



EVENT NOTICE
2024 TECK BC CUP #1
January 27 & 28, 2024
BC Cup Series

EVENTS

Friday, January 26	
10 - 16	Official training Sprint
Saturday, January 27	
09:00	Individual Sprint (FR) qualification U8 – U16 and Para-sit
09:30	Individual Sprint (FR) heats U8 – U16 and Para-sit
11:45	Individual Sprint (FR) qualification U18 – older and Para-standing
12:30	Individual Sprint (FR) heats U18 – older and Para-standing
Sunday, January 28	
09:00 – 10:15	Mass Start (CL) U8 – U16 and Para-sit
11:00 – 12:30	Mass-start (CL) U18 – older and Para-standing

The Sprint competitions will start with a Qualification Round (15 second interval start) for all age categories. The Qualification Round will be followed by the quarter-final and subsequent heats as soon as possible. Heats will be offered for age categories, not YOB. Small categories (i.e. Masters) may be combined. All skiers will be given the opportunity to compete - in a minimum - the Qualification Round and one heat. Skiers in U12 Boy/Girl and younger categories will not be seeded for the sprint qualifier, but will be grouped according to their category and their positions determined by a normal draw procedure.

LOCATION

Caledonia Nordic Centre, 8141 Otway Road, Prince George, BC

HOST CLUB

Caledonia Nordic Ski Club

EVENT WEBSITE https://www.caledonianordic.com/events/cross-country/Teck_BC_Cup_1

CONTACT Race Secretary at raceoffice@caledonianordic.com

SANCTIONED BY [Nordiq Canada \(NC\)](#) & [Cross Country BC](#)

RULES Nordiq Canada Rules & Regulations:
[FIS ICR-CCR \(Canadian Competition Rules\)](#)

TECHNICAL GUIDELINES
Teck BC Cup Series Technical Guidelines:
[Technical Guidelines](#) | [Cross Country BC](#)

COMPETITION COMMITTEE

Chief of Competition:	John Aalberg
Asst. Chief of Competition:	Jim Burbee
Competition Secretary:	Patrick Abra
Chief of Timing:	Luc Guilherme
Chief of Course:	Bob Dewhirst
Chief of Stadium:	Andrew Watkinson
Chief of Competition Control:	Carolyn Thorp

JURY Dirk Rohde, Technical Delegate
John Aalberg, Chief of Competition
Jake Weaver, Jury member

REGISTRATION Registration and fee payment is online only at [Zone4](#)
Registrants are responsible for checking the Zone4 confirmation list
Coaches are required to register through Zone 4 - no fees are charged

RACE ENTRY DEADLINE
Entry Deadline is Monday, January 22, 2023 at 11:59 pm PST
LATE ENTRIES MAY BE ACCEPTED BUT WILL BE AT AN EXTRA FEE (100% increase)

CANCELLATION Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee and the Technical Delegate. A decision to cancel one day of competition, or cancel races for specific age categories due to the snow or weather conditions during an event will be made by the Jury.

REFUND POLICY In the occurrence of cancellation, a refund of registration fees less administration and event expenses already incurred will be provided post-event. No refunds will be made if an athlete does not participate in race(s). Zone4 online booking fees are non-refundable.

