

Northern Cup



Teck

Race Notice

Teck Northern Cup #3 Saturday, January 28th 2023



- Race Format:** Classic Technique, Individual Start
- Date/Time:** Saturday, January 28th, 2023 11 am
- Race Location:** 99 Mile Ski Trails, Ainsworth Road, 100 Mile House
- Directions and map:** <https://www.100milenordics.com/directions/>
- Host Club:** 100 Mile Nordic Ski Society: www.100milenordics.com
- Title Sponsor:** Teck Resources Ltd.
- Information:** Chief of Competition: Gary Carlson 250-395-2063/250-644-0105
Chief of Course: Mike Matfin and Olaf Strumper
Competition Secretary: Kristi Iverson 250-644-1585
Chief of Results and Timing: Ken MacKenzie 250-644-7403
- 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 registration section to enter your information and pay by credit card. Any questions please contact: iversonkristi@gmail.com

- Licenses:** Licenses are not required for this event.
- Entry Deadline:** Closing deadline for online registration is:
Wednesday January 25th 11:59 pm 2023
NO LATE ENTRIES WILL BE ACCEPTED
- Draw:** Start lists will be posted online at:
<http://www.100milenordics.com/teck-northerncup> the Friday prior to the race and posted outside the lodge on race morning.
- Bib Pick-up:** Race day: 9 am to 10:30 am outside the ski lodge
- Awards:** 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 100 Mile Nordics.
- Waxing:** Plugins are available along the fence by the lodge for waxing gear. Bring your own tent.
Cross Country BC has adopted a No Fluoro policy for all age categories at all Teck Regional Cup races, please see [CCBC Non-fluoro Waxing Protocol](#).
- Courses:** Course maps will be posted online as soon as the courses have been finalized. Check the 100 Mile Nordics website www.100milenordics.com for the link to the maps.
- Concession:** A hot drink and snack will be provided to participants at the finish line. Otherwise, participants should bring their own drinks, snacks, and lunch.

A food concession is available on-site at the day lodge. The lodge has limited capacity. Take-away food options are limited to snacks. No outside food is allowed in the lodge.
- Accommodation:** For accommodations in the area, please visit [here](#). Special rates are offered by Days Inn (778-482-5255). 100 Mile House is only 5 minutes from the trails.
- 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 100 Mile House 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 the 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 -15°C (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 outside the lodge prior to the race and on the 100 Mile Nordics website.

Race Schedule: Teck Northern Cup #3 **INTERVAL START – CLASSIC TECHNIQUE**

Date: Saturday, January 28th, 2023

Start time: 11 am

Location: 99 Mile Ski Trails, 500 Ainsworth Road, 100 Mile House, BC

Category	Age on Dec 31, 2022	Year Born	Approximate Distance	Fee *
U6 male & female	5	2017	0.3 km	\$5
U8 male & female	6, 7	2016, 2015	1.0 km	\$15
U10 male & female	8, 9	2014, 2013	1.5 km	\$15
U12 male & female	10, 11	2012, 2011	2.5 km	\$15
U14 male & female	12, 13	2010, 2009	3.5 km	\$15
U16 male & female	14, 15	2008, 2007	5 km	\$15
U18 male & female	16, 17	2006, 2005	7.5 km	\$15
U20 male & female	18, 19	2004, 2003	7.5 km	\$15
U23 male & female	20, 21, 22	2002, 2001, 2000	7.5 km	\$15

*Fee includes a trail pass; Zone4 processing fee is separate