre, Nordic Stadium  
**START TIME:**   AM

INTERVAL START – CLASSIC TECHNIQUE

Category	Year Born	Distance km	Fee \$
Atom Boys	2003 and later	1	5
Pee Wee Boys 1,2	2002,2001	1	5
Pee Wee Boys 3,4	2000,1999	2.5	5
Midget Boys	1998	3.5	10
Juvenile Boys *	1997, 1996	5	10
Junior Boys	1995, 1994	7.5	10
Junior Male	1993, 1992	7.5	10
Open Men **	1991 and earlier	7.5	10
Men Para Sit Ski	All ages	3.5	10
Men Para Standing	All ages	5	10
Atom Girls	2003 and later	1	5
Pee Wee Girls 1,2	2002, 2001	1	5
Pee Wee Girls 3	2000	2.5	5
Midget Girls	1999, 1998	3.5	10
Juvenile Girls	1997, 1996	5	10
Junior Girls	1995, 1994	7.5	10
Junior Females	1993, 1992	7.5	10
Open Women **	1991 and earlier	7.5	10
Women Para Sit Ski	All ages	3.5	10
Women Para Standing	All ages	5	10

- According to BCWG Rules, boys born in 1997 are classified as Juveniles.

\*\* Race results will be broken into 10-year age categories.