LICENSES	<p>All competitors registered in U14 to Senior categories must have a current race licence. The following licences are acceptable:</p> <ul style="list-style-type: none">• Nordiq Canada Licence• FIS Licence• An Associate Race Licence• Tier 2 Event Licence (formerly SMDL)
SEEDING	<p>Seeding (using Canada Points List - CPL) will be used for all age categories except Masters' categories and U12 Boy/Girl and younger categories. If two or more age categories of the same gender are skiing a common distance (for example, U18 Boys and U20 Men) they will be seeded together using the current CPL. These categories will be combined for the start list but separated for results and awards.</p>
START LISTS	<p>Start lists will be posted on Zone4 by 12:00 PM January 26</p>
RACE OFFICE	<p>The event Race Office will be in a cabin adjacent to the shooting range fence, and will be open from 7:30 - 16:00 on race days and 09:00 – 16:00 on the official training day.</p>
BIB/CHIP PICKUP	<p>Bibs will be distributed to clubs or teams outside the Race Office the morning of each event day (from 07:30 – 09:00). Timing chips will be distributed at the start. Please return all bibs and timing chips at the finish line whether you finish the race or not.</p>
CONCESSIONS	<p>A cafe at the Ski Lodge offers simple food and beverages</p>
FACILITIES	<p>A heated Day Lodge with indoor washrooms will be open, but not for congregating. Portable toilets will be located close to the stadium and waxing areas.</p>
PARKING	<p>Please park in the designated parking lots according to the direction by the parking staff.</p>
FIRST AID	<p>Ski Patrol will be available near the finish area, in the Ski Patrol room beside the rental shop in the Day Lodge.</p>
TRAIL FEES	<p>Trail fees (for Jan 26, 27 and 28) are included with the registration</p>
COURSE MAPS	<p>Please see the end of this page for course maps for the different age groups</p>
WAX FACILITIES	<p>Four ca. 10 x 16 ft wax cabins (adjacent to the biathlon range fence) are available for rent at the venue (cost of \$150 for the weekend). Additional tent space will be available along the biathlon fence behind the wax trailers. All tent space will be free of charge but hookups to electrical outlets will be \$25/outlet (teams must provide their own extension cords). For payments and booking of wax cabins (first come, first serve), please contact the Race Secretary at raceoffice@caledonianordic.com</p>

WARM-UP/WAX TESTING

Glide wax testing areas and warm up courses are provided near the cross-country stadium. No warm-up or wax testing on the competition courses is allowed during the sprint competitions on Saturday. Wax testing on the course during the competitions on Sunday will be at the discretion of the Jury. Please see the end of this page for maps showing the testing/warm-up areas.

WAX PROTOCOL

The transition from the use of fluorinated waxes to non-fluorinated waxes is over, and fluoro waxes will be restricted for all Tier 1, Tier 2 and T3 events (races and Loppets) held in BC this coming winter.

Please see: [CCBC Protocol Regarding the Use of Fluorinated Waxes](#)

Adherence to this protocol is the responsibility of coaches, parents and wax technicians.

WEATHER FORECAST

There is a [web cam](#) and [weather station](#) at the Nordic Centre

AWARDS

Event awards will be presented at the stadium each day. A time schedule for the misc. awards' categories will be provided on January 26th after all registrations are finalized.

INDIVIDUAL AWARDS

U8	All will receive a Teck participant ribbon
U10 to U16	Teck medals for top 3 finishers by YOB Teck ribbons for 4th and 5th finishers
U18	Caledonia Nordic Ski Club medals for top 3 by YOB
U20 U23 Senior Masters PN Sit-Ski PN Stand	Caledonia Nordic Ski Club medals for top 3

ACCOMMODATION

Visit Tourism Prince George at www.tourismpg.com for information on accommodations and local services. Ph: 250-562-3700 or 1-800-668-7646.

RACE CATEGORIES, RACES, COURSES, FEE:

Category	Sub Category	Year of Birth	Sat, January 27 Individual Sprint Free Technique	Sun, January 28 Mass Start Classical Technique	Fee (\$)
U8 Boys	U8B-1, U8B-2, U8B-3	2018 - 2016	450 m	1 x 990 m	10
U10 Boys	U10B-1, U10B-2	2015, 2014	450 m	1 x 990 m	15
U12 Boys	U12B-1, U12B-2	2013, 2012	650 m	2 x 990 m	15
U14 Boys	U14B-1, U14B-2	2011, 2010	650 m	3 x 1.7 km	15
U16 Boys	U16B-1, U16B-2	2009, 2008	1.0 km	3 x 1.7 km	20
U18 Boys	U18B-1, U18B-2	2007, 2006	1.0 km	4 x 2.5 km	20
U20 Men		2005, 2004	1.0 km	4 x 2.5 km	20
U23 Men		2003 - 2001	1.0 km	4 x 2.5 km	25
Senior Men		2000 - 1994	1.0 km	4 x 2.5 km	25
Masters Men 30 - 39		1993 - 1984	1.0 km	4 x 2.5 km	30
Masters Men 40 - 49		1983 - 1974	1.0 km	4 x 2.5 km	30
Master Men 50 - 59		1973 - 1964	1.0 km	4 x 2.5 km	30
Masters Men 60 & older		1963 +	1.0 km	4 x 2.5 km	30
Para Sit Men		Open	TBD	TBD	25
Para Stand Men		Open	TBD	TBD	25

