



Tour du North – the 2025 Edition

One Weekend | Four Venues | Four Events

March 1-2, 2025

Registration is via Zone 4: <https://zone4.ca/register.asp?id=38154>

Competition Information

Competition Venues

1. Bulkley Valley Nordic Centre, Smithers, BC, bvnordic.ca
2. Omineca Ski Club, Burns Lake, BC, [Omineca Ski Club | Cross Country Skiing in the Lakes District](#)
3. Nechako Nordics Ski Club, Vanderhoof, BC, [NECHAKO NORDICS SKI CLUB - Home](#)
4. Caledonia Nordic Ski Club, Prince George, BC, [Home | Caledonia Nordic Ski Club](#)

Rules

This is a regional event. Specific rules apply:

- Competition classes, format, distance and shooting sequence are adapted from the BIBC 2024 Hosting Policy.
 - Final competition classes and distance will be based on entries. Classes may be mixed.
- Team awards will be based on points accumulated during the tour.
- Each team is responsible for resetting targets and tracking penalties. The tracking and application of penalties will be based on the honour system.

Eligibility to Enter

All athletes participating must be registered participants with Biathlon Canada

A Day licence is available for participants not registered with Biathlon Canada. A day licence is required for each single day of a biathlon related activity, and an individual may only obtain up to two day licences per season. Day licences are available online through Biathlon Canada – Tryout Licence ([Biathlon Canada - Membership](#))

Competitions

Date	Locations	Competition Format	Notes
Saturday, March 1, 2025	Smithers	Modified Sprint, with 3 extra rounds per shooting bout and penalty loop(s) thereafter	Participants come in a costume and the team with the most or best costumes will get extra points.
	Burns Lake	Modified Relay with 5 extra rounds per shooting bout and time penalty per missed target thereafter.	Sasquatch sightings on the rise – teams with the most sightings will get extra points. Feeding the sasquatch(es) will lead to point penalties.
Sunday, March 2, 2025	Vanderhoof	Super Sprint. No penalty loops. Assigned lanes. two shoots/three laps. Older prone/standing. Younger prone/prone. ALL TARGETS HAVE TO BE DOWN TO LEAVE RANGE. Several heats if necessary with 18 targets. Heat/competition stops when first six pass the finish line.	Standing for older. Prone for younger. 5 targets/10 bullets. Knock out, first 6 to advance . Then top 3.
	Prince George	Relay	Mixed teams – and we mean mixed! Expect the unexpected!

Classes of Competition

The competition classes may be mixed and are described below. All distances are approximate.

- We want to keep the distance as close as possible as those athletes would use in a BC Cup. The main goal is to benefit the athletes.
- Actual classes and distances per class will be adjusted based on entries and provided to participants by Thursday, February 27th.

Class	Competition Format	Competition Distance – Estimates (km)	Start Type	Skiing Loop	Loop Length (km)	Shooting Sequence	Penalty
14 and under	Modified Relay – Burns Lake	2.5 km	Simultaneous	4	0.5 - 1km	PPP	30 sec
	Modified Relay with mixed teams and/or age categories – Prince George	2.5 - 4 km	Simultaneous	4	0.5 - 1 km	PPP	75 m
	Modified Sprint – Smithers	2.1 – 3 km	Single, 15 sec	3	1.1 -1.5 km	PP	100 m
	Modified Super Sprint - Vanderhoof	2.5 km	Simultaneous	3	.75 km	PP	0
15-34	Modified Relay – Burns Lake	3.5 – 4 km	Simultaneous	5	0.5 – 1 km	PSPS	30 sec
	Modified Mass Start/Relay with mixed teams and/or age categories – Prince George	3.5 – 4 km	Simultaneous	5	0.5 - 1 km	PSPS	75 m or 30 sec
	Modified Sprint - Smithers	4.2 – 6 km	Single, 15 sec	3	1.4 – 2 km	PS	100 m
	Super Sprint - Vanderhoof	3.3 km	Simultaneous	3	1.1 km	PS	0
35+	Modified Relay – Burns Lake	3.5 – 4 km	Simultaneous	5	0.5 – 1 km	PSPS	30 sec
	Modified Mass Start/Relay with mixed teams and/or age categories – Prince George	3.5 – 4 km	Simultaneous	5	0.5 - 1 km	PSPS	75 m or 30 sec
	Modified Sprint - Smithers	4.2 – 6 km	Single, 15 sec	3	1.4 – 2 km	PS	100 m
	Super Sprint - Vanderhoof	3.3 km	Simultaneous	3	1.1 km	PS	0

Wax Protocol

There is no common waxing protocol for this event. Each team/athlete is responsible for waxing. The fluoro ban described in the Canadian Hosting Policy will be in effect for this event.

