

Coast Cup



Teck



STRATHCONA NORDIC SKI CLUB

EVENT & RACE NOTICE

2016 TECK COAST CUP #4 & #5

MT. WASHINGTON

- Host Club:** Strathcona Nordic Ski Club
- Dates/Times:** Saturday, February 13th, Classic Technique Interval Start – 11:00 am
Sunday, February 14th, Mass Start Free Technique – 10:30 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Information:** Chief of Competition: Len Apedaile
Competition Secretary: Patty Johnson, races@strathconanordics.com
Chief of Timing: Val Wootton
Chief of Course: Bob Hauser
Chief of Stadium: Chris Stapff
- Eligibility:** This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. No race license is required; however, all competitors must be a member in good standing of a CCC/CCBC club.
- How to Enter:** Registration and fee payment is online at Zone 4: <https://zone4.ca/reg.asp?id=11519>
Strathcona Jackrabbits participants will be entered automatically on the day of their normal skill session. If your child would like to race the second day, entries are through zone 4 as above. The usual race fee for the 2nd day will apply.
- Deadline:** Race entries must be received by **Wednesday, February 10th, 2016 at Midnight.**
NO LATE ENTRIES WILL BE ACCEPTED
- Cancellations:** If the organizers are required to cancel the race due to weather, or other unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees. There are no refunds for racers who register, then withdraw or do not show.
- Start Lists:** Start lists will be posted on zone 4 by Friday noon (Feb 12) and will also be available in Raven



Lodge the morning of the race. Skiers are not seeded, but grouped by category and their positions determined by a normal draw procedure.

Bib Pickup: At Raven Lodge between 9:00 am and 10:30 am on Saturday February 13th, and between 9:00 am to 10:00 am on Sunday, February 14th.

Awards: There will be an awards ceremony both race days in the stadium near the finish area immediately after all of the races have finished. If the weather is inclement, the awards ceremony will be held inside the Raven Lodge.

Individual awards as per Teck Coast Cup technical guidelines.

- 7 & under (Atoms): Teck participant ribbons for all
- 8 years (first year PeeWee): Teck 1-5 ribbons for top 5 finishers, participant ribbons for all others
- 9-14 y: Teck medals for top 3, Teck ribbons for 4th/5th
- 15+: Medals to top 3 finishers

Club points awarded as per the Tech Coast Cup technical guidelines to participants and the top 5 finishers in each category. Club points count towards the Club Aggregate Award, which will be Sunday after the race.

Guidelines at: http://www.crosscountrybc.ca/sites/default/files/documents/2015-16%20Teck%20RC%20TG%20-%20Coast_0.pdf

Facilities: The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership including Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge facilities, food services, rentals, retail sales, lockers, sauna and showers and also services a growing snowshoe base and toboggan area.

Waxing: There are 2 outdoor waxing benches on the lower level and 3 indoor waxing benches in a small wax cabin near the lodge. Please no wax testing on course on race day. Wax testing/training is possible off-course on a variety of surrounding trails. Cross Country BC has adopted a 'No Fluoro/Low Fluoro' policy for all Midget age categories and younger, see technical package.

Course: Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the course has been finalized. Courses will be located on the World Cup trail system to the east and west of the stadium area.

In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.

Accommodation: Mt Washington Resort has links to various accommodation listings on the mountain: <https://www.mountwashington.ca/accommodations.html>
Accommodation in the Comox Valley (approximately 40 minute drive to event): <http://www.discovercomoxvalley.com/stay/accommodations>

Volunteers: **Many are needed. There is a volunteer sign up form on zone 4 for Coast Cup 4 & 5:** <https://zone4.ca/reg.asp?id=11574>

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EVENT SCHEDULE

Date:	Saturday, February 13th, 2016, Coast Cup #4 Classic Technique Interval Start
Start Time:	11:00 a.m.

