

Northern Cup



Teck



CARIBOO

SKI-TOURING CLUB

EVENT	<p>Teck Race 5 - Saturday, February 11: Start Time 10:00am Individual Sprints Start – Free Technique</p> <p>Teck Race 6 - Sunday, February 12: Start Time 9:00 am Interval Start – Classic Technique</p> <p><i>Please note that times are subject to change</i></p>
RACE LOCATION:	<p>Hallis Lake Ski Trails 4427 Quesnel Hydraulic Road, Quesnel Show me on Google Maps</p>
HOST CLUB:	<p>Cariboo Ski Touring Club – www.caribooski.ca</p>
EVENT WEBSITE:	<p>Teck Northern Cup #5 and #6</p>
SANCTIONED BY:	<p>Cross Country BC</p>

RULES:	Nordiq Canada Rules and Regulations ICR-CCR 325 will be amended by the TECK BC Cup Series Technical Guidelines 2022 for the Individual Sprints. A qualification round (15-second interval start) will be followed by quarter-final and subsequent heats. Heats will be offered for age categories, not YOB. Small categories may be combined. All skiers will be given the opportunity to compete in a minimum of the Qualification Round and one heat. Skiers in the U12 and younger categories will not be seeded for the sprint qualifier but will be grouped according to their category and a normal draw.
TECHNICAL GUIDELINES:	Teck Northern Cup Technical Guidelines
INFORMATION:	Chief of Competition: Chris Kovach, ckovach1@telus.net Competition Secretary: Neil Davison, neildavison@hotmail.ca Chief of Timing: James Meyers, kguy000@gmail.com Chief of Course: Brian Black, bnblack01@gmail.com Chief of Stadium: Peter van Leusden, vanleusdenp@gmail.com
REGISTRATION:	Registration is via Zone4 , fees payable by credit card only. Deadline is 11:00 pm PST on Wednesday, February 8 th . Late entries are not accepted. Registrants are responsible to verify the accuracy of their entries.
FEES PER RACE:	U12 and under: \$7.50 U14 to U18: \$10.00 U20 to Masters: \$15.00
LICENSES:	Licenses are not required for this event.
START LISTS:	Start lists for the races will be posted on Zone4 and on-site by noon Friday, February 10 th
BIB PICKUP:	Bib pick-up will be from the main floor of the lodge. The lodge is a short walk from the parking lot. Saturday: 8:30 to 9:30 am. Sunday: 7:30 to 8:30 am.

FACILITIES:	A day lodge with First Aid facilities and indoor washrooms are on site. Additional outhouses are located near the lodge.
FOOD & DRINKS:	Finish Line: Snacks and Gatorade will be provided. Saturday lunch will be available at the lodge, cash only . Chili or soup, bun, cookie and drink are available for \$7 in the lodge. Bottled water and coffee will also be available. Due to team travel, there will be no lunch for sale on Sunday.
Trail Passes	Trail passes are included in your race fees, so do not need to be purchased for athletes and coaches. Parents and others will need to purchase a day trail pass at the office, downstairs in the lodge.
WAXING:	There is no indoor waxing available at our venue. Please do not wax on the lodge deck. There are 8 outdoor waxing areas available. Each has an electrical outlet. You will need to bring your own equipment. CCBC Protocol Regarding the Use of Fluorinated Wax will apply. Complete protocols: https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf
Tourism Quesnel	Visit Quesnel Tourism for more information on services and amenities. website: www.tourismquesnel.com
Accommodations Book and mention the Northern Teck race	Quality Inn - Phone 250-992-7247 Sandman Hotel - talk to Monica at 250-563-8136
COURSE	Courses will be marked and groomed by noon on Friday February 10th. Course maps will be posted at the venue and on the event website as soon as they are available. To help reduce paper usage, printed maps will not be supplied.

<p>COLD WEATHER PROVISIONS:</p>	<p>Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.</p> <p>For Canadian competitions: 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. With competition distances greater than 15 km and temperature less than -18°C without wind factor, the Jury must postpone or cancel the competition.</p> <p>For U12 age groups, 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.</p> <p>With any difficult weather conditions (e.g., strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the Jury may, on consultation with the Team Leaders of the participating teams and the doctor responsible for the competition, postpone, cancel, or shorten the competition.</p> <p>See also CCBC website regarding risk management, cold weather and competitions.</p>											
<p>WEATHER:</p>	<p>Current on-site weather conditions and temperatures can be found on the Cariboo Ski Touring Clubs website. For local area conditions visit environment Canada weather page for Quesnel.</p>											
<p>REFUND:</p>	<p>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 event is cancelled due to severe cold weather three days before the event, refund of registration fees, less costs incurred, will be provided. If the event is cancelled on the competition weekend due to severe cold weather or force majeure, no refund of registration fees will be made.</p>											
<p>AWARDS:</p>	<p>Awards will be presented as soon as possible after posting the final results.</p> <table border="1" data-bbox="415 1392 1482 1780"> <tr> <td data-bbox="415 1392 548 1497">U8 and younger</td> <td data-bbox="548 1392 1482 1497">Teck participant ribbons for all.</td> </tr> <tr> <td data-bbox="415 1497 548 1581">U10 to U16</td> <td data-bbox="548 1497 1482 1581">Teck medals for top 3 finishers, and Teck ribbons for 4th and 5th place, by year of birth.</td> </tr> <tr> <td data-bbox="415 1581 548 1665">U18 to U23</td> <td data-bbox="548 1581 1482 1665">Cookie Medals for top 3 finishers by age category.</td> </tr> <tr> <td data-bbox="415 1665 548 1707">Senior</td> <td data-bbox="548 1665 1482 1707">Cookie Medals for top 3 finishers.</td> </tr> <tr> <td data-bbox="415 1707 548 1780">Master</td> <td data-bbox="548 1707 1482 1780">Cookie Medals for top 3 finishers by age category.</td> </tr> </table>		U8 and younger	Teck participant ribbons for all.	U10 to U16	Teck medals for top 3 finishers, and Teck ribbons for 4 th and 5 th place, by year of birth.	U18 to U23	Cookie Medals for top 3 finishers by age category.	Senior	Cookie Medals for top 3 finishers.	Master	Cookie Medals for top 3 finishers by age category.
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RACE SCHEDULE:

		Saturday, February 11		Sunday, February 12	
		Individual Sprint Free Technique		Interval Start Classic Technique	
		10:00 am Start		9:00 am start	
		Males	Females	Males	Females
Category	YOB				
U8	2017-2015	280 M		500 M	
U10	2014-2013	280 M		1.2 K	
U12	2012-2011	500 M		2.5 K	
U14	2010-2009	500M		5 K	
U16	2008-2007	700 M		7.5 K (5K + 2.5 K)	
U18	2006-2005	700 M		10 K (2x5 K)	
U20	2004-2003	700 M		10 K (2x5 K)	
U23	2002-2000	700 M		10 K (2x5 K)	
Senior	1999-1993	700 M		10 K (2x5 K)	
Masters	1992 and older	700 M		10 K (2x5 K)	

YOB, ages, and categories can be found at:

<https://www.crosscountrybc.ca/sites/default/files/documents/2022-23%20BC%20Cup%20Series%20YOB%2C%20Ages%20%26%20Categories%20%281%29.pdf>

Thank-you for Your Support