Rifle Racks

Rifle racks will be set up at the entry and exit of the range for those that are not carrying their rifles and will shoot standing.

Coaches will be responsible for coordinating rifle runners for their athletes during competition.

For athletes that are not carrying, coaches will be responsible for placing rifles on mats for athletes, in coordination with range officials.

Event Schedule

Date	Location	Time	Event
Saturday, March 1, 2025	Bulkley Valley Nordic	Modified Sprint with 3 extra rounds per shooting bout, and penalty loops for any misses thereafter	
		9:30 AM	Range Setup
		10:00 AM	Zero
		11:00 AM	Start
	Omineca Ski Club	Modified Relay with 5 extra rounds per shooting bout and time penalty per missed target thereafter.	
		4:00 – 5:30 PM	Taco Bar and potluck
		5:30 PM	Range Setup
		6:00 PM	Zero
		7:00 PM	Start
	Sunday, March 2, 2025	Nechako Nordic	Super Sprint. No penalty loops. Assigned lanes. two shoots/three laps. Older prone/standing. Younger prone/prone. ALL TARGETS HAVE TO BE DOWN TO LEAVE RANGE. Several heats if necessary with 18 targets. Heat/competition stops when first six past finish.
9:30 AM			Range Setup
10:00 AM			Zero
11:00 AM			Start
13:00 PM			Pizza
Caledonia Nordic		Mixed Team Relay	
		4:00 PM	Range Setup
		4:30 PM	Zero
		5:30 PM	Start
		7:00 PM	Awards

Courses

Course maps and stadium diagrams are available on the Omineca Ski Club website, under 'Tour du North'.

Zeroing Lanes

Zeroing lanes will be assigned by draw based on the number of athletes competing, with no priority to any team or club.

Awards will be provided to the top team in each category, based on total points collected during the tour. Points will be prorated by team size and awarded as follows:

Point Categories	Number of Points	Maximum Number of Points Per Participant	Maximum Number of Points Per Team
Competition Completed	1 point per competition completed	4 points	Depends on total number of participants per team
First Place Finish	5 points per competition	20 points	
Second Place Finish	4 points per competition	16 points	
Third Place Finish	3 points per competition	12 points	
Fourth Place Finish	2 points per competition	8 points	
Fifth Place Finish	1 point per competition	4 points	
Best Costume	3 points for first place, 2 points for second place and 1 point for third. 1 point extra per costumed individual in a team with a themed costume!		
Sasquatch Sightings	1 point per sighting.		

Each participant will be given a chocolate bar for each bout of clean shooting. Clean shooting means 5 bullets, 5 targets down.

General Event Information

Event Organizing Committee and Contact information

Competition Leads: Agathe Bernard and Wes Bender

(abernard698@gmail.com) | (250) 251-4305

Competition Co-leads: Callie Lancaster, Paul Collard, Cole Bender, and Chris Elden.

Range Lead:

- BV: Nils Erasmus
- OSC: Karen Broadworth
- NN: Kevin Moutray
- CNSC: Jodi Nelson or alternate

Timing Leads:

- BV: Theresa DeGroot
- OSC: Wes Bender and Agathe Bernard
- NN: Sonya Zurevinski
- CNSC: Jodi Nelson or Cole Bender or alternate

Course Leads:

- BV: Callie Lancaster
- OSC: Wes Bender
- NN: Steve Price
- CNSC: Cole Bender or alternate

Competition Secretary: Val Anderson

Social

On Saturday, March 1, 2025, OSC will host a social/potluck in the main lodge. OSC will provide a taco bar and teams are encouraged to bring something to share, potluck style.

On Sunday, March 2, 2025, NN will provide pizzas for everyone at the end of the competition,

Competition Offices

Bibs numbers will be assigned to each participant for the entire Tour. Bibs will be available at each range 15 minutes prior to Zero. Bibs need to be returned to coaches at the end of each competition.

Entry Fees and Registration

1 Event Only	2 or More Event
\$15	\$35
All proceeds go toward awards, door prizes	

Registration is via Zone 4: <https://zone4.ca/register.asp?id=38154>

Registration Deadline: February, 24, 2025 at 11:59PM

No refunds will be provided after the registration deadline.

Trail Passes

Trail passes are included in the registration fees for athletes and coaches.

Day use passes are available for purchase at each club for parents/guardians or siblings.

Lunches

Lunches will not be provided on Saturday, March 1st, and all participants are responsible for their own lunch.

On Sunday, March 2nd, pizzas will be provided.

Accommodation

Accommodation is available in Burns Lake.

Burns Lake:

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

Wax Cabins

- Heated wax cabins are available for use at Bulkley Valley Nordics and Omineca Ski Club.

We look forward to seeing everyone in the North!

Tour du North Organizing Committee