Category	Sub Category	Year of Birth	Sat, January 27 Individual Sprint Free Technique	Sun, January 28 Mass Start Classical Technique	Fee
U8 Girls	U8G-1, U8G-2, U8G-3	2018 - 2016	450 m	1 x 990 m	10
U10 Girls	U10G-1, U10G-2	2015, 2014	450 m	1 x 990 m	15
U12 Girls	U12G-1, U12G-2	2013, 2012	650 m	2 x 990 m	15
U14 Girls	U14BG1, U14G-2	2011, 2010	650 m	3 x 1.7 km	15
U16 Girls	U16G-1, U16G-2	2009, 2008	1.0 km	3 x 1.7 km	20
U18 Girls	U18G-1, U18G-2	2007, 2006	1.0 km	4 x 2.5 km	20
U20 Women		2005, 2004	1.0 km	4 x 2.5 km	20
U23 Women		2003 - 2001	1.0 km	4 x 2.5 km	25
Senior Women		2000 - 1994	1.0 km	4 x 2.5 km	25
Masters Women 30 - 39		1993 - 1984	1.0 km	4 x 2.5 km	30
Masters Women 40 - 49		1983 - 1974	1.0 km	4 x 2.5 km	30
Masters Women 50 - 59		1973 - 1964	1.0 km	4 x 2.5 km	30
Masters Women 60 & older		1963 +	1.0 km	4 x 2.5 km	30
Para Sit Women		Open	TBD	TBD	25
Para Stand Women		Open	TBD	TBD	25

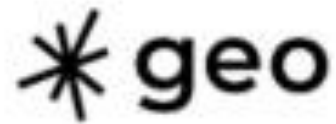
Sprint Competition format: Categories with fewer than 30 racers may be combined to provide a competitive experience.

