

TECK NORTHERN CUP SERIES TECHNICAL GUIDELINES 2015/2016

The Teck Northern Cup Series offers affordable, accessible competitive opportunities for developing athletes living in northern BC. It includes interval start, mass start and individual sprint races held annually at different locations throughout the region.

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

Competitions are held in accordance with CCC Rules & Regulations.

1. SITE SELECTION

Sites are selected based on their ability to guarantee quality organization and appropriate courses / distances for developing athletes as well as their ability to attract the greatest number of participants.

2. SANCTIONING

Teck Northern Cup races are registered with Cross Country BC but they are not nationally or provincially 'sanctioned', which means they are not Canada Points List races and do not require a Technical Delegate.

3. TITLE SPONSOR

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

Teck bibs, provided by the Cross Country BC office, must be used for all Northern Cup races. The office will also provide four horizontal and four vertical Teck-branded site banners for the start and finish area, banners/headers for your race notice and ZONE4 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 Dennis Wu 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. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Dennis 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:

http://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20SAM%20Information%202015_0.pdf.

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

4. RACE NOTICE:

The 'Teck' logo will be provided to race organizers for the race notice, start lists and results lists.

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition. For the ZONE4 posting a header/banner with 'Teck Northern Cup Series' on it will be provided to the race organizers by Cross Country BC.

Entries must close no later than Wednesday prior to the competition. **NO POST ENTRIES ARE ALLOWED.** Competitors should be offered the opportunity to register on ZONE4. If entries are sent via electronic mail, race organizers must notify the sender that their entries have been received.

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 usually begin at 9:00 am.

The notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. 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.

CCBC Glide Waxing Protocol for Midget Age Categories and Younger

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended **glide** waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

5. COACHES MEETINGS AND DRAW

The draw should be held no later than the Thursday night before the event. This is for the convenience of the event organizers.

Skiers should not be seeded, but grouped according to their category and their positions determined by a normal draw procedure.

Coaches Meetings are not held at Northern 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.

6. START AND RESULT LISTS

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

It is recommended that the race schedule begin with Atoms and work up to Midgets. Juvenile and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

Both start and results list **MUST** include the year of birth and name of home club for each athlete. Not only is this a normal standard but it is essential for determining the club aggregate award.

The 'Teck' logo must be displayed on the start lists and results lists. For the ZONE4 posting a header/banner with 'Teck Northern Cup Series' on it will be provided to the race organizers by Cross Country BC.

The official results should be presented by age categories, not year of birth.

The start list should be posted on ZONE4 no later than Friday evening before the event. It should also be available at the race site by late Friday afternoon.

7. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection several hours prior to the first event. It is important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient.

Classic tracks are not set for the Free Technique events at this level of competition. However, because this Series is a junior development program, classic tracks do need to be set on the side of the course used for the Atoms age category for all events except the sprints.

8. TIMEKEEPING

An electronic timing system is required. 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, the equipment can be rented from the Cross Country BC Office.

ZONE4, Cross Country Canada's official race management software *must* be used.

9. AWARDS FOR THE INDIVIDUAL EVENTS

- 7 & under (Atoms) – Teck participant ribbons for all
- 8 years (first year Pee Wees) – Teck 1 to 5 ribbons for top 5 finishers; Teck participant ribbons for all others
- 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 – recommended category, host club responsibility
- 16-17 years (Junior B/G) – recommended category, host club responsibility
- 18-19 years (Junior M/W) – recommended category, host club responsibility
- 20-29 years (Open M/W) – optional category, host club responsibility
- Masters M/W categories – optional categories, host club responsibility

NOTES:

All entries in the Atoms 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 15 years of age (second year Juvenile Boys and Girls) and all age categories from Junior Boys and Girls through to Masters Men and Women 60+ are the responsibility of the host club.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, year and award category.

10. SKI LICENCES

Ski licences are not required.

11. RACE FORMATS AND TECHNIQUE

In each zone there should be a mix of classic and free technique races. The host clubs should work this out among themselves.

It is important to achieve the participation benchmarks in the Teck sponsorship agreement with Cross Country BC, so formats that draw the most skiers are preferred – either mass starts or 15 sec interval starts. If race organizers wish to use a race format that generally attracts a smaller field of competitors (individual sprints or team sprints), they require approval from Cross Country BC.

Interval start races should use 15 second interval starts.

12. AGE CATEGORIES

Age categories for skiers 14 and younger are required, age categories for skiers 15-19 are strongly recommended, age categories for skiers 20 and older are optional.

