



# 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 ApedaileCompetition Secretary:Patty Johnson races@strathconanordics.comChief of Timing:Dan LemayChief of Course:Bill NobleChief of Stadium:Chris StapffEvent Coordinator:Brenda BlakelySponsor 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. New this year is a Participation Category for the Loppet.









XITAK HOT



#### Events:

# Saturday: February10th: 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 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

- This is a free technique event, which means you can skate or classic ski.
- Don't want the "pressure" of racing, but still want to participate in the Loppet? New this year, is a **Participation Category**. Results will show that you completed the event, but no time or place will be given.

Registration andRegistration and fee payment is online at Zone 4<a href="https://www.zone4.ca">https://www.zone4.ca</a>Deadline:Entry deadline is 12:00 noon, Wednesday, February 7<sup>th</sup>, 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 7<sup>th</sup> 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 9<sup>th</sup>. 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<br/>circumstances, then full refunds will be issued with the exception of any online processing fees.<br/>There are no refunds for racers who register, then withdraw or do not show.

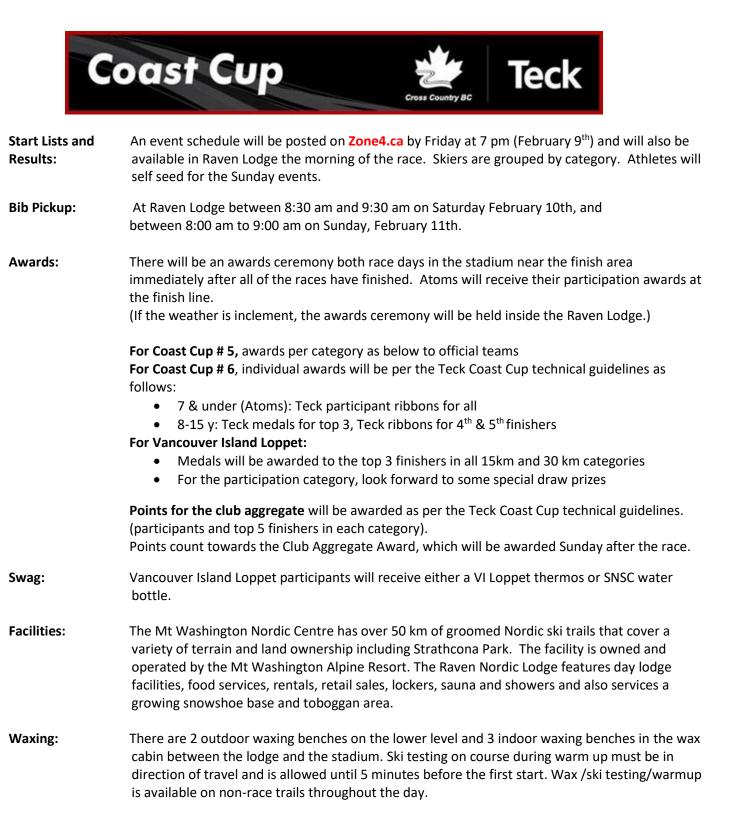








SKITAK HOT



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.

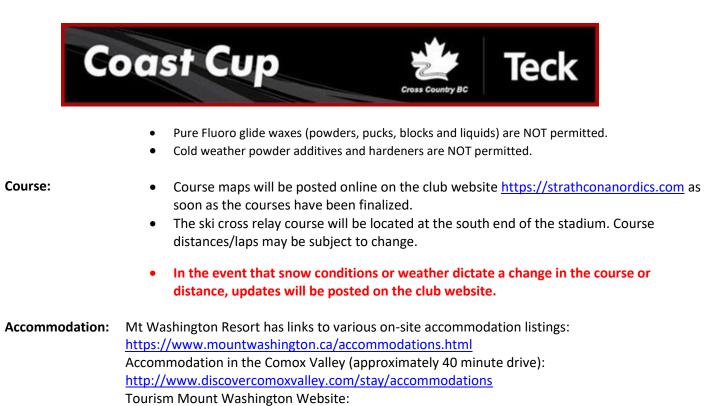








KITAK HOT



http://www.discovermountwashington.com/stayandplay/onmountainaccommodation.htm

Volunteers: Many are needed. Please contact races @ strathconanordics.com









SKITAK HOT



Date:	Saturday, February 10 <sup>th</sup> , 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 &	2010 & younger	100	3	5.00
		younger				
Pee Wee Boys	PB1, PB2	8, 9	2009, 2008	340	3	10.00
Bantam Boys	BB1, BB2	10, 11	2007, 2006	340	3	10.00
Midget Boys	MB1, MB2	12, 13	2005, 2004	650	3	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	3	5.00
Pee Wee Girls	PG1, PG2	8, 9	2009, 2008	340	3	10.00
Bantam Girls	BG1, BG2	10, 11	2007, 2006	340	3	10.00
Midget Girls	MG1, MG2	12, 13	2005, 2004	650	3	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.







SKITAK Hor-



Date:	Sunday, February 11th, 2018, Coast Cup #6 and VI Loppet
	Free Technique Mass Start (Skate or Classic ski)
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
	Participation category*	Any age	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
	Participation category*	Any age	30 km	30 km	30.00

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

\*NEW: Participation category: you want to participate, but don't want to be timed, or know your placing. \*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.



MT: WASHINGTON





SKITAK Hor