CALEDONIA
NORDIC • SKI • CLUB

THANK YOU FOR YOUR SUPPORT



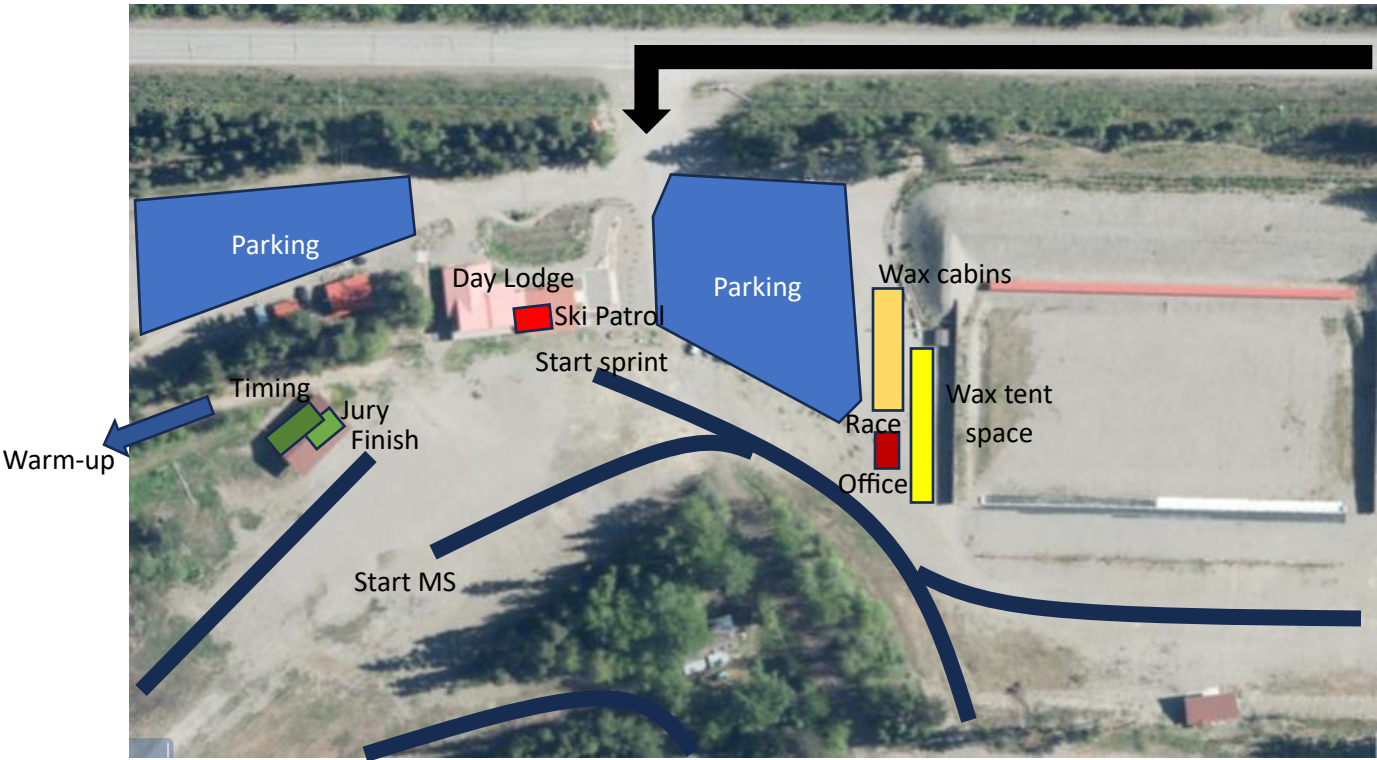
*Linda & Laurie
Cook*



Hart Drugs & 3rd Avenue Pharmacy



CALEDONIA NORDIC VENUE EVENT LAYOUT

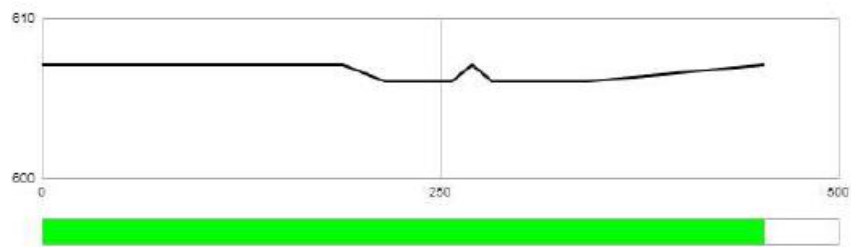


COURSE MAPS

SPRINT COMPETITIONS:

450 meters (for U8 and U10)

Course length:	453m	Height difference (HD):	1m	Lowest point:	606m
Course category:	D	Maximum climb (MC):	0m	Highest point:	607m
		Total climb (TC):	2m		

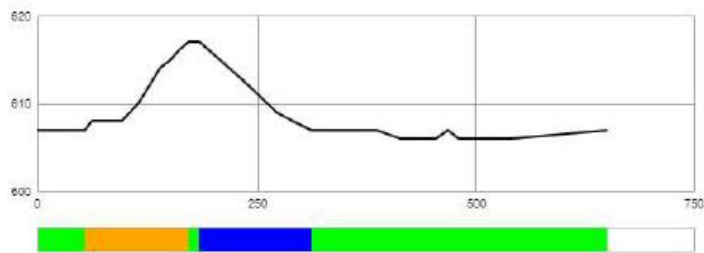


A-climb B-climb C-climb descent undulating terrain



650 meters (for U12 and U14)

Course length:	651m	Height difference (HD):	11m	Lowest point:	606m
Course category:		Maximum climb (MC):	10m	Highest point:	617m
		Total climb (TC):	12m		

