

TECK BC CUP SERIES TECHNICAL GUIDELINES 2023

The Teck BC Cup Series is the premier race series in British Columbia. It includes (2) interval start races; (2) mass start races; (2) individual sprint and (1) relay held annually at three different locations throughout the province. The Teck BC Championships is the final event in the Series.

1. SITE SELECTION

Policy:

“With the objective of long-term provincial development and inclusivity of athletes from all regions of BC, a central corridor from Kelowna to Prince George is used when possible.”

Objectives:

Objective #1: To meet the needs of our high performance system by ensuring athletes can access all three BC Cup Series events within one day of travel.

Objective #2: To fulfill Cross Country BC’s mandate to provide access to aspiring athletes living in any region of the province.

2. SANCTIONING

All Teck BC Cup Series events are registered provincially and no further steps are required.

The interval start, mass start, and individual sprint races for age categories U14 and older are also nationally (Nordic Canada) sanctioned Tier 2 competitions, which means they are included on the Canada Points Lists. In order to complete the national sanctioning process for an event the race organizers need to fill in this form:

<https://zone4.ca/register.asp?id=24345&lan=1&cartlevel=1>, and pay the required sanctioning fee.

Note that the relay competition at the BC Championship is not a nationally sanctioned race.

Competitions will be held in accordance with **ICR-CCR (Canadian Competition Rules)**

Precisions 2020 – <https://nordiccanada.ca/wp-content/uploads/ICR-CCR-OCT-2020-En.pdf>
<https://nordiccanada.ca/wp-content/uploads/ICR-CCR-OCT-2020-En.pdf>

3. TITLE SPONSOR

Teck Resources Limited, a diversified resource company based in British Columbia, is the title sponsor of the BC Cup Series.

Teck bibs, provided by the Cross Country BC office, must be used for all BC Cup races. The office will also provide Teck banners for the start and finish area and Teck headers for the race notice, ZONE4 registration site, start lists and results postings.

In addition the office will supply specific awards (medals and ribbons) as described below in section 9.

Contact the Cross Country BC's Administration and Communications Coordinator Jodi Romyn a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison (see attachments below for further information). Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Jodi a minimum of ten days prior your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on:

<https://www.crosscountrybc.ca/sam-information-package>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a national championships (Tier 1), and needs to be scaled down accordingly for Tier 2 events such as the Teck BC Cup Series.

4. RACE NOTICE:

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition.

- The Zone 4 registration page should link **directly to your race notice**, rather than just the home page of your club website (linking to the club website home page is a common slip up).
- Ensure the Public Confirmation List is working so that registrants can check to see that their registration was successful.

The Teck 'logo' should not be used as a separate logo! A Teck header/banner with 'BC Cup' or 'BC Championships' on it will be provided by Cross Country BC to the race organizers for the race notice, start lists, results postings and ZONE4 race registration site.

Entries must close no later than Wednesday prior to the competition.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am to allow more travel time for skiers traveling long distances home. Sprint races, however, usually begin at 9:00 am regardless of what day they are held.

Please include the following in your race notice:

CCBC Protocol Regarding the Use of Fluorinated Waxes

Link:

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

Adherence to this protocol is the responsibility of coaches, parents and wax technicians."

In addition, please include a basic accommodation list with phone numbers.

The race notice should be planned carefully so that there are no changes after it is posted.

5. COMPETITOR ELIGIBILITY

During a given ski year, a competitor may only participate in competitions for the club in which they were first registered in that ski year.

6. RACE CANCELLATION

A decision to cancel an event in advance (or change the site due to lack of snow or other factors) **will be made by Cross Country BC** in consultation with the race organizing committee and the Technical Delegate.

A decision to cancel one or more days of competition, or races for specific age categories due to the race conditions during an event **will be made by the Technical Delegate** in consultation with the Jury.

The race notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations where the event is cancelled.

7. COACHES MEETINGS AND DRAW

Coaches Meetings are not held at BC Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require.

The draw should be held not later than the Thursday night before the event if the first race day is Saturday, and not later than Wednesday night if the first race is Friday. This is for the convenience of the race organizers.

