

**Northern Cup**



Cross Country BC

**Teck**

Race Notice

**The Bulkley Valley Cross Country Ski Club  
is hosting the**

**Teck Northern Cup #4  
&  
Chris Dahlie Open**

**Sunday, February 16, 2020  
Mass Start, Classic Technique**



**Race Format:** Classic Technique, Mass Start

**Date/Time:** Sunday, February 16, 2020, 11:00 am

**Race Location:** Bulkley Valley Nordic Centre (Hudson Bay Mountain Rd.)

**Directions and map:** <http://www.bvnordic.ca/trails-and-facilities/maps/>

**Host Club:** Bulkley Valley Cross Country Ski Club: <http://www.bvnordic.ca/>

**Title Sponsor:** Teck Resources Limited

**Information:** Chief of Competition: Jennifer Plummer (250) 847-0314  
Chief of Results and Timing: Mark Gillis (250) 847-0931

**Rules:** CCC Rules and Regulations. Also refer to the Teck Northern Cup Series Technical Guidelines for additional details:  
<http://www.crosscountrybc.ca/technical-guidelines>

**Race Entries:** By ZONE4: Access [www.zone4.ca](http://www.zone4.ca) and locate this event in the online registration section to enter your information and pay by credit card. Any questions please contact: [race@bvnordic.ca](mailto:race@bvnordic.ca)

**Licenses:** Licenses are not required for this event

**Entry Deadlines:** Closing deadline for online registration is:  
**Thursday, February 13, 11:59 PM, 2020.**  
**NO LATE ENTRIES WILL BE ACCEPTED**

**Draw:** Start lists will be posted online at <http://www.bvnordic.ca/events/teck-northerncup> the Saturday prior to the race and posted at the lodge on race morning.

**Bib Pick-Up:** Race day, 9:45 a.m. to 10:30 a.m., at the ski lodge.

**Awards:** Award presentations will take place immediately following the race. Awards for athletes 15 years and younger will be provided by Teck Resources Ltd. Ribbons and medals will be given to participants aged 15 and younger, as follows: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals for age categories 8,9,10,11,12,13,14,15 - both male and female will be awarded. Ribbons for 4<sup>th</sup> and 5<sup>th</sup> place skiers will be provided for the above age categories, as will participant ribbons for all children 7 years of age and younger. Awards for older athletes will be provided by BV Nordic.

**Concession:** Soup, bun and a drink will be provided to all racers and volunteers. Spectators may purchase food.

**Waxing:** The Gary Murdoch Memorial Waxing Hut will be available for waxing. The CCBC Glide Waxing Protocol will apply to all categories: 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.

**Accommodation:** For accommodations as well as other activities in Smithers please visit:  
<http://www.tourismsmithers.com/>

**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 Smithers-Telkwa area can request complimentary trail passes for the day of the race.

**Cancellation:** There will be no refund 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 temperature or weather conditions are unsuitable at start time.

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. For U10 and younger, 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.

**Race Routes:** Route maps will be posted at the lodge prior to the race and on the BV Nordic website.

## RACE CATEGORIES & DISTANCES

Categories are based on the racer's age on December 31, 2019

Awards will be based on the categories below.

Results will be grouped by category and will identify year-of birth.

<b>CATEGORIES</b>	<b>Age</b>	<b>Year of Birth</b>	<b>Distance</b>	<b>Fee per Race</b>
<b>U8 Boys</b>	5,6,7	2012, 2013, 2014	.77 km	\$10
<b>U8 Girls</b>	5,6,7	2012, 2013, 2014	.77 km	\$10
<b>U10 Boys</b>	8,9	2010, 2011	1.5 km	\$10
<b>U10 Girls</b>	8,9	2010, 2011	1.5 km	\$10
<b>U12 Boys</b>	10, 11	2008, 2009	2.5 km	\$15
<b>U12 Girls</b>	10, 11	2008, 2009	2.5 km	\$15
<b>U14 Boys</b>	12,13	2006, 2007	5.0 km	\$15
<b>U14 Girls</b>	12,13	2006, 2007	5.0 km	\$15
<b>U16 Boys</b>	14,15	2004, 2005	7.5 km	\$15
<b>U16 Girls</b>	14, 15	2004, 2005	7.5 km	\$15
<b>U18 Girls</b>	16, 17	2002, 2003	7.5 km	\$20
<b>U20 Girls</b>	18, 19	2000, 2001	7.5 km	\$20
<b>Open Women</b>	20 - 29	1990 – 1999	7.5 km	\$20
<b>Masters Women</b>	30 - 39	1980 - 1989	7.5 km	\$20
<b>Masters Women</b>	40 - 49	1970 - 1979	7.5 km	\$20
<b>Masters Women</b>	50 - 59	1960 - 1969	7.5 km	\$20
<b>Masters Women</b>	60 +	1959 and Earlier	7.5 km	\$20
<b>Paranordic</b>	OPEN	OPEN	7.5 km	\$20
<b>U18 Boys</b>	16,17	2002, 2003	10 km	\$20
<b>U20 Boys</b>	18, 19	2000, 2001	10 km	\$20
<b>Open Men</b>	20 - 29	1990 – 1999	10 km	\$20
<b>Masters Men</b>	30 - 39	1980 - 1989	10 km	\$20
<b>Masters Men</b>	40 - 49	1970 - 1979	10 km	\$20
<b>Masters Men</b>	50 - 59	1960 - 1969	10 km	\$20
<b>Masters Men</b>	60 +	1959 and Earlier	10 km	\$20