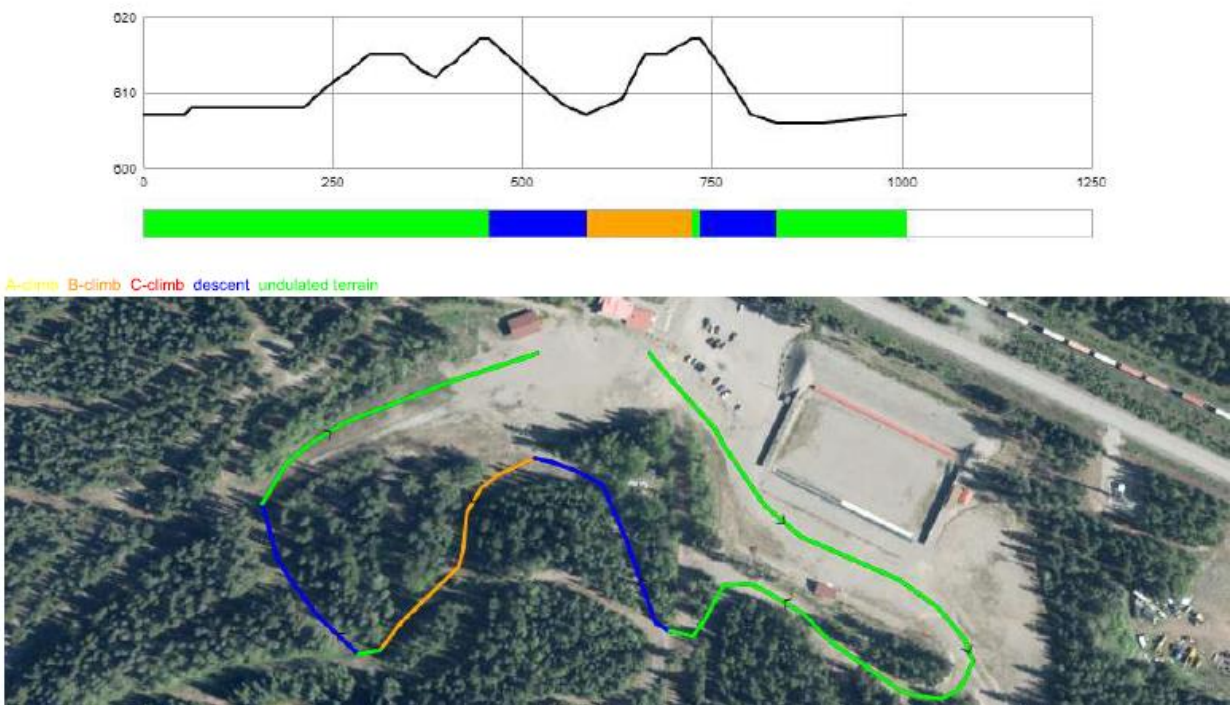


A-climb B-climb C-climb descent undulated terrain



1 km (for U16 and above)

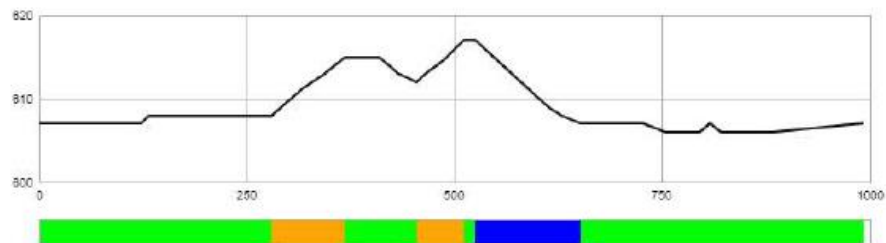
Course length:	1,007m	Height difference (HD):	11m	Lowest point:	606m
Course category:		Maximum climb (MC):	10m	Highest point:	617m
		Total climb (TC):	24m		



MASS-START COMPETITIONS:

990 meters (for U8 – U12)

Course length:	991m	Height difference (HD):	11m	Lowest point:	606m
Course category:	C	Maximum climb (MC):	7m	Highest point:	617m
		Total climb (TC):	15m		