For all events except Mass Start, skiers in the Masters' categories and U12 Boy/Girl and younger categories should not be seeded. They should be grouped according to their age category and their positions determined by a random draw procedure.

For Mass Starts:

- a) use the most recent Canada Points List for the draw for U14 through Senior age categories, so the leading points holder is at the front of the chevron start; and
- b) use a random draw for determining start positions for Masters, U12, U10 and U8 age categories.

If, however, any of the U12 and U10 age categories have a large number of entries (for example 30 entries in the U12 Girls category), the organizing committee and Technical Delegate may, at their discretion, separate that category into year of birth categories (two categories instead of one) and use a random draw procedure for determining start positions for each of the two categories.

If two or more age categories (U14 and older) of the same gender are skiing a common distance (for example, a 5 km distance for both U16 Girls and U18 Girls) **they need to be seeded together/combined for CPL point calculation purposes**. The two (or more) categories would be **combined** in the start list, but **separated** again in the results.

- The Zone 4 registration page should **link directly to your race notice**, rather than just the home page of your club website (linking to the club website home page is a common slip up).
- Ensure the Public Confirmation List is working so that registrants can check to see that their registration was successful.

8. START AND RESULT LISTS

*Younger age categories (U14 and younger) **MUST** be first on the start list.*

A Teck header/banner with 'BC Cup or BC Championships' on it will be provided to the race organizers for the top of the start and results lists.

The start list should be posted on ZONE4 no later than noon a day before the competition (except relays). Hard copies should also be posted at the race site no later than the afternoon before a competition.

The race schedule **MUST** begin with the U8 categories and work up to the U14 categories. U16 and older age categories can be started in whatever order works best for the organizers when all the implicating factors are considered.

Club affiliation **AND** year of birth (YOB) **MUST** be displayed on all Individual, Mass Start and Relay start lists and **ALL** results including the final results for the King's Court format sprints.

If an Individual Sprint format is used, ensure that **both** the Qualification Round start list and the Qualification Round results are posted on Zone4.

Official results posted on Zone4 **MUST** be presented by age categories. It is important to post results by YOB too, for awards purposes, but the official results should reflect the official age categories for that competition.

In summary the official results must show the members of the Jury and the following: distance (including # of laps), age category, technique, rank, bib #, name, year of birth, license number (or SMDL ID i.e, DL1), club and total time.

9. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection on the afternoon prior to the first competition. Many participants will arrive in time to familiarize themselves with the course and they should find the courses for the first day's competition clearly marked out. **It is very important that the courses are marked correctly.** A course map displayed in the stadium area is not sufficient.

10. TIMEKEEPING

A recognized electronic timing system must be used. Clubs may have access to this equipment either through ownership or by borrowing from other sport groups in their community. If that is not possible, a set of equipment can be rented via the CCBC Office.

To access the timing equipment available through Cross Country BC, contact Nancy Beaumont at 250.545.9600 or programs@crosscountrybc.ca.

Each competition requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

Zone4, Nordiq Canada's official race management software **MUST** be used in order to meet the national format guidelines and to allow entry into the national points system(s).

11. AWARDS FOR THE INDIVIDUAL EVENTS

- 7 & under (U8 B/G) – Teck participant ribbons for all
- 8 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 9 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 10 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 11 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 12 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 13 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 14 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 15 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 16 years - host club responsibility
- 17 years - host club responsibility
- 18-19 years (U20 M/W) - host club responsibility
- 20-22 years (U23 M/W) - host club responsibility
- 23-29 years (Senior M/W) – host club responsibility
- Masters M/W categories - host club responsibility
- Para-Nordic categories - host club responsibility

NOTES:

All entries in the U8 age category who complete their event will receive a special Teck participant ribbon. At this age, each child should receive the same award, and clubs wishing to provide prizes in addition to these ribbons must ensure each participant in the group receives the same award.

Awards for athletes in all age categories from U18 Boys and Girls through to Masters Men and Women 70+ are the responsibility of the host club.

- Awards for athletes 16 and 17 years of age are to be provided to the top three finishers, male and female, for each year of birth, for the interval start, mass start, and individual sprint (finals).

