



**Bulkley Valley Cross Country Ski Club
is hosting the**



Race Notice

**Teck Northern Cup #1
&
2020 BC Winter Games Zone7 Trials**
(Birth Years 2005 and 2006)

**Saturday, December 28, 2019
Interval Start, Classic Technique**





- Race Format:** Classic Technique, Interval Start
- Date/Time:** Saturday, December 28, 2019, 11:00 am
- Race Location:** Bulkley Valley Nordic Centre (Hudson Bay Mountain Rd.)
- Directions and map:** <http://www.bvnordic.ca/trails-and-facilities/maps/>
- Host Club:** Bulkley Valley Cross Country Ski Club: <http://www.bvnordic.ca/>
- Title Sponsor:** Teck Resources Limited
- Information:** Chief of Competition: Jennifer Plummer (250) 847-0314
Chief of Results and Timing: Mark Gillis (250) 847-0931
- Rules:** CCC Rules and Regulations. Also refer to the Teck Northern Cup Series Technical Guidelines for additional details:
<http://www.crosscountrybc.ca/technical-guidelines>
- BC Winter Games:** All competitors aged 13 or 14 are eligible to compete to attend the BC Winter Games. In order to be eligible, you must race in your Zone trial race, in your age category for the specified maximum distance of 3.5 km for YOB 2006 and 5.0 km for YOB 2005. Each zone is eligible to send 4 female and 4 male competitors. The first two finishers in each of the 4 categories (2006 Boys, 2006 Girls, 2005 Boys, 2005 Girls) automatically qualify. New this year, there are 8 additional positions provincially for competitors who self identify as having indigenous ancestry. If athletes decline their position it will be offered to the next athlete in the same category.
Zone 7 Representative: Patrick Williston (250) 877-7702, inkyblue@telus.net
- Race Entries:** By ZONE4: Access www.zone4.ca and locate this event in the online registration section to enter your information and pay by credit card. Any questions please contact: race@bvnordic.ca
- Licenses:** Licenses are not required for this event
- Entry Deadlines:** Closing deadline for online registration is:
Thursday, December 26, 11:59 PM, 2019.
NO LATE ENTRIES WILL BE ACCEPTED
- Draw:** Start lists will be posted online at <http://www.bvnordic.ca/events/teck-northerncup> the Friday prior to the race and posted at the lodge on race morning.
- Bib Pick-Up:** Race day, 9:45 a.m. to 10:30 a.m., at the ski lodge.
- Awards:** Award presentations will take place immediately following the race. Awards for athletes 15 years and younger will be provided by Teck Resources Ltd. Ribbons and medals will be given to participants aged 15 and younger, as follows: 1st, 2nd, 3rd place medals for age categories 8,9,10,11,12,13,14,15 - both male and female will be awarded. Ribbons for 4th and 5th place skiers will be provided for

the above age categories, as will participant ribbons for all children 7 years of age and younger. Awards for older athletes will be provided by BV Nordic.

Concession: Soup, bun and a drink will be provided to all racers and volunteers. Spectators may purchase food.

Waxing: The Gary Murdoch Memorial Waxing Hut will be available for waxing. The CCBC Glide Waxing Protocol will apply to all categories: Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended glide waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

Accommodation: For accommodations as well as other activities in Smithers please visit: <http://www.tourismsmithers.com/>

Trail pass: Registered racers can use trails for the day of the race. Spectators do not require a trail pass to watch the race. Family and coaches of racers from out of the Smithers-Telkwa area can request complimentary trail passes for the day of the race.

Cancellation: There will be no refund for participants who choose to not start their race. If race organizers cancel the race(s) due to unsafe weather conditions. A full refund will be made to participants except for any online processing fees. Races will be cancelled or postponed if temperature or weather conditions are unsuitable at start time.

With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. For U10 and younger, with air temperatures below -15C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.

Race Routes: Route maps will be posted at the lodge prior to the race and on the BV Nordic website.

RACE CATEGORIES & DISTANCES

Categories are based on the racer's age on December 31, 2019
Awards will be based on the categories below.
Results will be grouped by category and will identify year-of birth.

*All competitors aged 13 or 14 are eligible to compete to attend the BC Winter Games.
In order to be eligible, you must race in your age category.

CATEGORIES	Age	Year of Birth	Distance	Fee per Race
U8 Boys	5,6,7	2012, 2013, 2014	.77 km	\$10
U8 Girls	5,6,7	2012, 2013, 2014	.77 km	\$10
U10 Boys	8,9	2010, 2011	1.5 km	\$10
U10 Girls	8,9	2010, 2011	1.5 km	\$10
U12 Boys	10, 11	2008, 2009	2.5 km	\$15
U12 Girls	10, 11	2008, 2009	2.5 km	\$15
U14 Boys	12,13	2006, 2007	3.5 km	\$15
U14 Girls	12,13	2006, 2007	3.5 km	\$15
U16 Boys	14,15	2004, 2005	5.0 km	\$15
U16 Girls	14, 15	2004, 2005	5.0 km	\$15
U18 Boys	16,17	2002, 2003	7.5 km	\$20
U18 Girls	16, 17	2002, 2003	7.5 km	\$20
U20 Boys	18, 19	2000, 2001	7.5 km	\$20
U20 Girls	18, 19	2000, 2001	7.5 km	\$20
Open Men	20 - 29	1990 - 1999	7.5 km	\$20
Open Women	20 - 29	1990 - 1999	7.5 km	\$20
Masters Men	30 - 39	1980 - 1989	7.5 km	\$20
Masters Men	40 - 49	1970 - 1979	7.5 km	\$20
Masters Men	50 - 59	1960 - 1969	7.5 km	\$20
Masters Men	60 +	1959 and Earlier	7.5 km	\$20
Masters Women	30 - 39	1980 - 1989	7.5 km	\$20
Masters Women	40 - 49	1970 - 1979	7.5 km	\$20
Masters Women	50 - 59	1960 - 1969	7.5 km	\$20
Masters Women	60 +	1959 and Earlier	7.5 km	\$20
Paranordic Standing	OPEN	OPEN	7.5 km	\$20

