

# Northern Cup



# Teck



**Omineca Ski Club  
is hosting the**

**Race Notice**

**Teck Northern Cup #5**

**Saturday, February 3, 2024  
Mass Start, Free Technique**

**Race Format:** Free Technique, Mass Start by category

**Date/Time:** Saturday, February 3, 2024, 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](mailto: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: <https://www.crosscountrybc.ca/sites/default/files/documents/2023-24%20Teck%20RC%20TG%20-%20Northern%20BC%20v2.pdf>

**Race Registration:** **Online registration only though**  
**ZONE4:** <https://zone4.ca/register.asp?id=34611>  
Any questions please contact: [info@ominecaskiclub.ca](mailto:info@ominecaskiclub.ca)

**Licenses:** \*New for 2023-2024 - ALL participants must purchase a \$3.00 Nordiq Canada Event Licence. The event licence fee will be automatically added to all race registrations on Zone 4 and the revenues sent directly to Nordiq Canada.

**Entry Deadlines:** Closing deadline for online registration is:  
**Wednesday, January 31, 2024, 11:59 PM.**  
**NO LATE ENTRIES WILL BE ACCEPTED**

**Draw:** Start lists will be posted online under <http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/> 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 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.

<b>CATEGORY (Age as of December 31, 2023)</b>	<b>AWARDS</b>
5-7	Teck participant ribbons
8 to 15	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> 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

**Food and Drink:** Lunch (chili and bun) will be provided to all racers, coaches, and volunteers. Additional meals are available 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.

Cross country BC has adopted a no-fluoro policy for all ages categories at all Teck BC Cup races, please see [CCBC Rule Regarding the Use of Fluorinated Waxes](#).

**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, 2023**

Awards will be based on the categories below.

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

<b>CATEGORIES</b>	<b>Age</b>	<b>Year of Birth</b>	<b>Distance</b>	<b>Fee per Race</b>
<b>U8 Boys</b>	5,6,7	2018, 2017, 2016	800 m	\$20
<b>U8 Girls</b>	5,6,7	2018, 2017, 2016	800 m	\$20
<b>U10 Boys</b>	8,9	2015, 2014	1.5 km	\$20
<b>U10 Girls</b>	8,9	2015, 2014	1.5 km	\$20
<b>U12 Boys</b>	10, 11	2013, 2012	2.5 km	\$20
<b>U12 Girls</b>	10, 11	2013, 2012	2.5 km	\$20
<b>U14 Boys</b>	12,13	2011, 2010	4.0 km	\$20
<b>U14 Girls</b>	12,13	2011, 2010	4.0 km	\$20
<b>U16 Boys</b>	14,15	2009, 2008	6.5 km	\$20
<b>U16 Girls</b>	14, 15	2009, 2008	6.5 km	\$20
<b>U18 Boys</b>	16,17	2007, 2006	6.5 km	\$20
<b>U18 Girls</b>	16, 17	2007, 2006	6.5 km	\$20
<b>U20 Boys</b>	18, 19	2005, 2004	10.0 km	\$20
<b>U20 Girls</b>	18, 19	2005, 2004	10.0 km	\$20
<b>Open Men</b>	20 - 29	2003 – 1994	10.0 km	\$20
<b>Open Women</b>	20 - 29	2003 – 1994	10.0 km	\$20
<b>Masters Men</b>	30 +	1993 and earlier	10.0 km	\$20
<b>Masters Women</b>	30 +	1993 and earlier	10.0 km	\$20