- Awards for all categories from U20 Men/Women through to Masters Men and Women 70+ are to be provided to the top three finishers in an age category for the interval start, mass start, and individual sprint (finals). Note that these athletes receive awards are for their age category only, not year of birth.
- Awards will be medals unless permission for a substitute prize is approved by Cross Country BC.

Out of province skiers are eligible for medals including medals for relay events.

12. RACING LICENCE

In all races except the relays, participants registered in the U14 through to the Masters categories are required to hold a current FIS Licence, Nordiq Canada Licence, a National Ski Licence from another nation or a Nordiq Canada Supporting Member Day Licence (SMDL). U12 and younger categories do not require a licence to compete but must be members in good standing of a Nordiq Canada affiliated club.

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada Racing Licence or SMDL to compete.

The relays are not a nationally sanctioned event (do not offer CPL points) and none of the categories require a licence.

Note: a Para-Nordic Guide Licence is the responsibility of the visually impaired athlete. Guides are not expected to pay race registration fees, however, all guides must sign the Nordiq Canada Informed Consent and Assumption of Risk form.

An athlete can apply for a Nordic Canada Racing Licence at:

<https://nordiqcanada.ca/races/racing-license/-canada-race-license/>

At any time event organizers can obtain an up-to-date list of Nordiq Canada licensees at the following link: <https://nordiqcanada.ca/races/racing-license/nordiq-canada-race-license/>

Entries **must** be refused if proof of a valid licence is not available.

13. RACE FORMAT S AND TECHNIQUE

TECK BC CUP #1

An **Individual Sprint** competition on Saturday (classic technique) and an **Interval Start** competition on Sunday (free technique).

The **Sprint** competition will offer a Qualification Round (15 second interval start) for all age categories. This is part of an athletes' learning experience. The results must be posted on ZONE4 as soon as possible just as they would be for any other competition.

The Qualification Round will be followed by the quarter-final and subsequent heats as soon as the organizers can prepare for them.

Heats will be offered for age categories, not YOB. Small categories (i.e. Masters) may be combined.

All skiers will be given the opportunity to compete in a minimum of the Qualification Round and one heat.

A "Kings Court" format can be used, however this requires a high level of race management skill to execute in a timely manner and should only be used if the event organizers feel comfortable doing so. Recommendation: one minute spacing between heats.

Preferred start time for the qualification round is 9:00 am.

Skiers in U12 Boy/Girl and younger categories will not be seeded for the sprint qualifier, but will be grouped according to their category and their positions determined by a normal draw procedure.

The **Interval Start** competition will use 15 second interval starts.

TECK BC CUP #2

An **Individual Sprint** competition on Saturday (free technique) and a **Mass Start** competition on Sunday (classic technique).

The **Sprint** competition guidelines are the same as above.

The **Interval Start** competition will use 15 second interval starts.

TECK BC CHAMPIONSHIPS

A **Mass Start** competition on Friday (free technique), an **Interval Start** competition on Saturday (classic technique) and a **Relay** competition on Sunday (free technique).

The **Mass Start** competition will use the chevron start format.

The **Interval Start** competition will use 15 second interval starts.

Relay groups should be started in waves one after the other with only a few minutes between starts in order to complete all events in reasonable time. Three legs. Laps of short courses should be used when possible. No course should be longer than 5 km.

14. AGE CATEGORIES

CATEGORY	AGE	YEAR BORN
U8 BOYS	U8B-1, U8B-2, U8B-3	5, 6, 7
U10 BOYS	U10B-1, U10B-2	8, 9
U12 BOYS	U12B-1, U12B-2	10, 11
U14 BOYS	U14B-1, U14B-2	12, 13
U16 BOYS	U16B-1, U16B-2	14, 15
U18 BOYS	U18B-1, U18B-2	16, 17
U20 MEN	U20M-1, U20M-2	18, 19
U8 GIRLS	U8G-1, U8G-2, U8G-3	5, 6, 7
U10 GIRLS	U10G-1, U10G-2	8, 9
U12 GIRLS	U12G-1, U12G-2	10, 11
U14 GIRLS	U14G-1, U14G-2	12, 13
U16 GIRLS	U16G-1, U16G-2	14, 15
U18 GIRLS	U18G-1, U18G-2	16, 17
U20 WOMEN	U20W-1, U20W-2	18, 19
U23 M/W		20, 21, 22
SENIOR M/W		23 – 29
MASTERS M/W		30 - 39
MASTERS M/W		40 - 49
MASTERS M/W		50 – 59
MASTERS M/W		60 & older
PARA NORDIC STANDING M/W		Open
PARA NORDIC SITTING M/W		Open

Note that Master’s categories are offered in 10 year increments up to 70 plus.

