



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

2018 Teck Coast Cup #5,

Teck Coast Cup #6 and Vancouver Island Loppet

MT. WASHINGTON NORDIC CENTRE

- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** Saturday, February 10th, Teck Coast Cup #5: Team Sprint (Relay) (FT) – 10:00 am
Sunday, February 11th, Teck Coast Cup #6 and VI Loppet: Mass Start (FT) – 9:30 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Technical Guidelines:** The 2017-2018 Coast Cup Technical Guidelines are found on the CCBC website:
<http://www.crosscountrybc.ca/sites/default/files/documents/2017-18%20Teck%20RC%20TG%20-%20Coast.pdf>
- Competition Committee:** Chief of Competition: Len Apedaile
Competition Secretary: Patty Johnson races@strathconanordics.com
Chief of Timing: Dan Lemay
Chief of Course: Bill Noble
Chief of Stadium: Chris Stapff
Event Coordinator: Brenda Blakely
Sponsor Liaison, Awards Coordinator and Media Liaison: Brenda Blakely/Heather Clarke
- Eligibility:** This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. No race license is required.





- Events:**
- Saturday: February 10th: Teck Coast Cup #5: Team sprint (relay) – free technique (ski cross course)**
- Mass start team sprint relay on a fun, safe, rolling ski cross course.
 - Teams of 2, with 2 or 3 alternating laps per competitor
 - Single heat per category. (If more than one heat is required due to number of teams in a category than ranking will be by overall fastest time amongst heats). We expect max heat sizes of 5-6 athletes due to course constraints.
 - Register individually on **Zone4**. Teams will be made up subsequently by coaches and/or the race secretary.
 - Each official team is comprised of 2 skiers of the same gender, from the same age category and from the same club.
 - Younger skiers may race in an older age group, but not the reverse
 - Unofficial teams comprised of mixed genders and/or clubs are welcome but will not be counted for awards or ranking points (participation points still apply).

Sunday, February 11th: Teck Coast Cup #6 and VI Loppet: Mass start, free technique

- Registration and Deadline:**
- Registration and fee payment is online at **Zone 4** <https://www.zone4.ca>
Entry deadline is 12:00 noon, Wednesday, February 7th, 2018. No late entries will be accepted.
- Register for one or both days on **Zone 4**
 - Racers may race up to a higher category, but not down
 - Coaches and the race secretary will make up the sprint teams for Saturday.
 - **Coaches are encouraged to register as coaches** for the purpose of submitting teams for the team sprint relay. There will be a separate team registration form open Wednesday, February 7th for the coaches with a link on the Strathcona Nordic website. This form will also be emailed to all registered coaches. **Deadline for team entries and changes is 6 pm Friday, February 9th. No changes will be accepted after this.**

Strathcona Jackrabbits participants will be entered automatically on the day of their normal skill session. Jackrabbits who would like to race the day other than their session day must enter through Zone4 as above. The usual race fee for the 2nd day will apply. (JackRabbit Coaches or the race secretary will make up teams for the Saturday team sprint relay.)

- 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 and Results:**
- An event schedule will be posted on **Zone4.ca** by Friday at 7 pm (February 9th) and will also be available in Raven Lodge the morning of the race. Skiers are grouped by category. Athletes will self seed for the Sunday events.





Bib Pickup: At Raven Lodge between 8:30 am and 9:30 am on Saturday February 10th, and between 8:00 am to 9:00 am on Sunday, February 11th.

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. Atoms will receive their participation awards at the finish line.
(If the weather is inclement, the awards ceremony will be held inside the Raven Lodge.)

For Coast Cup # 5, awards will apply as below to official teams.

For Coast Cup # 6, individual awards will be per the Teck Coast Cup technical guidelines as follows:

- 7 & under (Atoms): Teck participant ribbons for all
- 8-15 y: Teck medals for top 3, Teck ribbons for 4th & 5th finishers

For Vancouver Island Loppet:

- Medals will be awarded to the top 3 finishers in all 15km and 30 km categories

Points for the club aggregate will be awarded as per the Teck Coast Cup technical guidelines. (participants and top 5 finishers in each category).

