

TECK BC CUP SERIES TECHNICAL GUIDELINES 2025

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 races 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 except the relays are both provincially and nationally sanctioned (Tier 2). Relays are provincially sanctioned only (Tier 3). If the race is a Tier 2 event, organizers need to pay a required national sanctioning fee. If the race is a Tier 3 event, no sanctioning fee will be required. Instructions on how to complete the 2024-25 sanctioning process for both the Tier 2 and Tier 3 races will be sent directly to race organizers when they become available. If you have questions regarding either the sanctioning process or Tier 3 Event Licences, please contact Cross Country BC’s Partnership & Finance Coordinator Jodi Romyn at office@crosscountrybc.ca or (250) 545-9600.

The interval start, mass start, and individual sprint races for age categories U14 to Senior are included on the [Canada Points Lists](#). Competitors in Masters age categories who wish to earn CPL points are required to have a NC Racing Licence and register in the Senior age category.

Competitions will be held in accordance with the most recent **ICR-CCR (Canadian Competition Rules) Precisions** which can be found at – <https://nordiqcanada.ca/wp-content/uploads/Nov-2023-ICR-CCR-NOV-with-precisions.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 Partnership & Finance 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).

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.

Please include CCBC's 2024-25 protocol regarding the use of fluorinated waxes in your race notice. This information will be forwarded to you when it becomes available.

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.

8. START PROCEDURES:

Skiers in U14 to Senior categories are seeded based on the most recent Canada Points List.

- a) For interval-start distance races, skiers are grouped based on their CPL Distance points and the skiers are ordered randomly within each group. Normally, the highest-ranked group starts last.
- b) For sprint qualifier, skiers start in direct order of their CPL Sprint points. Normally, the highest-ranked skier starts first.
- c) For mass-start distance races, skiers start in direct order of their CPL Distance points. The highest-ranked skier starts at the front/centre of the chevron start grid.

Skiers in U12 and younger and Masters categories are unseeded. For all individual events (Interval Start, Qualification Round, Mass Start), the start order is determined by random draw.

For Mass Start races, if any categories U12 and younger have a large number of entries, the organizing committee and Technical Delegate may choose to separate the field into year-of-birth sub-categories. For example, a U12 Girls category with 30 skiers could have separate starts for the U12 Girls-1 and U12 Girls-2 sub-categories. The start order for each sub-category would then be determined by random draw.

If two or more age categories (U14 to Senior) of the same gender are skiing a common distance (for example, a 5 km distance for both U16 Girls and U18 Girls) **they must 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. This applies to Interval Start, Mass Start and the Qualification Round (Individual Sprints)

9. 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.

Relay results must show the timed result of each athlete. Example: <https://zone4.ca/race/2019-03-03/ea8c695e/results>

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.

10. 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.

11. 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/ski clubs in their vicinity. 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).

12. 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
- 20-29 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 60+ 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/Women 60+ are to be provided to the top three finishers in each age category for the interval start, mass start, and individual sprint (finals). Note that these athletes receive awards 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.

13. RACING LICENCE

In all BC Cup Series races except the relays, participants registered in the U14 through to the Masters categories are required to hold a current FIS Licence, Nordiq Canada Race Licence, an Associate Race Licence or a Tier 2 Event Licence (formerly a 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.

ALL participants in the relay must purchase a Tier 3 Event Licence regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence. This license will only be valid for the competition day for which it is issued. It is required of all participants in a Tier 3 event, regardless of whether they hold a Nordiq Canada Race License, Development License, or Associate Race License. Administration: the licence fee will be automatically added to all race registrations on Zone 4 and the revenues sent directly to Nordiq Canada (the same as with the SMDL).

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada Racing Licence or Tier 2 Event Licence to compete.

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.

14. RACE FORMATS AND TECHNIQUE

TECK BC CUP #1

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

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

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

TECK BC CUP #2

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 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.

