

# 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 #1 and #2

December 17-18, 2022

<b>EVENT:</b>	<b>Saturday, December 17 Start Time 10:00am</b> Individual Sprint Start, Classic Technique  <b>Sunday, December 18 Start Time 9:00 am</b> Mass Start, Free Technique  *please note times are subject to change
<b>RACE LOCATION:</b>	Caledonia Nordic Centre 8141 Otway Road, Prince George, BC
<b>HOST CLUB:</b>	Caledonia Nordic Ski Club – <a href="http://www.caledonianordic.com">www.caledonianordic.com</a>
<b>EVENT WEBSITE:</b>	<a href="#">Teck Northern Cup #1 and #2</a>
<b>SANCTIONED BY:</b>	Cross Country BC
<b>RULES:</b>	<a href="#">Nordiq Canada Rules and Regulations</a>  ICR-CCR 325 will be amended by the <a href="#">TECK BC Cup Series Technical Guidelines 2022</a> 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.
<b>TECHNICAL GUIDELINES:</b>	<a href="#">Teck Northern Cup Technical Guidelines</a>
<b>INFORMATION:</b>	Chief of Competition: Sally Connon <a href="mailto:chief_competition@caledonianordic.com">chief_competition@caledonianordic.com</a> Competition Secretary: M. Ghosh-Logan <a href="mailto:raceoffice@caledonianordic.com">raceoffice@caledonianordic.com</a>
<b>REGISTRATION:</b>	Registration is via <a href="#">Zone4</a> , fees payable by credit card only. Deadline is 11:59 pm PST on Wednesday, December 14 <sup>th</sup> . <b>Late entries are not accepted.</b>  Registrants are responsible to verify the accuracy of their entries.

<b>LICENSES:</b>	Licenses are not required for this event.
<b>START LISTS:</b>	Start lists for the races will be posted on Zone4 and on-site by noon Friday December 16 <sup>th</sup> .
<b>BIB PICKUP:</b>	Bib pick-up will be from 8:30 – 9:30am in the race office. The race office is located in the small cabin near the biathlon range, on the opposite side of the parking lot from the lodge. It is the third cabin to the right, closest to the ski trail.
<b>FACILITIES:</b>	A day lodge with First Aid facilities and indoor washrooms is on site.
<b>FOOD &amp; DRINKS:</b>	Finish Line: Snacks and Gatorade will be provided
<b>COLD WEATHER PROVISIONS:</b>	<p>Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the <a href="#">event webpage</a>.</p> <div style="border: 1px solid black; padding: 10px;"> <p><i>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.</i></p> <p><i>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.</i></p> <p><i>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.</i></p> </div>
<b>WEATHER:</b>	<a href="#">Current on-site weather</a> conditions and temperatures can be found on the host club website. For local area conditions visit environment Canada <a href="#">weather page for Prince George</a> .
<b>WAXING:</b>	<p>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.</p> <p><b>CCBC Protocol Regarding the Use of Fluorinated Wax will apply.</b> Complete protocols: <a href="https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf">https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf</a></p>
<b>COURSE:</b>	Courses will be marked and groomed by noon on Friday December 16 <sup>th</sup> . Course maps will be posted at the venue and on the <a href="#">event website</a> as soon as they are available. To help reduce paper usage, printed maps will not be supplied.
<b>FEES PER RACE:</b>	<p>U12 and younger:     \$5.00 U14 to U18:           \$7.00 U20 to Masters:       \$10.00</p>

<b>REFUND:</b>	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.
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<b>AWARDS:</b>	<b>Awards will be presented as soon as possible after posting the final results.</b>
U8 and younger:	Teck participant ribbons for all
U10 to U16:	Teck medals for top 3 finishers, and Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> 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

**RACE SCHEDULE:**

		Saturday, December 17		Sunday, December 18	
		Individual Sprint Start, Classic		Mass Start, Free	
		10 am start		10 am start	
Category	YOB	Males	Females	Males	Females
U8	2017-2015	150 m		1.0 km	
U10	2014/13	150 m		2.0 km (2 x 1.0 km)	
U12	2012/11	250 m		2.0 km (2 x 1.0 km)	
U14	2010/09	450 m		4.6 km (2 x 2.3 km)	
U16	2008/07	450 m		5.0 km (2 x 2.5 km)	
U18	2006/05	1.1 km			
U20	2004/03				
U23	2002-2000				
Senior	1999-1993				
Masters	1992 and older				
Para Nordic	Open	TBD		TBD	TBD

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>

<b>TOURISM PRINCE GEORGE:</b>	Visit Tourism Prince George for more information on services and amenities Phone: 250-562-3700 toll free: 1-800-668-7646 email: <a href="mailto:tourism@initiativespg.com">tourism@initiativespg.com</a> website: <a href="http://www.tourismpg.com">www.tourismpg.com</a>
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# THANK YOU FOR YOUR SUPPORT



*Linda & Laurie  
Cook*



Caring for our community

