



EVENT

Teck Northern Cup Race 4

Saturday, January 17, 2026. Start Time 10:00am

Elimination Sprints with Untimed Heats – Free Technique

Please note that times are subject to change

RACE LOCATION

Hallis Lake Ski Trails, 4427 Quesnel Hydraulic Road, Quesnel.

[Show me on Google Maps](#)

HOST CLUB

Cariboo Ski Touring Club – www.caribooski.ca

EVENT WEBSITE

[Teck Northern Cup #4](#)

SANCTIONED BY:

Cross Country BC

REGISTRATION:

Registration is via [Zone4](#), fees payable by credit card only. Deadline is 11:00 pm PST on Wednesday, January 14th. 2026. **Late entries are not accepted.**

Registrants are responsible for verifying the accuracy of their entries.

Search for 'Teck Northern Cup #4 2025-26' on Zone 4.

FEES PER RACE:

U12 and under: \$10

U14 to U18: \$15

U20 to Masters: \$20

All racers pay a \$3 Tier 3 Event Licence fee.

For The Race

LICENSES

Nordiq Canada requires that all participants purchase a Tier 3 Event Licence for every race (\$3/race) regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence. Zone4 will add this \$3 fee/race automatically during your registration. This is in addition to the CSTC race fees listed above.

START LISTS

Start lists for the races will be posted on Zone4 and on-site by noon Friday, January 16th

COURSE

Courses will be marked and groomed by noon on Friday January 16th. Course maps will be posted at the venue and on the [event website](#) as soon as they are available. To help reduce paper usage, printed maps will not be supplied.

RULES

[Nordiq Canada Rules and Regulations](#)

ICR-CCR 325 will be amended by the [TECK Northern Cup Series Technical Guidelines 2026](#) for the Individual Sprints. A qualification round (15-second interval start) will be followed by quarter-final and subsequent heats. Heats will be offered for age categories, not YOB. Small categories may be combined. All skiers will be given the opportunity to compete in a minimum of the Qualification Round and one heat. Skiers in the U12 and younger categories will not be seeded for the sprint qualifier but will be grouped according to their category and a normal draw.

TECHNICAL GUIDELINES

[Teck Northern Cup Technical Guidelines](#)

INFORMATION

Chief of Competition: Chris Kovach, ckovach2423@gmail.com

Competition Secretary: Neil Davison, neildavison@hotmail.ca

Chief of Timing: Jim Crellin, acrellin@outlook.com

Chief of Course Neil MacKay, neil.mackay@fortisbc.com

Chief of Stadium: Peter van Leusden, vanleusdenp@gmail.com

BIB PICKUP:

Bib pick-up will be from the main floor of the lodge. The lodge is a short walk from the parking lot.
Saturday: 8:30 to 9:30 am.

When you are there

FACILITIES

A day lodge with First Aid facilities and indoor washrooms are on site. Additional outhouses are located near the lodge.

Trail Passes: Trail passes are included in your race fees, so do not need to be purchased for athletes and coaches. Parents and others will need to purchase a day trail pass at the office, downstairs in the lodge.

FOOD & DRINKS

Finish Line: Snacks and Gatorade will be provided.

Lodge: Food will be available to purchase in the club lodge.

WAXING

There is no indoor waxing available at our venue. Please do not wax on the lodge deck. There are 8 outdoor waxing areas available. Each has an electrical outlet. You will need to bring your own equipment.

CCBC Protocol Regarding the Use of Fluorinated Wax will apply. Complete protocols:

<https://www.crosscountrybc.ca/ccbc-wax-protocol-0>

ACCOMMODATION

Plan your trip at <https://www.tourismquesnel.com/plan-my-trip>

COLD WEATHER PROVISIONS

Races will be cancelled or postponed if temperature conditions are unsuitable at start time. Notice will be posted on the event webpage.

For Canadian competitions: 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. With competition distances greater than 15 km and temperature less than -18°C without wind factor, the Jury must postpone or cancel the competition.

For U12 age groups, with air temperatures below -15°C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.

With any difficult weather conditions (e.g., strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the Jury may, on consultation with the Team Leaders of the participating teams and the doctor responsible for the competition, postpone, cancel, or shorten the competition.

See also CCBC website regarding risk management, cold weather and competitions.

WEATHER

[Current on-site weather](#) conditions and temperatures can be found on the Cariboo Ski Touring Clubs [website \(caribooski.ca\)](http://caribooski.ca). For local area conditions visit environment Canada [weather page for Quesnel](#).

REFUND

There are **no refunds** of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race. If the event is cancelled due to severe cold weather three days before the event, refund of registration fees, less costs incurred, will be provided. If the event is cancelled on the competition weekend due to severe cold weather or force majeure, no refund of registration fees will be made.

AWARDS

Awards will be presented as soon as possible after posting the final results.

U8 and younger - - Teck participant ribbons for all.

U10 to U16 - - Teck medals for top 3 finishers, and Teck ribbons for 4th and 5th place, by year of birth.

U18 to U23 - - Cookie Medals for top 3 finishers by age category.

Senior - - Cookie Medals for top 3 finishers.

Master - - Cookie Medals for top 3 finishers by age category.

RACE SCHEDULE:

		Saturday, January 17	
		Qualification Sprint, Free Technique	
		10:00 am Start	
		Males	Females
Category	YOB		
U8	2018-2020	280 M	
U10	2016-2017	280 M	
U12	2014-2015	500 M	
U14	2012-2013	500M	
U16	2010-2011	700 M	
U18	2008-2009	700 M	
U20	2006-2007	700 M	
U23	2003-2005	700 M	
Senior	1996-2002	700 M	
Masters	1995 and older	700 M	

YOB, ages, and categories can be found at:

<https://www.crosscountrybc.ca/sites/default/files/documents/2025-26%20Age%20Categories.pdf>