



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

**Northern Cup**



**Teck**

**Race Notice**

**Teck Northern Cup #2  
&  
2022 BC Winter Games Zone7 Trials**  
(Birth Years 2008 and 2007)

**Sunday, January 2, 2022  
Interval Start, Classic Technique**



**Race Format:** Classic Technique, Interval Start

**Date/Time:** Sunday, January 2, 2022, 11:00 am

**Race Location:** Bulkley Valley Nordic Centre (Hudson Bay Mountain Rd.)

**Directions and map:** <https://bvnordic.ca/trails-and-facilities/directions>  
<http://www.bvnordic.ca/trails-and-facilities/maps/>  
<https://bvnordic.ca/events-activities/races/teck-northern-cup2>

**Host Club:** Bulkley Valley Cross Country Ski Club: <http://www.bvnordic.ca/>

**Title Sponsor:** Teck Resources Limited

**Information:**

Chief of Competition:	Robbie Dunbar (250) 847-5510 Jen Plummer (250) 847-0314 race@bvnordic.ca
Race Secretary:	Dean Allen Laura Hols-Wimbush
Chief of Results:	Mark Gillis
Chief of Course:	Patrick Williston
Chief of Timing:	Liza Hart
Chief of Stadium:	Robb Nisbet

**Rules:** Nordiq Canada Rules and Regulations

**Technical Guidelines** 2022 BCWG Technical Guidelines and 2021/22 Teck Northern Cup Series. Technical Guidelines are found on Cross Country BC's [Website](#).

**BC Winter Games:** Athletes born in 2007 or 2008 will be notified and given the option of attending the BC Winter Games if they qualify. Note all athletes, coaches, officials and spectators attending BC Winter Games will be required to be fully vaccinated with a Health Canada approved COVID-19 vaccine.

***Indigenous Participation Program***  
Cross Country BC in partnership with the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) and the BC Games Society will be offering an Indigenous participation initiative for the Vernon 2022 BC Winter Games. Up to eight athletes, two coaches and two officials with Indigenous ancestry will be eligible to attend the Games. These spots are in addition to the number of athletes and coaches that are already permitted to attend the Games.

**Zone 7 Representative:** Helene Fleury (778) 210-2014, [fleuryhma@gmail.com](mailto:fleuryhma@gmail.com)

**Race Entries:** By ZONE4: Access <https://zone4.ca/reg.asp?id=27790> to enter your information and pay by credit card. Any questions please contact: [race@bvnordic.ca](mailto:race@bvnordic.ca)

- Race Registration** Registration is only through Zone 4 **Online Registration only**  
<https://zone4.ca/reg.asp?id=27790> (Click on or cut and paste link into browser as required.)
- Credit card payment is required. E-mail confirmation after registration will be sent if registered correctly.
- Licenses:** Licenses are not required for this event
- Entry Deadlines:** Closing deadline for online registration is:  
**Wednesday, December 29, 11:59 PM, 2021**  
**NO LATE ENTRIES WILL BE ACCEPTED**
- COVID Safety Plan** The current race event COVID Safety Plan can be found at <https://bvnordic.ca/events-activities/races/teck-northern-cup2> It is essential that all race participants read the plan carefully and fully understand it ("participants" = all racers, officials, coaches and support staff including wax techs, drivers, spectators, etc.).
- Current Northern Health Order requires that all spectators 12 and up must show proof of vaccination to enter the event area.**
- All racers 22 and older will require proof of vaccination.**
- Please be aware that Public Health Orders may change and participant requirements may need to be altered. Please consult the event website regularly for updated notices and changes.
- Draw:** Start lists will be posted at the Race Office on race morning.
- Bib Pick-Up:** Race day, 9:45 a.m. to 10:30 a.m., at the Gary Murdoch Wax Hut.
- 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: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals for age categories 8,9,10,11,12,13,14,15 - both male and female will be awarded. Ribbons for 4<sup>th</sup> and 5<sup>th</sup> 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:** Bagged lunch will be provided to all racers and volunteers. There will be no concession for spectators.

**Waxing:** Due to **COVID policy**, the Gary Murdoch Memorial Waxing Hut will **not** be available for waxing on the day of the race.

Outdoor electric plug ins will be available for hot irons.

**CCBC Protocol Regarding the Use of Fluorinated Waxes**

*Cross Country BC has adopted a No Fluoro policy for all age categories at all Teck Regional Cup races, please see*

**[CCBC No-fluoro Glide Waxing Protocol](#)**

**Non-fluoro waxing protocol applies to all ages:**

- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted
- Fluorinated grip waxes ARE permitted

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

**Trail pass:** Registered racers and coaches will be provided a trail pass for the day of the race at the race bib handout location. Spectators do not require a trail pass to watch the race. If you are not a racer or a coach you will require a day pass to use the trails on 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 athletes under 12 years of age, 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 at <https://bvnordic.ca/events-activities/races/teck-northern-cup2>

### **RACE CATEGORIES & DISTANCES**

Categories are based on the racer's age on December 31, 2021

Awards will be based on the categories below.

Results will be grouped by category and will identify year-of birth.

In order to be eligible for BC Winter Games, you must race in your age category.

Category	Age	Year Born	Distance	Fee*
U8 Boys	5, 6, 7	2016, 2015, 2014	0.77	15.00
U10 Boys	8, 9	2013, 2012	1.5	15.00
U12 Boys	10, 11	2011, 2010	2.5	20.00
U14 Boys	12, 13	2009, 2008	3.5	20.00
U16 Boys	14, 15	2007, 2006	5.0	20.00
U18 Boys	16, 17	2005, 2004	7.5	20.00
U20 Men	18, 19	2003, 2002	7.5	20.00
Open Men	20 - 29	2001-1992	7.5	25.00
Masters Men	30 and over	1991 & earlier	7.5	25.00
Para-Stand Men	Open	Open	7.5	25.00
U8 Girls	5, 6, 7	2016, 2015, 2014	0.77	15.00
U10 Girls	8, 9	2013, 2012	1.5	15.00
U12 Girls	10, 11	2011, 2010	2.5	20.00
U14 Girls	12, 13	2009, 2008	3.5	20.00
U16 Girls	14, 15	2007, 2006	5.0	20.00
U18 Girls	16, 17	2005, 2004	7.5	20.00
U20 Women	18, 19	2003, 2002	7.5	20.00
Open Women	20 - 29	2001-1992	7.5	25.00
Masters Women	30 and over	1991 & earlier	7.5	25.00
Para-Stand Women	Open	Open	7.5	25.00