

Northern Cup



Cross Country BC

Teck



RACE NOTICE

2025 TECK NORTHERN CUP #5

Nechako Nordics

DATE: Saturday, March 8, 2025

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:

Head of Competition: Wanda Nemethy (250) 524-0550 wsnemethy@gmail.com

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

Head of Timing: Tyrell Miller, Sonya Zurevinski, George Wu

Head of Course: Steve Price

Head of Stadium: Dave Zurevinski

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: A Tier 3 event race licence is required and is included in the registration fee.

RACE REGISTRATION: Registration and fee payment is ON-LINE only at:


<https://zone4.ca/register.asp?id=38124>

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, **March 5^h, 2025**, at midnight.
NO LATE ENTRIES WILL BE ACCEPTED.

DRAW: Friday, March 7th, 2025, posted at 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 (3501 Quail Road) 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, March 8th, 2025.

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 and cookie medals 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 th and 5 th finishers
U12 (first year)	10 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th finishers
U12 (second year)	11 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th finishers
U14 (first year)	12 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th finishers
U14 (second year)	13 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th finishers
U16 (first year)	14 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th finishers
U16 (second year)	15 years	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th 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	22-30 years	Cookie medals for top 3 finishers
Senior Women	22-30 years	Cookie medals for top 3 finishers
31 and Older Men	31 years+	Cookie medals for top 3 finishers
31 and Older Women	31 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 5th 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 st place, 6 points for 2 nd place, etc.	

CLUBHOUSE USE:

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. Overflow parking is available along Quail Drive (the access road to the Nechako Valley Sporting Association trails).

WAXING: Cross Country BC has adopted a No Fluoro policy for all age categories at all Teck Regional Cup races. Please see CCBC Rule Regarding Use of Fluorinated Waxes. Here is the link: <https://www.crosscountrybc.ca/ccbc-wax-protocol-2024-25-0>

Power outlets are available for waxing outside on the west side of the Clubhouse, **on a first come first served basis.**

WARM UP/WAX TESTING: A warmup 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. Supporters/spectators can preorder lunch at a cost of \$7. Lunches will be available on the day at a cost of \$10 **while quantities last.**

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 except for any online processing fees.

RACE SCHEDULE

INTERVAL START – FREE TECHNIQUE

Date: Saturday, March 8th, 2025: Teck Northern Cup #5

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

Start Time: 11:00 a.m.

Category	Subcategory	Age (on Dec. 31, 2024)	Year Born	Distance	Registration Fee
U8 Boys and Girls	U8B1, U8B2, U8B3, U8G1, U8G2, U8G3	5, 6, 7	2019, 2018, 2017	0.75 km	\$20.00
U10 Boys and Girls	U10B1, U10B2, U10G1, U10G2	8, 9	2016, 2015	1.5 km	\$25.00
U12 Boys and Girls	U12B1, U12B2, U12G1, U12G2	10, 11	2014, 2013	2.5 km	\$25.00
U14 Boys and Girls	U14B1, U14B2, U14G1, U14G2	12,13	2012, 2011	3.3 km	\$25.00
U16 Boys and Girls	U16B1, U16B2, U16G1, U16G2	14, 15	2010, 2009	2 x 3.3 km = 6.6 km	\$25.00
U18 Boys	U18B1, U18B2	16, 17	2008, 2007	2 x 5 km = 10 km	\$25.00
U18 Girls	U18G1, U18G2	16, 17	2008, 2007	2 x 3.3 km = 6.6 km	\$25.00
U20 Men and Women	U20M1, U20M2, U20W1, U20W2	18, 19	2006, 2005	2 x 5 km = 10 km	\$30.00
Senior Men and Women	SM, SW	20-30	1995-2004	2 x 5 km = 10 km	\$30.00
31 and Older Men and Women	31+M, 31+W	31+	1994 and Older	2 x 5 km = 10 km	\$30.00

Please be aware that, when registering, Zone4 will automatically add a \$3 Tier 3 Licence fee payment that goes directly to Nordiq Canada. This fee is in addition to the club registration fees identified above.

RACE SUPPORTERS



Teck



Four Rivers



Vanderhoof, BC
250-567-6880

Bakkerij
Lobelle



Nechako Outdoors

PARTNERS

