

# **Northern Cup**



# **Teck**



**Race Notice**

**Omineca Ski Club  
is hosting**

**Teck Northern Cup #5**

**Sunday, January 18, 2026**

**Mass Start - Classic Technique**

<b>Race Format:</b>	Classic Technique, mass start by category
<b>Date/Start Time:</b>	Sunday, January 18, 2025, 11:00 am
<b>Race Location:</b>	Omineca Ski Club, Burns Lake, Hwy 35 6 km south of Burns Lake (towards François Lake Ferry)
<b>Directions and map:</b>	<a href="http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/">http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/</a>
<b>Host Club:</b>	Omineca Ski Club - <a href="http://ominecaskiclub.ca/">http://ominecaskiclub.ca/</a>
<b>Title Sponsor:</b>	Teck Resources Limited
<b>Information:</b>	Chief of Competition: Karen Broadworth (250) 692-0295 Competition Secretary: Val Anderson (250) 692-6823 Email: <a href="mailto:info@ominecaskiclub.ca">info@ominecaskiclub.ca</a> Website: <a href="http://www.ominecaskiclub.ca/">http://www.ominecaskiclub.ca/</a>
<b>Rules:</b>	Nordiq Canada Rules and Regulations.  Also refer to the Teck Northern Cup Series Technical Guidelines for additional details: <a href="https://www.crosscountrybc.ca/sites/default/files/documents/2024-25%20Teck%20RC%20TG%20-%20Northern%20BC.pdf">https://www.crosscountrybc.ca/sites/default/files/documents/2024-25%20Teck%20RC%20TG%20-%20Northern%20BC.pdf</a>
<b>Race Registration:</b>	<b>Online registration only through ZONE4:</b> <a href="https://zone4.ca/register.asp?id=40338">https://zone4.ca/register.asp?id=40338</a>  Any questions, please contact: <a href="mailto:info@ominecaskiclub.ca">info@ominecaskiclub.ca</a>
<b>Licenses:</b>	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.
<b>Entry Deadlines:</b>	<b>The Closing deadline for online registration is:</b>  <b>Tuesday, January 13, 2026, at midnight</b> <b>NO LATE ENTRIES WILL BE ACCEPTED</b>
<b>Draw:</b>	Start lists will be posted online under <a href="http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/">http://ominecaskiclub.ca/upcoming-events/teck-northern-cup-burnslake/</a> on the Friday prior to the race and posted at the lodge on race morning. Start lists will be posted on ZONE4.
<b>Bib Pick-Up:</b>	Race day, 9:45 a.m. to 10:45 a.m. - 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 <sup>th</sup> and 5 <sup>th</sup> 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 (includes a vegetarian option) 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 NEW 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 on 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 not to start their race. If race organizers cancel the race(s) due to unsafe weather conditions, participants will receive a full refund, excluding 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, 2025**

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
<b>U6</b>	5 and under	2020	400m	\$10
<b>U8 Boys</b>	6,7	2018, 2019	800 m	\$15
<b>U8 Girls</b>	6,7	2018, 2019	800 m	\$15
<b>U10 Boys</b>	8,9	2016, 2017	1.5 km	\$20
<b>U10 Girls</b>	8,9	2016, 2017	1.5 km	\$20
<b>U12 Boys</b>	10, 11	2014, 2015	2.5 km	\$20
<b>U12 Girls</b>	10, 11	2014, 2015	2.5 km	\$20
<b>U14 Boys</b>	12,13	2012, 2013	4.0 km	\$20
<b>U14 Girls</b>	12,13	2012, 2013	4.0 km	\$20
<b>U16 Boys</b>	14,15	2010, 2011	6.5 km	\$20
<b>U16 Girls</b>	14, 15	2010, 2011	6.5 km	\$20
<b>U18 Boys</b>	16,17	2008, 2009	6.5 km	\$20
<b>U18 Girls</b>	16, 17	2008, 2009	6.5 km	\$20
<b>U20 Men</b>	18, 19	2006, 2007	10.0 km	\$20
<b>U20 Women</b>	18, 19	2006, 2007	10.0 km	\$20
<b>Open Men</b>	20 - 29	2005 – 1996	10.0 km	\$20
<b>Open Women</b>	20 - 29	2005 – 1996	10.0 km	\$20
<b>Masters Men</b>	30 +	1995 and earlier	10.0 km	\$20
<b>Masters Women</b>	30 +	1995 and earlier	10.0 km	\$20