Alternative chart for age categories: [click here](#).

15. RACE DISTANCES

The distances below reflect Nordiq Canada's LTAD-aligned Competitor Model for developing athletes. The core notion of the LTAD concept is that we do not treat young and growing athletes as mini-adults but rather that we recognize the very specific needs of skiers from infancy to adulthood.

For the U14, U16, U18, U20 and U23 categories, race distances are predetermined. Click here to view the 2023 distance chart for these age groups:

<https://www.crosscountrybc.ca/sites/default/files/documents/BC%20Cup%20distances%202023%20v6.pdf>

Note that the U20 Women, U23 Women and Senior Women categories should always ski the same distance to allow for comparison of athletes competing in the College/University Racing Circuit. The same applies to U20 Men/U23 Men/Senior Men.

For the remaining age categories the race distances below are recommended. Factors to consider also include what is available, course difficulty, temperature, etc.

The early season races (January) should be at the shorter end of the range provided. Longer distances should be used towards the end of the season (March). February races should be somewhere in between.

Interval & Mass Starts - Males

U8:	7 & under	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
Senior :	23 - 29	5.0 km to 15 km
Masters:	30 – 70+	5.0 km to 15 km

Interval & Mass Starts - Females

U8:	7 & under	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
Senior:	23 - 29	5.0 km to 15 km
Masters:	30 – 70+	5.0 km to 15 km

Sprints - Males

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
Senior:	23 - 29	1000-1200 meters
Masters:	30 – 70+	1000-1200 meters

Sprints - Females

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
Senior:	23 - 29	1000-1200 meters
Masters:	20 – 70+	1000-1200 meters

Para-Nordic Standing: TBD based on availability of courses with suitable terrain

Para-Nordic Ski-ski: TBD based on availability of courses with suitable terrain

16. TECHNICAL DELEGATE & JURY

A Technical Delegate (TD) will be appointed by the CCBC Officials Chairperson. The expenses of the TD are the responsibility of the host club. Event organizers are advised to acquire a complete TD package from the CCBC Office. This will explain the TD duties and responsibilities and what the TD will report on when they evaluate an event.

The jury members are:

Technical Delegate – chair of the Jury

Chief of Competition

Assistant Technical Delegate or visiting coach

17. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible. Maximum entry fees per day for BC Cup events are as follows:

INTERVAL, MASS AND SPRINT RACE FORMATS:

U8:	\$10.00
U10:	\$15.00
U12:	\$15.00
U14:	\$15.00
U16/U18/20:	\$20.00
U23:	\$25.00
Senior:	\$25.00
Para-Nordic:	\$25.00
Masters:	\$30.00

RELAY FORMAT:

Maximum fee for registering a team is \$ 36.00.

TRAIL FEES:

The host club will not charge trail use fees to athletes, coaches or persons assisting coaches on official training days or race days. Spectators should be allowed access to the competition trails during the competition without payment of trail use fees, to the extent they do not interfere with the competitors.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club. Athletes are not required to display a pass during the course of competition.

18. AGGREGATE AWARDS FOR THE OVERALL TECK BC CUP SERIES

Able-bodied: Aggregate awards are provided to the first three finishers for each year of birth from the first year in the U10 category through to the final year in the U18 Boy/Girl, and for each age category from U20 Men/Women through Masters 70+ Men/Women.

Para Nordic: Aggregate awards are provided to the first three finishers of each of the PN Standing Men, PN Standing Women, PN Sit-ski Men and PN Sit-ski Women categories.

There are no aggregate awards for the Atoms category.

Scores are earned from the six individual competitions in the BC Cup Series - the interval start (2), mass start (2), and individual sprint (2) races, Relays are not included in the overall awards calculations.