Points count towards the Club Aggregate Award, which will be awarded Sunday after the race.

Swag: Vancouver Island Loppet participants will receive either a VI Loppet thermos or SNSC water bottle.

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 the wax cabin between the lodge and the stadium. Ski testing on course during warm up must be in direction of travel and is allowed until 5 minutes before the first start. Wax /ski testing/warmup is available on non-race trails throughout the day.

Cross Country BC has adopted a '**No Fluoro/Low Fluoro**' policy for all age categories at Regional Cup races. **Low-fluoro glide waxing protocol:**

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

Course:

- Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the courses have been finalized.





- The ski cross relay course will be located at the south end of the stadium. Course distances/laps may be subject to change.
- **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 on-site accommodation listings:
<https://www.mountwashington.ca/accommodations.html>
Accommodation in the Comox Valley (approximately 40 minute drive):
<http://www.discovercomoxvalley.com/stay/accommodations>
Tourism Mount Washington Website:
<http://www.discovermountwashington.com/stayandplay/onmountainaccommodation.htm>

Volunteers: Many are needed. Please contact [races @ strathconanordics.com](mailto:races@strathconanordics.com)





Date:	Saturday, February 10th, 2018, Coast Cup #5 Team Sprint - (Relay) (Free Technique)
Start Time:	9:30 a.m.

*Age as of December 31, 2017

Category	Subcategory	Age	Year Born	Distance (m)	Laps	Fee per person*
Atom Boys		7 & younger	2010 & younger	100	2	5.00
Pee Wee Boys	PB1, PB2	8, 9	2009, 2008	340	2	10.00
Bantam Boys	BB1, BB2	10, 11	2007, 2006	340	3	10.00
Midget Boys	MB1, MB2	12, 13	2005, 2004	650	2	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2003, 2002	650	3	10.00
Junior Boys/Men	JB1, JB2, JM1, JM2	16-19	1998-2001	650	3	10.00
Open & Masters Men		20+	1997 and older	650	3	15.00
Atom Girls		7 & younger	2010 & younger	100	2	5.00
Pee Wee Girls	PG1, PG2	8, 9	2009, 2008	340	2	10.00
Bantam Girls	BG1, BG2	10, 11	2007, 2006	340	3	10.00
Midget Girls	MG1, MG2	12, 13	2005, 2004	650	2	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2003, 2002	650	3	10.00
Junior Girls/Women	JG1, JG2, JW1, JW2	16-19	1998-2001	650	3	10.00
Open & Masters Women		20+	1997 and older	650	3	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.





Date:	Sunday, February 11th, 2018, Coast Cup #6 and VI Loppet Free Technique Mass Start
Start Time:	9:30 a.m.

*Age as of December 31, 2017

Category	Age	Year Born	Distance	Course	Fee*
Coast Cup 6					
Atom Boys/Girls	7 & under	2010 & younger	1.0 km	1.0 km	5.00
Pee Wee Boys/Girls	8, 9	2009, 2008	2.5 km	2.5 km	10.00
Bantam Boys/Girls	10, 11	2007, 2006	2.5 km	2.5 km	10.00
Midget Boys/Girls	12, 13	2005, 2004	5.0 km	5.0 km	10.00
Juvenile Boys/Girls	14, 15	2003, 2002	5.0 km	5.0 km	10.00
VI Loppet:					
Recreational Ski Half Loppet	M/F <18	2000 & younger	15 km	15 km	25.00
	M/F 18-40	1999-1977	15 km	15 km	25.00
	M/F >40	1976 & older	15 km	15 km	25.00
Full Ski Loppet:	M/F <18 y	2000 & younger	30 km	30 km	30.00
	M/F 18-29y	1999 - 1988	30 km	30 km	30.00
	M/F 30-39	1987-1978	30 km	30 km	30.00
	M/F 40-49	1977-1968	30 km	30 km	30.00
	M/F 50-59	1967-1958	30 km	30 km	30.00
	M/F 60-69	1957-1948	30 km	30 km	30.00
	M/F 70+	1947 & older	30 km	30 km	30.00

***Racers may race up to an older category if desired.**

***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.**

