

# Northern Cup



Cross Country BC

# Teck



## RACE NOTICE

### 2020 TECK NORTHERN CUP #5

#### Nechako Nordics

**DATE:** Saturday, February 29, 2020

**START TIME:** 11:00 a.m.

**LOCATION:** Nechako Valley Sporting Association Trails, Vanderhoof, B.C.

**HOST CLUB:** Nechako Nordics Cross Country Ski Club

**RULES:** CCC rules and regulations

**HOST CLUB INFORMATION:**

Chief of Competition: Wanda Nemethy (250) 567-5324 [wnemethy@sd91.bc.ca](mailto:wnemethy@sd91.bc.ca)

Competition Secretary: Richard D. Burkholder (250) 567-9000 [bur9000@telus.net](mailto:bur9000@telus.net)

Chief of Timing: Sonya Zurevinski

Chief of Stadium/Course: David Zurevinski and Jason McCleary

**ELIGIBILITY:** Skiers must be a member in good standing of a CCC/CCBC club.

**This race is designed to appeal to racers of all levels**, from children and their parents just starting out to advanced racers.


**LICENCES:** No race license is required

**RACE REGISTRATION:** Registration and fee payment is ON-LINE only at: [Zone4 Registration](#)  
Credit card payment is required. **Check the Zone4 confirmation list for this event**  
**(available from the online registration section of Zone4) to be sure that you have**  
**registered correctly!**

**DEADLINE:** Entries must be received by Wednesday, **February 26, 2020** at 11:59 p.m.  
**NO LATE ENTRIES WILL BE ACCEPTED**

**DRAW:** Thursday, February 27, 2020, posted at [www.zone4.ca](http://www.zone4.ca)

**START LISTS:** Start lists will be posted on Zone4 and be available Saturday morning after 8:30 a.m. at the bib pickup.

**BIB PICKUP:** Bib pickup for the race will be at the Nechako Valley Sporting Association Clubhouse 6 km West of Vanderhoof (turn North on Redmond Pit Road and follow the ) signs) between 9:00 a.m. and 10:15 a.m. on Saturday, February 29, 2020.

**Bibs must be picked up by 10:15 a.m.**

**AWARDS:** An awards ceremony will be held on site following the race. In addition to the medals there will be **lots** of draw prizes to give away!

**INDIVIDUAL AWARDS:**

<u>Category</u>	<u>Age</u>	<u>Awards</u>
U8	7 & under	Teck participant ribbons for all
U10 (first year)	8 years	Teck medals for top 3 finishers; Teck participant ribbons for all others
U10 (second year)	9 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U12 (first year)	10 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U12 (second year)	11 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U14 (first year)	12 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U14 (second year)	13 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U16 (first year)	14 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U16 (second year)	15 years	Teck medals for top 3 finishers; Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U18 Boys	16-17 years	Cookie medals for top 3 finishers
U18 Girls	16-17 years	Cookie medals for top 3 finishers
U20 Men	18-19 years	Cookie medals for top 3 finishers
U20 Women	18-19 years	Cookie medals for top 3 finishers
U23 Men	20-22 years	Cookie medals for top 3 finishers
U23 Women	20-22 years	Cookie medals for top 3 finishers
Senior Men	22-29 years	Cookie medals for top 3 finishers
Senior Women	22-29 years	Cookie medals for top 3 finishers
Masters Men 30-49	30-49 years	Cookie medals for top 3 finishers
Masters Women 30-49	30-49 years	Cookie medals for top 3 finishers
Masters Men 50+	50+ Years	Cookie medals for top 3 finishers
Masters Women 50+	50+ Years	Cookie medals for top 3 finishers

**TEAM AGGREGATE AWARDS:**

Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs as they accumulate throughout the season. The winner of the Club Aggregate Award will be the club with the most points. **As this is the 5<sup>th</sup> and last race in the TECK Northern Cup the Club Aggregate Award will be presented immediately after the race has been completed!**

Details	Points
No. of participants in an interval start race	1 point per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1 <sup>st</sup> place, 6 points for 2 <sup>nd</sup> place, etc.	

**FACILITIES:** A clubhouse with washrooms is located adjacent to the Nechako Valley Sporting Association trails.

**PARKING:** There is limited parking adjacent to the Nechako Valley Sporting Association clubhouse. Over flow parking is available along Quail Drive (the access road to the Nechako Valley Sporting Association trails).

**WAXING:** Participants should come to the race with skis already waxed as there are limited power outlets available for waxing.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all Teck Regional Cup races. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

CCBC Low Fluoro Glide Waxing Protocol:

- Structure tools ARE permitted.
- 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 liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

**WARM UP/WAX TESTING:** A warm up area will be available in the vicinity of the race start.

**COURSES:** Course maps for all the race categories will be posted outside the clubhouse on race day.

**CONCESSION:** All racers will be provided with a **free hot lunch**. For supporters/spectators a food concession will be available at the clubhouse.

**ACCOMMODATION AND DINING:** For accommodation and dining opportunities in the Vanderhoof area please Google:

- Accommodation
- Dining

**CANCELLATION:** There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race.  
If the organizers are required to cancel the race due to weather or other unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees.

## RACE SCHEDULE

### INTERVAL START – FREE TECHNIQUE

**Date: Saturday, February 29, 2020: Teck Northern Cup #1**

Location: Nechako Valley Sporting Association Trails, Vanderhoof, B.C.

Start Time: 11:00 a.m.

Category	Sub Category	Age (on Dec. 31, 2019)	Year Born	Distance	Registration Fee
U8 Boys and Girls	U8B1, U8B2, U8B3, U8G1, U8G2, U8G3	5, 6, 7	2014, 2013, 2012	0.75 km	\$15.00
U10 Boys and Girls	U10B1, U10B2, U10G1, U10G2	8, 9	2011, 2010	1.5 km	\$20.00
U12 Boys and Girls	U12B1, U12B2, U12G1, U12G2	10, 11	2009, 2008	2.5 km	\$20.00
U14 Boys and Girls	U14B1, U14B2, U14G1, U14G2	12,13	2007, 2006	3.3 km	\$20.00
U16 Boys and Girls	U16B1, U16B2, U16G1, U16G2	14, 15	2005, 2004	2 x 3.3 km = 6.6 km	\$20.00
U18 Boys	U18B1, U18B2	16, 17	2003, 2002	2 x 5 km = 10 km	\$20.00
U18 Girls	U18G1, U18G2	16, 17	2003, 2002	2 x 3.3 km = 6.6 km	\$20.00
U20 Men and Women	U201, U20M2, U20W1, U20W2	18, 19	2001, 2000	2 x 5 km = 10 km	\$25.00
Senior Men and Women	SM, SW	20-29	1990-1999	2 x 5 km = 10 km	\$25.00
Masters Men and Women	30-49 M, 30-49 W	30-49	1989-1970	2 x 5 km = 10 km	\$25.00
Masters Men and Women	50+	50+	1969 and older	2 x 5 km = 10 km	\$25.00

## SUPPORTERS

**Teck**



*Bakkerij  
Lobelle*

**MNP**

## PARTNERS