*Age as of December 31, 2015

Category	Subcategory	Age	Year Born	Distance	Course	Fee*
Atom Boys	AB1, AB2, AB3	5, 6, 7	2010, 2009, 2008	1.0 km	1.0 km	5.00
Pee Wee Boys	PB1, PB2	8, 9	2007, 2006	2.0 km	2.0 km	10.00
Bantam Boys	BB1, BB2	10, 11	2005, 2004	2.5 km	2.5 km	10.00
Midget Boys	MB1, MB2	12, 13	2003, 2002	3.5 km	3.5 km	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2001, 2000	5.0 km	5.0 km	10.00
Junior Boy	JB1, JB2	16, 17	1999, 1998	7.5 km	2.5+5 km	10.00
Junior Men	JM1, JM2	18, 19	1997, 1996	10 km	2x5 km	15.00
Open Men		20-29	1995-1986	10 km	2x5 km	15.00
Masters Men	Every 10 yrs	30+	1985 and earlier	10 km	2x5 km	15.00
Adaptive Men Stand		All		7.5 km	2.5+5 km	15.00
Adaptive Men Sit		All		2.0 km	2.0 km	15.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2010, 2009, 2008	1.0 km	1.0 km	5.00
Pee Wee Girls	PG1, PG2	8, 9	2007, 2006	2.0 km	2.0 km	10.00
Bantam Girls	BG1, BG2	10, 11	2005, 2004	2.5 km	2.5 km	10.00
Midget Girls	MG1, MG2	12, 13	2003, 2002	3.5 km	3.5 km	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2001, 2000	5.0 km	5 km	10.00
Junior Girls	JG1, JG2	16, 17	1999, 1998	5.0 km	5 km	10.00
Junior Women	JW1, JW2	18, 19	1997, 1996	7.5 km	2.5+5 km	15.00
Open Women		20-29	1995-1986	7.5 km	2.5+5 km	15.00
Masters Women		Every 10 yrs	1985 and earlier	7.5 km	2.5+5 km	15.00
Adapt Women Stand		All		5.0 km	5 km	15.00
Adaptive Women Sit		All		2.0 km	2.0 km	15.00

Note fee comments at bottom of next page.

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Date:	Sunday, February 14th, 2016, Coast Cup #5 Free Technique Mass Start
Start Time:	10:30 a.m.

*Age as of December 31, 2015

Category	Subcategory	Age	Year Born	Distance	Course	Fee*
Atom Boys	AB1, AB2, AB3	5, 6, 7	2010, 2009, 2008	1.0 km	1.0 km	5.00
Pee Wee Boys	PB1, PB2	8, 9	2007, 2006	2.0 km	2.0 km	10.00
Bantam Boys	BB1, BB2	10, 11	2005, 2004	2.5 km	2.5 km	10.00
Midget Boys	MB1, MB2	12, 13	2003, 2002	3.5 km	3.5 km	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2001, 2000	7.5 km	2.5+5 km	10.00
Junior Boy	JB1, JB2	16, 17	1999, 1998	10 km	2x5 km	10.00
Junior Men	JM1, JM2	18, 19	1997, 1996	10 km	2x5 km	15.00
Open Men		20-29	1995-1986	10 km	2x5 km	15.00
Masters Men	Every 10 yrs	30+	1985 and earlier	10 km	2x5 km	15.00
Adaptive Men Stand		All		7.5 km	2.5+5 km	15.00
Adaptive Men Sit		All		2.0 km	2.0 km	15.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2010, 2009, 2008	1.0 km	1.0 km	5.00
Pee Wee Girls	PG1, PG2	8, 9	2007, 2006	2.0 km	2.0 km	10.00
Bantam Girls	BG1, BG2	10, 11	2005, 2004	2.5 km	2.5 km	10.00
Midget Girls	MG1, MG2	12, 13	2003, 2002	3.5 km	3.5 km	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2001, 2000	5.0 km	5 km	10.00
Junior Girls	JG1, JG2	16, 17	1999, 1998	7.5 km	2.5+5 km	10.00
Junior Women	JW1, JW2	18, 19	1997, 1996	7.5 km	2.5+5 km	15.00
Open Women		20-29	1995-1986	7.5 km	2.5+5 km	15.00
Masters Women		Every 10 yrs	1985 and earlier	7.5 km	2.5+5 km	15.00
Adapt Women Stand		All		5.0 km	5 km	15.00
Adaptive Women Sit		All		2.0 km	2.0 km	15.00

***Fees do not include a trail ticket. All skiers must have a valid ski ticket or season pass. Discounted trail passes are available for athletes and coaches and must be pre-ordered at the time of registration on zone 4. Discounted tickets are not available from the venue on the day of competition.**