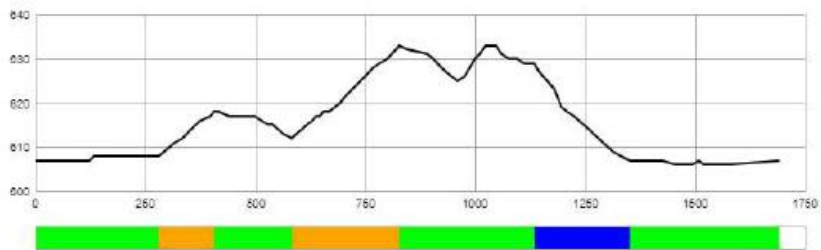


A-climb B-climb C-climb descent undulating terrain



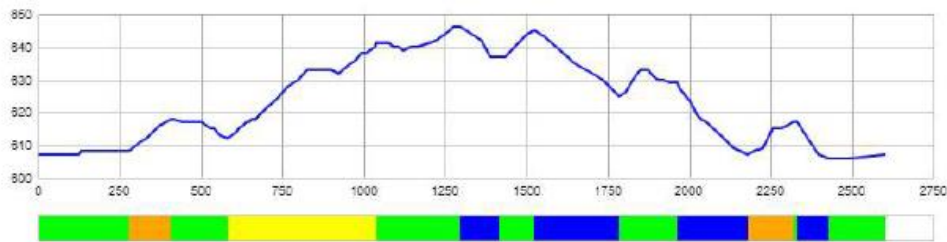
1.7 km (for U14 and U16)

Course length:	1,690m	Height difference (HD):	27m	Lowest point:	606m
Course category:		Maximum climb (MC):	21m	Highest point:	633m
		Total climb (TC):	42m		

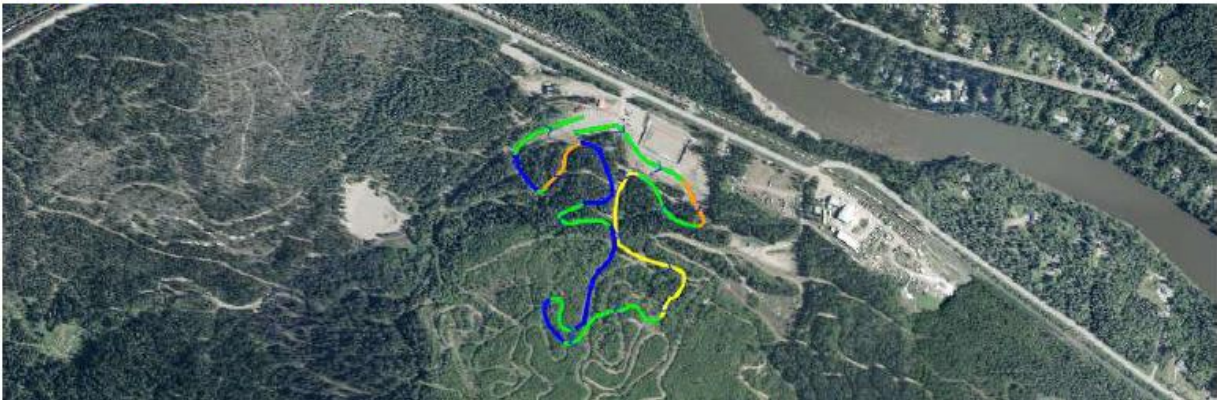


2.5 km (for U18 and above)