CATEGORY		AGE	YEAR BORN
ATOM BOYS	AB1, AB2, AB3	5, 6, 7	2010, 2009, 2008
PEE WEE BOYS	PB1, PB2	8, 9	2007, 2006
BANTAM BOYS	BB1, BB2	10, 11	2005, 2004
MIDGET BOYS	MB1, MB2	12, 13	2003, 2002
JUVENILE BOYS	JVB1, JVB2	14, 15	2001, 2000
JUNIOR BOY	JB1, JB2	16, 17	1999, 1998
JUNIOR MEN	JM1, JM2	18, 19	1997, 1996
ATOM GIRLS	AG1, AG2, AG3	5, 6, 7	2010, 2009, 2008
PEE WEE GIRLS	PG1, PG2	8, 9	2007, 2006
BANTAM GIRLS	BG1, BG2	10, 11	2005, 2004
MIDGET GIRLS	MG1, MG2	12, 13	2003, 2002
JUVENILE GIRLS	JVG1, JVG2	14, 15	2001, 2000
JUNIOR GIRL	JG1, JG2	16, 17	1999, 1998
JUNIOR WOMEN	JW1, JW2	18, 19	1997, 1996
OPEN M/W		20 - 29	1995 - 1986
MASTERS M/W		30 - 39	1985 - 1976
MASTERS M/W		40 - 49	1975 - 1966
MASTERS M/W		50 - 59	1965 - 1956
MASTERS M/W		60 & older	1955 - 1946

Age as of December 31, 2015.

13. RACE DISTANCES

The following distances are guidelines only. Factors to consider include what is available, course difficulty, temperature, whether or not the event is being used as a trial race, etc.

Early season races should be at the shorter end of the range provided below. Longer distances should be used towards the end of the season.

Interval & Mass Starts - Males

Atoms:	7 & under	0.5 km to 1.0 km
Pee Wee:	8 - 9	1.0 km to 2.0 km
Bantam:	10 - 11	1.5 km to 3.0 km
Midget:	12 - 13	3.0 km to 4.0 km
Juvenile B:	14 - 15	5.0 km to 7.5 km
Junior B:	16 - 17	5.0 km to 10 km
Junior M:	18 - 19	7.5 km to 15 km
Open M:	23 - 29	7.5 km to 15 km
Masters M:	30 - 60+	7.5 km to 15 km

Interval & Mass Starts - Females

Atoms:	7 & under	0.5 km to 1.0 km
Pee Wee:	8 – 9	1.0 km to 2.0 km
Bantam:	10 - 11	1.5 km to 3.0 km
Midget:	12 - 13	3.0 km to 4.0 km
Juvenile G:	14 - 15	5.0 km to 7.5 km
Junior G:	16 – 17	5.0 km to 7.5 km
Junior W:	18 – 19	5.0 km to 10 km
Open W:	20 - 29	5.0 km to 10 km
Masters W:	30 – 60+	5.0 km to 10 km

Sprints - Males

Atoms:	7 & under	100-200 meters (skills)
Pee Wee:	8 – 9	100-200 meters (skills)
Bantam:	10 - 11	200-300 meters (skills)
Midget:	12 - 13	300-400 meters
Juvenile B:	14 - 15	400-800 meters
Junior B:	16 – 17	600-1000 meters
Junior M:	18 – 19	600-1000 meters
Open M:	20 - 29	600-1000 meters
Masters M:	30 – 60+	600-1000 meters

Sprints - Females

Atoms:	7 & under	100-200 meters (skills)
Pee Wee:	8 – 9	100-200 meters (skills)
Bantam:	10 - 11	200-300 meters (skills)
Midget:	12 - 13	300-400 meters
Juvenile G:	14 - 15	400-800 meters
Junior G:	16 – 17	600-800 meters
Junior W:	18 – 19	600-800 meters
Open W:	20 - 29	600-800 meters
Masters W:	30 – 60+	600-800 meters

14. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible and, if the ski area does not belong to the club, to arrange for free or low cost trail access for athletes, coaches and parents.

15. CLUB AGGREGATE AWARD

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

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

- Points are earned for results / participation in an age category (not year of birth)
- Points
 - 1st place = 7 points
 - 2nd place = 6 points
 - 3rd place = 5 points
 - 4th place = 4 points
 - 5th place = 3 points
 - Participation (successful completion of the designated competition course) = 2 points
- If there are less than five competitors in a category, the points will still begin at 7 points for 1st place, 6 points for 2nd place, etc.
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- Points are calculated for individuals representing CCBC Northern Zone clubs only. If out-of-zone individuals finish in the top five positions, skip to the next individual from the north.

Cross Country BC will post the aggregate points earned by participating clubs as they accumulate throughout the season. To view the Club Aggregate Points for the Teck Northern Cup Series visit the Cross Country BC website at: <http://crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

The winner of the Club Aggregate Award will be the club with the most points.

The Club Aggregate Award will be presented immediately after the final race of the season has been completed.

The Club Aggregate Award is the responsibility of Cross County BC.