

Northern Cup



Cross Country BC

Teck



CALEDONIA

N O R D I C • S K I • C L U B

EVENT NOTICE

Teck Northern Cup #2

and

BC Winter Games Northeast Zone 8 Trials

Sunday, December 29, 2019

- EVENT:** Sunday, December 29, 10:00 am
Interval Start, Classic Technique
- RACE LOCATION:** Otway Nordic Centre
Prince George, BC
- HOST CLUB:** Caledonia Nordic Ski Club – www.caledonianordic.com
- EVENT WEBSITE:** [Teck Northern Cup & BCWG Zone 8 Trials](http://www.caledonianordic.com)
(caledonianordic.com; Events tab; Cross Country Events)
- SANCTIONED BY:** BC Winter Games &
Cross Country BC
- RULES:** [Cross Country Canada Rules and Regulations](#)
and [BC Winter Games General Rules](#)
- TECHNICAL GUIDELINES:** [Teck Northern Cup Technical Guidelines](#)
and [BC Winter Games Technical Guidelines](#)
- INFORMATION:** Chief of Competition: Jennifer Nettet jennifer.nettet@gmail.com
Competition Secretary: Robin Ditto raceoffice@caledonianordic.com
Zone 8 Rep: Nancy Beaumont programs@crosscountrybc.ca
- REGISTRATION:** Registration is via [Zone4](#), fees payable by credit card only.
Deadline is midnight PST on December 25th.
Please note this registration closes on Christmas Day! No late entries.

Registrants are responsible to verify the accuracy of their entries.

ELIGIBILITY: *All ages are encouraged and welcome to participate in Teck Northern Cup*

Athletes trying out for the BC Winter Games must be born in 2006 (U14-2) or 2005 (U16-1) and must be a member in good standing of a Zone 8 club.

Athletes born in 2006 may compete in the 2006 or 2005 age categories. Athletes born in 2005 must compete in the 2005 age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games.

2020 BC Winter Games - NEW Indigenous Participation Program

Cross Country BC in partnership with the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) and the BC Games Society will be piloting a new Indigenous participation initiative for the Fort St. John 2020 BC Winter Games.

Up to eight athletes, two coaches and two officials with Indigenous ancestry will be eligible to attend the Games. These spots are in addition to the number of athletes and coaches that are permitted to attend the Games in Cross Country's previous technical package.

This is a strategic initiative by sport sector partners to have more purposeful sport development pathways for participants of Indigenous descent.

For more information contact CCBC Program Coordinator Nancy Beaumont at: 250.545.9600 or programs@crosscountrybc.ca

LICENSES: Licenses are not required for this event and Zone trial skiers are not required to have a CCC licence for the BC Winter Games.

START LISTS: Start lists for the race will be posted on Zone4 by noon Saturday, Dec 28th and onsite at 8:30am of race day.

BIB PICKUP: Bib pick-up will be from 8:30 – 9:30am in the rental office located on the lower level of the Rotary Nordic Lodge

FACILITIES: A day lodge with First Aid facilities and indoor washrooms is on site.

FOOD & DRINKS: Finish Line: Snacks and Gatorade sponsored by Save-On Foods.

Team Diller will be hosting a concession serving hot foods, baked goods, and a variety of beverages in the Rotary Lodge. All funds raised directly support the Prince George Relay for life.

**COLD
WEATHER
PROVISIONS:**

Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.

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.

For skiers born in 2007 or later, 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.

WEATHER:

[Current on-site weather](#) conditions and temperatures can be found on the host club website. For local area conditions visit environment Canada [weather page for Prince George](#).

WAXING:

Indoor wax space is available, though space is limited. Outdoor electrical outlets are available along the biathlon fence. You will need to bring your own equipment. Be prepared to wax outdoors.

CCBC Glide Wax Protocol:

Cross Country BC respectfully requests 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.

COURSE:

Courses will be marked and groomed by noon on Saturday, Dec 28th. Course maps will be posted at the venue and on the event website as soon as they are available.

AWARDS:

Awards will be presented as soon as possible after posting of final results.

- U8: Teck participant ribbons for all
- U10 to U16: Teck medals for top 3 finishers; Teck ribbons for 4th and 5th place finishers
- U18 to U23: Chocolate for top 3 finishers
- Senior: Chocolate for top 3 finishers
- Master: Chocolate for top 3 finishers

**RACE
SCHEDULE:**

**INDIVIDUAL START – CLASSIC TECHNIQUE
Start time 10 am**

Category	Year of birth	Distance	Fee
Special Olympics	Any year	TBD	-----
U6	2014 or later	150 m	\$5.00
U8	2012/2013	1.0 km	\$5.00
U10	2010/2011	1.0 km	\$5.00
U12	2008/2009	2.0 km (2 x 1.0 km)	\$5.00
U14	2006/2007	3.75 km	\$7.00
U16	2004/2005	5.0 km (2 x 2.5 km)	\$7.00
U18	2002/2003		
U20	2000/2001	7.5 km (2 x 3.75 km)	\$10.00
U23	1997-1999		
Senior	1990-1996		
Master	1989+		

Nordiq Canada has changed the names of the age categories for competitions, effective this coming season.

YOB, ages, and categories can be seen at the following link:

<http://www.crosscountrybc.ca/2019-20-teck-bc-cup-series-regional-cup-series-%E2%80%93-yob-ages-categories>

**TOURISM
PRINCE
GEORGE:**

Visit Tourism Prince George for more information on services and amenities

Phone: 250-562-3700

toll free: 1-800-668-7646

email: tourism@initiativespg.com

website: www.tourismpg.com



**2020 BC Winter Games - February 20-23, 2020
Whiskey Jack Nordic Ski Club –
Beaton Provincial Park Ski Trails**

Visit the [2020 BC Winter Games website](#) to learn more about competition schedule and formats:

**BCWG
SELECTION:**

Qualifying athletes will be contacted by Zone Rep, Nancy Beaumont.

Registration of Zone Teams must be complete by 4pm, January 17, 2020

Please see the [BCWG Technical Package](#) for more information.

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