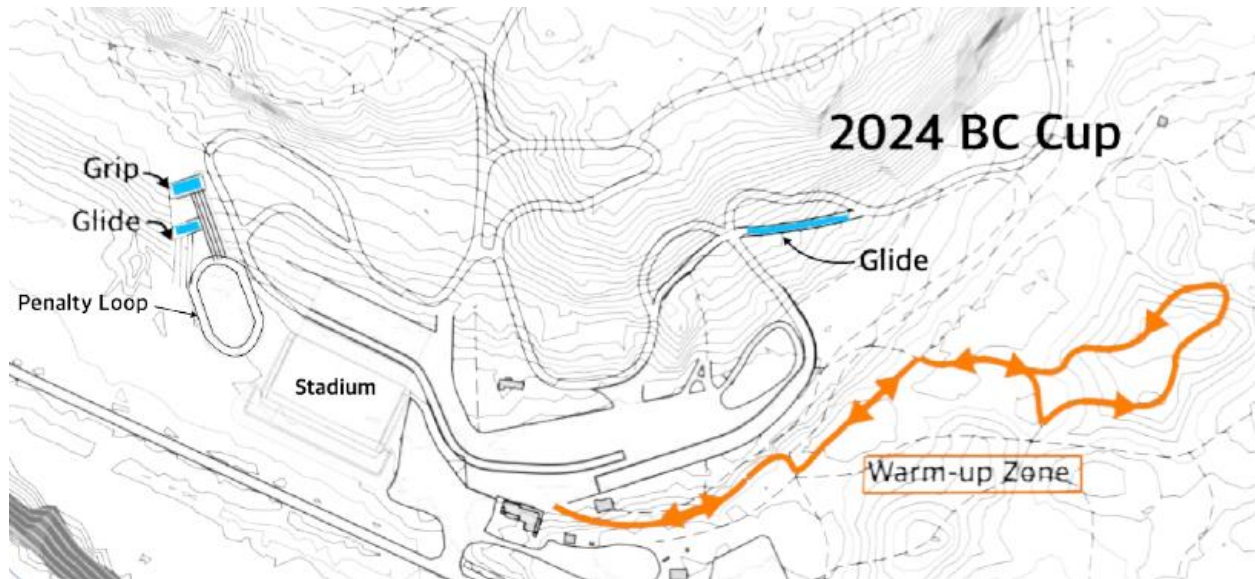
Course length:	2,603m	Height difference (HD):	40m	Lowest point:	606m
Course category:	D	Maximum climb (MC):	30m	Highest point:	646m
		Total climb (TC):	75m		



A-climb B-climb C-climb descent undulated terrain

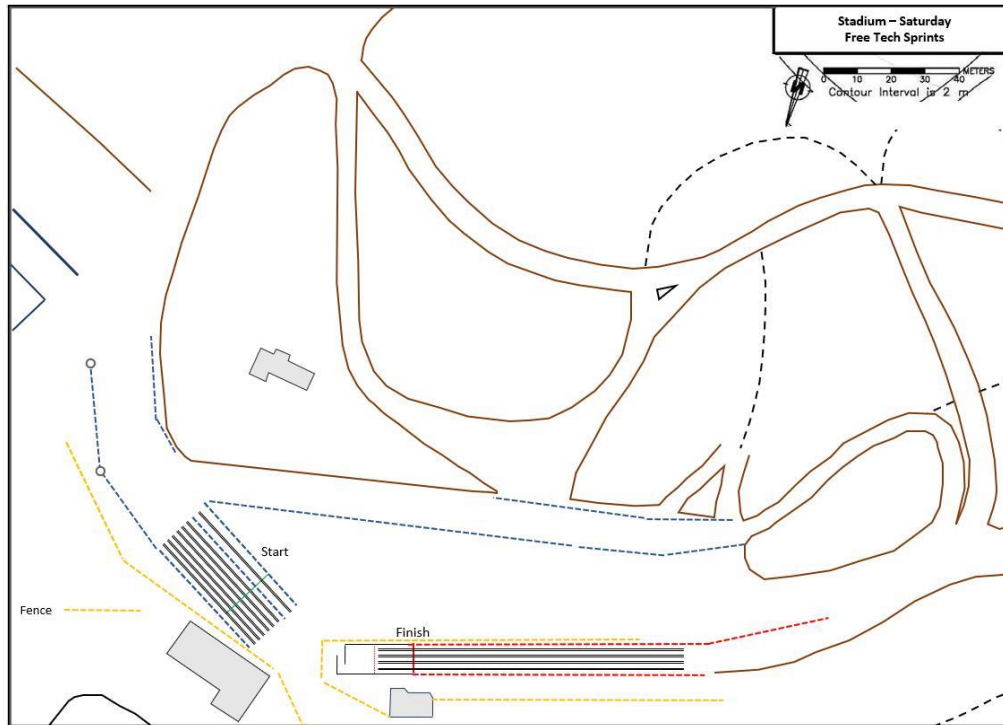


Glide test and warm-up



STADIUM MAPS

SPRINT:



MASS-START:

