

TECK NORTHERN CUP SERIES TECHNICAL GUIDELINES 2019/2020

The Teck Northern Cup Series offers affordable, accessible competitive opportunities for developing athletes living in Northern BC. It includes interval start, mass start and individual sprint races held annually at different locations throughout the region.

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

Competitions are held in accordance with CCC Rules & Regulations.

1. SITE SELECTION

Sites are selected based on their ability to guarantee quality organization and appropriate courses / distances for developing athletes as well as their ability to attract the greatest number of participants.

2. SANCTIONING

Teck Northern Cup races are registered with Cross Country BC but they are not nationally or provincially 'sanctioned', which means they are not Canada Points List races and do not usually require a Technical Delegate.

3. TITLE SPONSOR

Teck, a diversified resource company based in British Columbia, is the title sponsor of the Northern Cup Series.

Teck bibs, provided by the Cross Country BC office, must be used for all Northern Cup races. The office will also provide four horizontal and four vertical Teck-branded site banners for the start and finish area, banners/headers for your race notice and ZONE4 start lists and results postings.

In addition the office will supply specific awards (medals and ribbons) as described below in section 9.

Contact the Cross Country BC's Administration and Communications Coordinator Sandie Gibson a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Sandie a minimum of ten days prior your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on:

<http://www.crosscountrybc.ca/sites/default/files/documents/Sponsors%2C%20Awards%2C%20Media%20%28SAM%29%20Pkg%202019-20.pdf>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a National Championships, and needs to be scaled down accordingly for smaller events such as the Teck Northern Cup Series.

4. RACE NOTICE:

The 'Teck' logo will be provided to race organizers for the race notice, start lists and results lists.

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition. For the ZONE4 posting a header/banner with 'Teck Northern Cup Series' on it will be provided to the race organizers by Cross Country BC.

Entries must close no later than Wednesday prior to the competition. **NO POST ENTRIES ARE ALLOWED.** Competitors should be offered the opportunity to register on ZONE4. If entries are sent via electronic mail, race organizers must notify the sender that their entries have been received.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am to allow more travel time for skiers traveling long distances home. Sprint races usually begin at 9:00 am.

The notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. In addition, please include a basic accommodation list with phone numbers.

The following must be included:

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all Teck Regional Cup races. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

CCBC Low Fluoro Glide Waxing Protocol:

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

The race notice should be planned carefully so that there are no changes after it is posted.

5. COACHES MEETINGS AND DRAW

The draw should be held no later than the Thursday night before the event. This is for the convenience of the event organizers.

Skiers should not be seeded, but grouped according to their category and their positions determined by a normal draw procedure.

Coaches Meetings are not held at Northern Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require.

6. START AND RESULT LISTS

Younger age categories (U14 and younger) **MUST** be first on the start list.

It is recommended that the race schedule begin with U8 (or U6) and work up to U14. U16 and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

Both start and results list **MUST** include the year of birth and name of home club for each athlete. Not only is this a normal standard but it is essential for determining the club aggregate award.

The 'Teck' logo must be displayed on the start lists and results lists. For the ZONE4 posting a header/banner with 'Teck Northern Cup Series' on it will be provided to the race organizers by Cross Country BC.

The official results posted on Zone4 should be presented by age categories, not year of birth.

The start list should be posted on ZONE4 no later than Friday evening before the event. It should also be available at the race site by late Friday afternoon.

7. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection several hours prior to the first event. It is important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient.

Classic tracks are not set for the Free Technique events at this level of competition. However, because this Series is a junior development program, classic tracks do need to be set on the side of the course used for the Atoms age category for all events except the sprints.

8. TIMEKEEPING

An electronic timing system is required.

Clubs may have access to the equipment needed through ownership, borrowing some from other cross country ski clubs, borrowing/renting some from other sport groups in their community and/or borrowing some from Cross Country BC/ZONE4.

To access the timing equipment available through Cross Country BC, contact Nancy Beaumont at 250.545.9600 or programs@crosscountrybc.ca.

Each race requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

ZONE4, Cross Country Canada's official race management software *must* be used in order to meet the national format guidelines and to allow entry into the national points system(s).

9. AWARDS FOR THE INDIVIDUAL EVENTS

- 5 & under - optional category; Teck participant ribbons for all
- 7 & under – Teck participant ribbons for all
- 8 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 9 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 10 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 11 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 12 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 13 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 14 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 15 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 16-17 years (U18 B/G) – recommended category, host club responsibility
- 18-19 years (U20 M/W) – recommended category, host club responsibility
- 20-22 years (U23 M/W) - optional category, host club responsibility
- 23-29 years (Senior M/W) – optional category, host club responsibility
- Masters M/W categories – optional categories, host club responsibility

NOTES:

All entries in the U8 age category (7 & under) who complete their event will receive a special Teck participant ribbon. At this age, each child should receive the same award, and clubs wishing to provide prizes in addition to these ribbons must ensure each participant in the group receives the same award.

Awards for athletes in all age categories from U18 Boys and Girls through to Masters Men and Women 60+ are the responsibility of the host club.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, year and award category.

10. RACING LICENCE

A licence is not required.

11. RACE FORMATS AND TECHNIQUE

In each zone there should be a mix of classic and free technique races. The host clubs should work this out among themselves.

It is important to achieve the participation benchmarks in the Teck sponsorship agreement with Cross Country BC, so formats that draw the most skiers are preferred – either mass starts, 15 sec interval starts, or individual sprints. If race organizers wish to use a race format that generally attracts a smaller field of competitors (team sprints or traditional relays), they require approval from Cross Country BC.

Interval start races should use 15 second interval starts.

12. AGE CATEGORIES

Age categories for skiers U8 to U16 are required, age categories for skiers U18 and U20 are strongly recommended, age categories for skiers U6 or 20 and older are optional.

CATEGORY		AGE	YEAR BORN
U6 BOYS	U6B-1, U6B-2	4, 5	2015, 2014
U8 BOYS	U8B-1, U8B-2	6, 7	2013, 2012
U10 BOYS	U10B-1, U10B-2	8, 9	2011, 2010
U12 BOYS	U12B-1, U12B-2	10, 11	2009, 2008
U14 BOYS	U14B-1, U14B-2	12, 13	2007, 2006
U16 BOYS	U16B-1, U16B-2	14, 15	2005, 2004
U18 BOYS	U18B-1, U18B-2	16, 17	2003, 2002
U20 MEN	U20M-1, U20M-2	18, 19	2001, 2000
U6 GIRLS	U6G-1, U6G-2	4, 5	2015, 2014
U8 GIRLS	U8G-1, U8G-2	6, 7	2013, 2012
U10 GIRLS	U10G-1, U10G-2	8, 9	2011, 2010
U12 GIRLS	U12G-1, U12G-2	10, 11	2009, 2008
U14 GIRLS	U14G-1, U14G-2	12, 13	2007, 2006
U16 GIRLS	U16G-1, U16G-2	14, 15	2005, 2004
U18 GIRLS	U18G-1, U18G-2	16, 17	2003, 2002
U20 WOMEN	U20W-1, U20W-2	18, 19	2001, 2000
U23 M/W		20, 21, 22	1999 – 1997
SENIOR M/W		23 – 29	1996 - 1990
MASTERS M/W		30 - 39	1989 - 1980
MASTERS M/W		40 - 49	1979 – 1970
MASTERS M/W		50 – 59	1969 - 1960
MASTERS M/W		60 & older	1959 +

In most races the Organizing Committee should treat U23 and Senior skiers (1990 to 1999 inclusive) as Open Men or Open Women.

13. RACE DISTANCES

The distances below reflect CCC's LTAD-aligned Competitor Model for **regional level**, developing athletes. A developing athlete includes all age categories U20 M/W and younger. The core notion of the LTAD concept is that we do not treat younger and growing athletes as mini-adults but rather that we recognize the very specific needs of growing skiers from infancy to adulthood, needs that are also gender specific.

The early season races (January) should be at the shorter end of the range provided below. Longer distances should be used towards the end of the season (March). February races should be somewhere in between, and not the max distance for a given age category.

The following distances are guidelines only. Factors to consider also include what is available, course difficulty, temperature, whether or not the event is being used as a trial race, etc.

Interval & Mass Starts – Males

U6:	4 – 5	0.3 km
U8:	6 – 7	0.5 km to 1.0 km

U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
U14:	12 - 13	3.0 km to 5.0 km
U16:	14 - 15	5.0 km to 7.5 km
U18:	16 – 17	5.0 km to 10 km
U20 :	18 – 19	7.5 km to 15 km
U23 M:	20 - 22	7.5 km to 15 km
Senior M:	23 – 29	7.5 km to 15 km
Masters M:	30 – 60+	7.5 km to 15 km

Interval & Mass Starts - Females

U6:	4 – 5	0.3 km
U8:	6 – 7	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
U14:	12 - 13	3.0 km to 5.0 km
U16:	14 - 15	5.0 km to 7.5 km
U18:	16 – 17	5.0 km to 7.5 km
U20:	18 – 19	5.0 km to 10 km
U23 W:	20 - 22	5.0 km to 10 km
Senior W:	23 – 29	5.0 km to 10 km
Masters W:	30 – 60+	5.0 km to 10 km

Sprints - Males

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
U14:	12 - 13	300-400 meters
U16:	14 - 15	400-800 meters
U18:	16 – 17	600-1000 meters
U20:	18 – 19	600-1000 meters
U23 M:	20 – 23	600-1000 meters
Senior M:	23 - 29	600-1000 meters
Masters M:	30 – 60+	600-1000 meters

Sprints - Females

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
U14:	12 - 13	300-400 meters
U16:	14 - 15	400-800 meters
U18:	16 – 17	600-800 meters
U20:	18 – 19	600-800 meters
U23 W:	20 – 22	600-800 meters
Senior W:	23 - 29	600-800 meters
Masters W:	30 – 60+	600-800 meters

14. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible and, if the ski area does not belong to the club, to arrange for free or low cost trail access for athletes, coaches and parents.

15. CLUB AGGREGATE AWARD

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

Points for the Club Aggregate will be awarded in each class as follows:

- For Interval or Mass Start races, points are earned for results / participation in an age category (not year of birth):
 - 1st place = 7 points
 - 2nd place = 6 points
 - 3rd place = 5 points
 - 4th place = 4 points
 - 5th place = 3 points
 - Participation (successful completion of the designated competition course) = 2 points
- If there are less than five competitors in a category, the points will still begin at 7 points for 1st place, 6 points for 2nd place, etc.
- Points are calculated for individuals representing CCBC Northern Zone clubs only. If out-of-zone individuals finish in the top five positions, skip to the next individual from the coast.
- For Team Sprints, the following points are earned for results in an age category by official teams
 - Points for 1st place = 11 points
 - 2nd place = 9 points
 - 3rd place = 7 points
 - 4th place = 6 points
 - 5th place = 5 points
 - Participation (successful completion of the designated competition course by unofficial teams and the remaining official teams) = 4 points
- For 3-leg Traditional Relays, the following points are earned for results in an age category by official teams
 - Points for 1st place = 15 points
 - 2nd place = 13 points
 - 3rd place = 11 points
 - 4th place = 9 points
 - 5th place = 7 points
 - Participation (successful completion of the designated competition course by unofficial teams and the remaining official teams) = 6 points

Cross Country BC will post the aggregate points earned by participating clubs as they accumulate throughout the season. To view the Club Aggregate Points for the Teck Northern Cup Series visit the Cross Country BC website at: <http://crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

The winner of the Club Aggregate Award will be the club with the most points.

The Club Aggregate Award will be presented immediately after the final race of the season has been completed.

The Club Aggregate Award is the responsibility of Cross County BC.