

Northern Cup



Cross Country BC

Teck



**Omineca Ski Club
is hosting the**

Race Notice

Teck Northern Cup #4

**Sunday January 29, 2023
Mass Start, Classic Technique**

Race Format: Classic Technique, Mass Start by category

Date/Time: Sunday, January 29, 2023, 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://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/>

Host Club: Omineca Ski Club - <http://ominecaskiclub.ca/>

Title Sponsor: Teck Resources Limited

Information: Chief of Competition: Agathe Bernard (250) 251-4305
Competition Secretary: Nellie Davis
Email: info@ominecaskiclub.ca
Website: <http://www.ominecaskiclub.ca/>

Rules: Nordiq Canada Rules and Regulations.
Also refer to the Teck Northern Cup Series Technical Guidelines for additional details: [2022-23 Teck RC TG - Northern BC_0.pdf \(crosscountrybc.ca\)](#)

Race Entries: **Online registration only though 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 26, 11:59 PM, 2022.
NO LATE ENTRIES WILL BE ACCEPTED

Draw: Start lists will be posted online under <http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/> the Saturday 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 front of the Jean Paulson Lodge.

Awards: Award presentations will take place as soon as possible following the races.

Awards for athletes 15 years and younger will be provided by Teck Resources Ltd.

Awards for older athletes will be provided by Omineca Ski Club.

CATEGORY (Age as of December 31, 2021)	AWARDS
5-7	Teck participant ribbons
8 to 15	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th place finishers
16 to 19	Chocolate for top 5 finishers
20 to 22	Chocolate for top 5 finishers
23 to 29	Chocolate for top 5 finishers
Masters	Chocolate for top 5 finishers

Concession: There will be no concession. However, a bag lunch (sandwich, vegetables, energy ball/granola bars, fresh fruit) will be provided to all racers and volunteers. Racers must pre-order lunch through Zone 4.

Waxing: The Omineca Ski Club Waxing Cabin will be available for waxing.

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. For more information, see:

<https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Fluoro%20Policy%202021%20final.pdf>

Non-fluoro waxing protocol applies to all ages:

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

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 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 under <http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/>

RACE CATEGORIES & DISTANCES

Categories are based on the racer's age on December 31, 2022

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
U8 Boys	5,6,7	2017, 2016, 2015	800 m	\$20
U8 Girls	5,6,7	2017, 2016, 2015	800 m	\$20
U10 Boys	8,9	2014, 2013	1.5 km	\$20
U10 Girls	8,9	2014, 2013	1.5 km	\$20
U12 Boys	10, 11	2012, 2011	2.5 km	\$20
U12 Girls	10, 11	2012, 2011	2.5 km	\$20
U14 Boys	12,13	2010, 2009	4.0 km	\$20
U14 Girls	12,13	2010, 2009	4.0 km	\$20
U16 Boys	14,15	2008, 2007	6.5 km	\$20
U16 Girls	14, 15	2008, 2007	6.5 km	\$20
U18 Boys	16,17	2006, 2005	6.5 km	\$20
U18 Girls	16, 17	2006, 2005	6.5 km	\$20
U20 Boys	18, 19	2004, 2003	10.0 km	\$20
U20 Girls	18, 19	2004, 2003	10.0 km	\$20
Open Men	20 - 29	2002 - 1993	10.0 km	\$20
Open Women	20 - 29	2002 - 1993	10.0 km	\$20
Masters Men	30 +	1992 and earlier	10.0 km	\$20
Masters Women	30 +	1992 and earlier	10.0 km	\$20