

# Northern Cup



# Teck



## TECK NORTHERN CUP #4 OMINECA OPEN

### Race Notice

- DATE:** Sunday, January 28<sup>th</sup>, 2018
- HOST CLUB:** Omineca Ski Club
- LOCATION:** Omineca Ski Club Trails, Burns Lake  
Hwy 35, 6 km south of Burns Lake (towards Francois Lake Ferry)
- RULES:** CCC rules and regulations
- INFORMATION:** Race Chair – Agathe Bernard – 250-698-7737  
Race Secretary – Alison Patch – 250-695-6340  
Email: [info@ominecaskiclub.ca](mailto:info@ominecaskiclub.ca)  
Website: <http://ominecaskiclub.ca>
- ELIGIBILITY:** Skiers must be a member in good standing of a CCC/CCBC club.  
Ski licences are not required.
- RACE ENTRIES:** Registration can only be done online at <https://zone4.ca/>  
Credit card payment is required.
- DEADLINE:** Deadline for entries is Thursday, January 25<sup>th</sup>, 2018 at 2359 hours  
**NO LATE ENTRIES WILL BE ACCEPTED**
- DRAW:** Available Saturday, January 27<sup>th</sup> posted at <https://zone4.ca>
- START LISTS:** Start lists will be posted on Zone4 and will be available Sunday morning  
after 0945 hours (at bib pickup).
- BIB PICKUP:** Sunday, January 28<sup>th</sup> from 0945 to 1045 hours  
at the Jean Paulson Lodge

**AWARDS:** An award ceremony will be held on site following the races. It is tentatively scheduled for 1400 hours.

**INDIVIDUAL AWARDS:**

CATEGORY (age as of December 31, 2017)	AWARDS
Pre-Atoms and Atoms (7 years and under; born 2010 & later)	Teck participant ribbons
PeeWee (8 year olds or born in 2009) to Juvenile (15 year olds or born in 2002)	Teck medals for top 3 finishers Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
Junior (16 year olds or born in 2001) to Masters 60+	Omineca medals for top 3 finishers in each category

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

Details	Points
Number of participants in a mass start race	1 point per participant
Top 5 placing in each category	7 (for first place) then 6, 5, 4, 3 points
If there are less than 5 competitors in a category, the points will still begin at 7 points for 1 <sup>st</sup> place, 6 points for 2 <sup>nd</sup> place etc.	

**FACILITIES:** Jean Paulson Lodge – both indoor and outdoor washroom facilities are available.

**WAXING:** A heated waxing cabin is available for use with a limited number of electrical outlets for irons. A warm up area will be available in the vicinity of the race start.

Cross Country BC respectfully request all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all Regional Cup races. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

**Low-fluoro glide waxing protocol:**

- Structure tools ARE permitted
- 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 liquids) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

**COURSES:** The courses will be marked the night before the race. Maps are available on the club website.

**CONCESSION:** A concession serving a hot lunch, snacks and beverages will be available inside the Jean Paulson Lodge. Entry fees include soup, bun and a drink for all racers in addition to race refreshments.

**ACCOMMODATION:** Motel accommodations are available in the Village of Burns Lake.

**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 any other unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees.

# RACE SCHEDULE

## MASS START – FREESTYLE TECHNIQUE

**DATE:** Sunday, January 28<sup>th</sup>, 2018

**LOCATION:** Omineca Ski Club Trails

**TIME:** 1100 hours

The Tour de Omineca will start first followed by the Pre-Atom/Atom category and then proceed by age group.

CATEGORY	SUB-CATEGORY	AGE ON DEC 31, 2017	YEAR BORN	DISTANCE	FEE
Pre-Atom Boys		3, 4	2014, 2013	500 m	\$10
Atom Boys	AB1, AB2, AB3	5, 6, 7	2012, 2011, 2010	500 m	\$10
Pee Wee Boys	PB1, PB2	8, 9	2009, 2008	1 km	\$15
Bantam Boys	BB1, BB2	10, 11	2007, 2006	2.5 km	\$15
Midget Boys	MB1, MB2	12, 13	2005, 2004	3 km	\$20
Juvenile Boys	JVB1, JVB2	14, 15	2003, 2002	7.5 km	\$20
Junior Boys	JB1, JB2	16, 17	2001, 2000	7.5 km	\$20
Junior Men	JM1, JM2	18, 19	1999, 1998	7.5 km	\$20
Open Men		20+	1997 & earlier	7.5 km	\$20
Tour de Omineca Men		open		22.5 km	\$20
Pre-Atom Girls		3, 4	2014, 2013	500 m	\$10
Atom Girls	AG1, AG2, AG3	5, 6, 7	2012, 2011, 2010	500 m	\$10
Pee Wee Girls	PG1, PG2	8, 9	2009, 2008	1 km	\$15
Bantam Girls	BG1, BG2	10, 11	2007, 2006	2.5 km	\$15
Midget Girls	MG1, MG2	12, 13	2005, 2004	3 km	\$20
Juvenile Girls	JVG1, JVG2	14, 15	2003, 2002	7.5km	\$20
Junior Girls	JG1, JG2	16, 17	2001, 2000	7.5 km	\$20
Junior Women	JW1, JW2	18, 19	1999, 1998	7.5 km	\$20
Open Women		20+	1997 & earlier	7.5 km	\$20
Tour de Omineca Women		open		22.5 km	\$20

**Participants within the Open (Men's and Women's) and Masters (Men's and Women's) will be awarded medals for the top three finishers within each age category (20-29, 30-39, 40-49, 50-59, 60-69 and 70+)**