A competitor must compete in at least FOUR competitions to be eligible for the overall awards. The winner will be determined by points from the competitor's four best (of a possible six) competitions. A minimum of TWO classic and TWO free technique competitions must be included among the four events competitions to determine the points.

A competitor is not required to compete in the BC Championships in order to win the overall awards.

Points for the Aggregate Awards will be awarded in each class as follows:

1. Points will be taken from the four best results from a maximum of six competitions.
2. Points are calculated for BC residents only.

3. In the case of a tie, where the total points are the same, the winner will be determined by the results of those competitions in which both skiers competed. If there is still a tie, a tie will be declared.
4. It is not necessary to compete in the BC Championships to win an overall BC Cup title.

PLACE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
POINTS:	25	20	15	12	11	10	9	8	7	6	5	4	3	2	1

The BC Cup Series overall awards and the Club Championship Trophy are the responsibility of Cross County BC.

19. RULES & REGULATIONS SPECIFIC TO THE TECK BC CHAMPIONSHIPS

The BC Championships is the annual club competition. Each participating club accumulates points towards the Club Championship Trophy.

CLUB CHAMPIONSHIP TROPHY

- Points are earned from Friday, Saturday and Sunday's competitions.
- Able-bodied: points are earned for results in an age category (not year of birth).
- Para Nordic: points are earned for each of the four official categories.
- Points for the individual competitions on Friday and Saturday are:
 - 1st place 5 points
 - 2nd place 4 points
 - 3rd place 3 points
 - 4th place 2 points
 - 5th place 1 point
- Points for the Relay competition (Sunday) are the same as above.
- If there are less than five competitors in a category, the points will still begin at 5 points for 1st place, 4 points for 2nd place, etc.
- Points are calculated for official teams only as per the Nordiq Canada Rule Book.
- Points are calculated for individuals and relay teams representing Cross Country BC clubs only. If out-of-province individuals/teams finish in the top five positions, skip to the next individual/official team from BC until five BC relay teams have received points.

The winner of the trophy is the club with the most points. Cross Country BC is responsible for ensuring that the plaque recognizing their victory is engraved and attached to the trophy. The Club Trophy is displayed throughout the remainder of the year at the Cross Country BC Office in Vernon.

BC CHAMPIONSHIP BANQUET & AWARDS CEREMONY

(This may still not be possible in 2023 due to COVID-19.)

The host club will provide a *banquet/awards ceremony* **or** an *awards ceremony with refreshments* on Saturday evening. The overall BC Cup Series awards and the awards for Saturday's Interval Start competition will be presented at that time.

Banquet/Awards Ceremony: the maximum fee may not exceed \$70.00.

Awards Ceremony: the maximum fee may not exceed \$25.00.

RELAYS

Following are the age categories for the relay events. Host venues may not have all the distances listed here, so these distances are recommendations only. Organizers are expected to follow the guidelines as closely as possible.

Categories:

U10 Boys:	9 years and under	3 x 1.0 km
U10 Girls:	9 years and under	3 x 1.0 km
U14 Boys:	13 years and under	3 x 2.0 km
U14 Girls:	13 years and under	3 x 2.0 km
U20 Men:	19 years and under	3 x 3.0 km
U20 Women:	19 years and under	3 x 3.0 km
Open Men:	U23/Senior & Masters Men	3 x 3.0 km
Open Women:	U23/Senior & Masters Women	3 x 3.0 km
Para Nordic:	Open	3 x 1.0 km

Relay Rules

Younger skiers may ski in an older age group, but not the reverse.

An official relay team must have three (3) team members from the same club. Club status is determined by (a) the Nordiq Canada Licence Policy (for licenced competitors) or (b) the first club that an individual registered with in a given season (for unlicenced competitors). Club Championships Trophy points will not be awarded to unofficial teams.

A maximum of one female skier may compete on either an official male relay team or an unofficial male relay team, but not the reverse.

Medals will be awarded to all three members of each of the top three (3) finishing official teams for each relay age category. Cross Country BC will provide the medals for the U10 and U14 categories. The other awards are the responsibility of the host club.

The relay awards and Club Championship Trophy will be presented immediately after Sunday's competition has been completed.

January 4, 2023