15. AGE CATEGORIES

CATEGORY		AGE	YEAR BORN
U8 BOYS	U8B-1, U8B-2, U8B-3	5, 6, 7	2019, 2018, 2017
U10 BOYS	U10B-1, U10B-2	8, 9	2016, 2015
U12 BOYS	U12B-1, U12B-2	10, 11	2014, 2013
U14 BOYS	U14B-1, U14B-2	12, 13	2012, 2011
U16 BOYS	U16B-1, U16B-2	14, 15	2010, 2009
U18 BOYS	U18B-1, U18B-2	16, 17	2008, 2007
U20 MEN	U20M-1, U20M-2	18, 19	2006, 2005
U8 GIRLS	U8G-1, U8G-2, U8G-3	5, 6, 7	2019, 2018, 2017
U10 GIRLS	U10G-1, U10G-2	8, 9	2016, 2015
U12 GIRLS	U12G-1, U12G-2	10, 11	2014, 2013
U14 GIRLS	U14G-1, U14G-2	12, 13	2012, 2011
U16 GIRLS	U16G-1, U16G-2	14, 15	2010, 2009
U18 GIRLS	U18G-1, U18G-2	16, 17	2008, 2007
U20 WOMEN	U20W-1, U20W-2	18, 19	2006, 2005
SENIOR M/W		20 – 29	2004 - 1995
MASTERS M/W		30 - 39	1994 - 1985
MASTERS M/W		40 - 49	1984 - 1975
MASTERS M/W		50 – 59	1974 - 1965
MASTERS M/W		60 & over	1964 +
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 60 plus.

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

16. 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 Senior categories, race distances are predetermined. Click here

(<https://www.crosscountrybc.ca/sites/default/files/documents/BC%20Cup%20distances%202025v2.pdf>) to view the 2025 distance chart for these age groups.

Note that the U20 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/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

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
Masters:	30 – 70+	5.0 km to 15 km

Sprints

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
Masters:	30 – 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

17. TECHNICAL DELEGATE & JURY

A Technical Delegate (TD) will be appointed by the Cross Country BC. 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 your event.

The jury members are:

Technical Delegate – Chair of the Jury appointed by Cross Country BC
Chief of Competition – Level 2 official
Third Jury Member – Level 2 official appointed by Cross Country BC

18. REGISTRATION

NEW!! Race Registration

Athletes that decide to race up an age category in 'individual' races will be considered as "racing up" and thus should be considered as athletes of the first year of birth (YOB) in their actual competition race category for all awards and point purposes. Athletes will be responsible for registering accordingly.

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:

U8 \$12
U10/U12 \$18
U14/U16/U18/U20/ & PN \$24
SR/PN \$30
Master \$36
Awards \$40

INTERVAL, MASS AND SPRINT RACE FORMATS:

U8:	\$12.00
U10:	\$18.00
U12:	\$18.00
U14:	\$25.00
U16/U18/20:	\$25.00
Senior:	\$30.00
Para-Nordic:	\$30.00
Masters:	\$35.00

RELAY FORMAT:

Maximum fee for registering a team is \$42.00.

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.

19. INDIVIDUAL 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 60+ 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 U8 category.

Scores are earned from the six individual competitions in the BC Cup Series (Interval Start, Mass Start and Individual Sprint). Relays are not included in the aggregate awards calculations.

A competitor must compete in at least FOUR competitions to be eligible for the aggregate awards. The winner will be determined by points from the competitor's best two Free Technique and best two Classic Technique races. Note, for example, if a skier competes in three Free Technique races and one Classic Technique race, they will be eligible but they will only receive points from two Free Technique races and one Classic Technique race (three races total).

A competitor is not required to compete in the BC Championships in order to win the individual aggregate 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 or higher
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.

20. 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 five or fewer competitors in a category, the points will begin at 3 points for 1st place, 2 points for 2nd place and 1 point for 3rd place.
- 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

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 \$60.00.

Awards Ceremony: the maximum fee may not exceed \$20.00.

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:	Senior & Masters Men	3 x 3.0 km
Open Women:	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 relay team with two male and one female athlete may compete as an official male team or unofficial male team. A relay team with two female and one male athlete may compete as an unofficial male team or an unofficial female team (provided the male skis last).

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.

Feb 24, 2025