

Northern Cup



Teck



Race Notice

**Omineca Ski Club
is hosting**

Teck Northern Cup #4

Sunday, February 23, 2025

Mass Start - Free Technique

Race Format: Free Technique, mass start by category

Date/Start Time: Sunday, February 23, 2025, 11:00 am

Race Location: Omineca Ski Club, Burns Lake, Hwy 35
6 km south of Burns Lake (towards François Lake Ferry)

Directions and map: <http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/>

Host Club: Omineca Ski Club - <http://ominecaskiclub.ca/>

Title Sponsor: Teck Resources Limited

Information: Chief of Competition: Agathe Bernard (250) 251-4305
Competition Secretary: Val Anderson (250) 692-6823
Email: info@ominecaskiclub.ca
Website: <http://www.ominecaskiclub.ca/>

Rules: Nordiq Canada Rules and Regulations.

Also refer to the Teck Northern Cup Series Technical Guidelines for additional details: <https://www.crosscountrybc.ca/sites/default/files/documents/2024-25%20Teck%20RC%20TG%20-%20Northern%20BC.pdf>

Race Registration: **Online registration only though ZONE4:**
<https://zone4.ca/register.asp?id=37868>

Any questions, please contact: info@ominecaskiclub.ca

Licenses: ALL participants must purchase a \$3.00 Nordiq Canada Event Licence. The event licence fee will be automatically added to all race registrations on Zone 4, and the revenues are sent directly to Nordiq Canada.

Entry Deadlines: Closing deadline for online registration is:
Wednesday, February 19, 2025, 11:59 PM.
NO LATE ENTRIES WILL BE ACCEPTED

Draw: Start lists will be posted online under <http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/> the Friday prior to the race and posted at the lodge on race morning. Start lists will be posted on ZONE4.

Bib Pick-Up: Race day, 9:45 a.m. to 10:45 a.m., in front of the Jean Paulson Lodge.

Awards: Award presentations will take place as soon as possible following the races. Awards for athletes 15 years and younger are provided by Teck. Awards for 15+ will be provided by Omineca Ski Club.

CATEGORY (Age as of December 31, 2024)	AWARDS
7 and under	Teck participant ribbons
8 to 15	Teck medals for top 3 finishers; Teck ribbons for 4 th and 5 th place finishers
16 to 19	Chocolate for top 5 finishers
20 to 22	Chocolate for top 5 finishers
23 to 29	Chocolate for top 5 finishers
Masters	Chocolate for top 5 finishers

Food and Drink: Lunch (chili or soup and bun) will be provided to all racers, coaches, and volunteers. Additional meals are available through Zone 4 at a cost of \$10 per meal. There will be a small concession, coffee, tea, hot chocolate and cookies, by donation.

Waxing: The Omineca Ski Club's waxing cabin is available for waxing. Outdoor electric plugins are available for hot irons.

Cross country BC has adopted a *no fluorocarbon wax policy* for all ages categories at all Teck BC Cup races, see CCBC Wax Protocol at: <https://www.crosscountrybc.ca/ccbc-wax-protocol-2024-25-0>

Accommodations: Accommodations are available in the Village of Burns Lake.
 Sunshine Inn – 250-692-7696
 Keyoh Lodge – 250-692-7797
 Keyoh Hotel – 250-692-7771
 Traveller's Motel – 250-692-7471
 Wanakena Motel – 250-692-3151
 Magee House – booking on Airbnb
 Lakefront Hideaway – booking on Airbnb

Trail pass: Registered racers can use trails for the day of the race. Spectators do not require a trail pass to watch the race. Family and coaches of racers from out of the Burns Lake area can request complimentary trail passes for the day of the race.

Cancellation: There will be no refunds for participants who choose to not start their race. If race organizers cancel the race(s) due to unsafe weather conditions, a full refund will be made to participants except for any online processing fees. Races will be cancelled or postponed if the temperature or weather conditions are unsuitable at start time.

With air temperatures below -20°C (temperature measured at the coldest point of the course, without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. For athletes under 12 years of age, with air temperatures below -15C (temperature measured at the coldest part of the course, without a wind factor), the Jury must postpone or cancel the competition.

Race Routes:

Route maps will be posted at the lodge prior to the race and online:
<http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/>

RACE CATEGORIES & DISTANCES

Categories are based on the racer's age on December 31, 2024
 Awards will be based on the categories below.
 Results will be grouped by category and will identify the year of birth.

CATEGORIES	Age	Year of Birth	Distance	Fee per Race
U6	5 and under	2019	400m	\$10
U8 Boys	6,7	2017, 2018	800 m	\$15
U8 Girls	6,7	2017, 2018	800 m	\$15
U10 Boys	8,9	2015, 2016	1.5 km	\$20
U10 Girls	8,9	2015, 2016	1.5 km	\$20
U12 Boys	10, 11	2013, 2014	2.5 km	\$20
U12 Girls	10, 11	2013, 2014	2.5 km	\$20
U14 Boys	12,13	2011, 2012	4.0 km	\$20
U14 Girls	12,13	2011, 2012	4.0 km	\$20
U16 Boys	14,15	2009, 2010	6.5 km	\$20
U16 Girls	14, 15	2009, 2010	6.5 km	\$20
U18 Boys	16,17	2007, 2008	6.5 km	\$20
U18 Girls	16, 17	2007, 2008	6.5 km	\$20
U20 Men	18, 19	2005, 2006	10.0 km	\$20
U20 Women	18, 19	2005, 2006	10.0 km	\$20
Open Men	20 - 29	2004 – 1995	10.0 km	\$20
Open Women	20 - 29	2004 – 1995	10.0 km	\$20
Masters Men	30 +	1994 and earlier	10.0 km	\$20
Masters Women	30 +	1994 and earlier	10.0 km	\$20