



**Omineca Ski Club
is hosting the**

Northern Cup



Cross Country BC

Teck

Race Notice

**Teck Northern Cup #3
and
Omineca Open**

**Sunday January 26, 2020
Mass Start, Free Technique**

Race Format: Free Technique, Mass Start by category

Date/Time: Sunday, January 26, 2020, 11:00 am

Race Location: Omineca Ski Club, Burns Lake,
Hwy 35, 6 km south of Burns Lake (towards François Lake Ferry)

Directions and map: <http://www.ominecaskiclub.ca/>

Host Club: Omineca Ski Club

Title Sponsor: Teck Resources Limited

- Information:** Chief of Competition: Agathe Bernard (250) 698-7737
 Competition Secretary: Julie Sheppard (778) 995-4937
 Email: info@ominecaskiclub.ca
 Website: <http://www.ominecaskiclub.ca/>
- Rules:** CCC Rules and Regulations. Also refer to the Teck Northern Cup Series Technical Guidelines for additional details:
<http://www.crosscountrybc.ca/technical-guidelines>
- 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: info@ominecaskiclub.ca
- Licenses:** Licenses are not required for this event
- Entry Deadlines:** Closing deadline for online registration is:
Thursday, January 23, 11:59 PM, 2020.
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 10:45 a.m., at the Jean Paulson Lodge.
- Awards:** Award presentations will take place as soon as possible following the races.
- There will be two award presentations: the first one for participants aged 3, 4 and 5 (U6) will take place immediately following the U6 race. For all other participants, the award presentation is tentatively scheduled for 1:30.

CATEGORY (Age as of December 31, 2019)	AWARDS
U6	Teck participant ribbons and a small prize
U8	Teck participant ribbons
U10 to U16	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th place finishers
U18 to U23	Chocolate for top 3 finishers
Open	Chocolate for top 3 finishers, by age category (20-29, 30-39, 40-49, 50-59, 60-69, 70+)
Tour de Omineca Open	Chocolate for top 3 finishers, by age category (20-29, 30-39, 40-49, 50-59, 60-69, 70+)

- Concession:** Soup, bun and a drink will be provided to all racers and volunteers. Spectators may purchase food.
- Waxing:** The Omineca Ski Club Waxing Cabin 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: Accommodations are available in the Village of Burns Lake.

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 Burns Lake 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 Omineca Ski Club 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.

CATEGORIES	Age	Year of Birth	Distance	Fee per Race
U6 Boys	3, 4,5	2014, 2015, 2016	500 m	\$15
U6 Girls	3, 4,5	2014, 2015, 2016	500 m	\$15
U8 Boys	5,6,7	2012, 2013	500 m	\$15
U8 Girls	5,6,7	2012, 2013	500 m	\$15
U10 Boys	8,9	2010, 2011	1 km	\$15
U10 Girls	8,9	2010, 2011	1 km	\$15
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	5.0 km	\$15
U14 Girls	12,13	2006, 2007	5.0 km	\$15
U16 Boys	14,15	2004, 2005	7.5 km	\$15
U16 Girls	14, 15	2004, 2005	7.5 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 +	1999 and earlier	7.5 km	\$20
Open Women	20 +	1999 and earlier	7.5 km	\$20
Tour de Omineca Men	OPEN	OPEN	22.5 km	\$20
Tour de Omineca Women	OPEN	OPEN	22.5 km	\$20