

Coast Cup



Teck



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

2019 Teck Coast Cup #3, Teck Coast Cup #4 and Vancouver Island Loppet

MT. WASHINGTON NORDIC CENTRE

- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** **Saturday, March 9th, Teck Coast Cup #3:** Team Sprint (Relay) (FT) – 10:00 am
Sunday, March 10th, Vancouver Island Loppet: Mass Start (wave starts) – 9:30 am
Sunday, March 10th, Teck Coast Cup #4 FT – 10:00 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Technical Guidelines:** The 2018-2019 Coast Cup Technical Guidelines are found on the CCBC website: [here](#)
- Competition Committee:**
Chief of Competition: Len Apedaile
Competition Secretary: Patty Johnson paces@strathconanordics.com
Chief of Timing: Esther Guimond
Chief of Course: Bill Noble
Chief of Stadium: Chris Stapff
Event Coordinator: Katherine Brandt
Sponsor Liaison, Awards Coordinator and Media Liaison: Katherine Brandt

Eligibility: **This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. No race license is required.**

JACKRABBIT
COACHES
AND
PARENTS
READ THIS!!



Strathcona Jackrabbits and Bunny Rabbits **will be entered automatically** on the day of their normal skill session at no charge. Jackrabbits are encouraged to race the day other than their session day but for this they must register through Zone 4. The usual race fee for the second day will apply.



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Events:

Saturday: March 9th: Teck Coast Cup #3: 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 then ranking will be by overall fastest time amongst heats).
- **JACKRABBITS AND BUNNYRABBITS WILL BE AUTOMATICALLY REGISTERED ON THE DAY OF THEIR NORMAL SKILL SESSION AT NO CHARGE. RABBIT COACHES WILL MAKE UP THE TEAMS (OF 2).**
- Everybody else registers individually on [Zone 4: 2019 Teck Coast Cup 3&4 and Vancouver Island Loppet](#) Teams will be made up subsequently by coaches, out of town parents and/or the race secretary. See below.
- **Coaches and out of town parents are asked to register for communication purposes and for submission of teams for the sprint relay here: [ZONE 4 Coach registration](#).**
 - There will be a **separate team registration form open Wednesday, March 6th** for the coaches and out of town parents with a link on the Strathcona Nordic website.
 - 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).

JACKRABBIT
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Sunday, March 10th:

1. **Vancouver Island Loppet: free technique and classic technique categories. Starts 9:30 am**
2. **Coast Cup #4: Mass start free technique (skate or classic skiing permitted) Starts 10:00 am**
 - **STRATHCONA JACKRABBITS AND BUNNY RABBITS WILL BE AUTOMATICALLY REGISTERED in Coast Cup #4 ON THE DAY OF THEIR NORMAL SKILL SESSION AT NO CHARGE.**
 - Everyone else registers on Zone4 for either Coast Cup 4 or VI Loppet

Registration and Deadline:

Registration and fee payment are online at [Zone 4: 2019 Teck Coast Cup 3&4 and Vancouver Island Loppet](#)
Individual entry deadline for Coast Cup 3,4 or VI Loppet is 12:00 noon, Wednesday, March 6th, 2019.

Register for one or both days on **Zone 4**

- Racers may race up to a higher category, but not down
- Coaches, out of town parents and the race secretary will make up the sprint teams for Saturday.

Deadline for Saturday team entries and changes is 6 pm Friday, March 8th. No changes will be accepted after this.



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Start Lists and Results:

- An event schedule will be posted on Zone4.ca by 7 pm the night before each race day and will also be available in Raven Lodge the morning of the race. Skiers are grouped by category.
- For the Sunday events, the Loppet categories will leave in wave starts (self-seeded) starting with the 30 km racers at 9:30, then the 15 km racers.
- The Coast Cup 4 events will then take place while the loppet is underway starting at 10:00 am

Bib Pickup:

Rabbits
read
this!!



At Raven Lodge between 8:30 am and 9:30 am on Saturday March 9th, and between 8:00 am to 9:00 am on Sunday, March 10th. If you are late, come to the stadium and hope to find your bib there.

All Rabbits: the rabbit coordinator will pick up bibs for the coaches to distribute to their athletes.

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.)

Awards:

For Coast Cup # 3, awards per category as below to official teams

For Coast Cup # 4, 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:

T shirts are available for all Loppet participants for entries received by February 25, 2019.

After that, a limited number of T shirts in limited sizes will be available for distribution or purchase. You are not guaranteed a T shirt unless you register by February 25, 2019.

Course:

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





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.

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.

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.
***Race 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.**

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>
Vancouver Island Mountain Centre: <http://www.vimountaincentre.com/>

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



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Date:	Saturday, March 9th, 2019, Coast Cup #3 Team Sprint - (Relay) (Free Technique)
Start Time:	9:30 a.m.

*Age as of December 31, 2018

Category	Subcategory	Age	Year Born	Distance (m)	Laps	Fee per person*
Atom Boys		7 & younger	2011 & younger	75	3	10.00
Pee Wee Boys	PB1, PB2	8, 9	2010, 2009	340	3	15.00
Bantam Boys	BB1, BB2	10, 11	2008, 2007	340	3	15.00
Midget Boys	MB1, MB2	12, 13	2006, 2005	650	3	15.00
Juvenile Boys	JVB1, JVB2	14, 15	2004, 2003	650	3	15.00
Junior Boys/Men	JB1, JB2, JM1, JM2	16-19	1999-2002	650	3	15.00
Open & Masters Men		20+	1998 and older	650	3	20.00
Atom Girls		7 & younger	2011 & younger	75	3	10.00
Pee Wee Girls	PG1, PG2	8, 9	2010, 2009	340	3	15.00
Bantam Girls	BG1, BG2	10, 11	2008, 2007	340	3	15.00
Midget Girls	MG1, MG2	12, 13	2006, 2005	650	3	15.00
Juvenile Girls	JVG1, JVG2	14, 15	2004, 2003	650	3	15.00
Junior Girls/Women	JG1, JG2, JW1, JW2	16-19	1999-2002	650	3	15.00
Open & Masters Women		20+	1998 and older	650	3	20.00

***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.



Ski Tax Hut

Coast Cup



Teck

Date:	Sunday, March 10th, 2019, Coast Cup #4 (Mass Start Skate or Classic Ski) and VI Loppet . Skate or Classic
Start Time:	9:30 a.m.

*Age as of December 31, 2018

Category	Age	Year Born	Distance	Course	Fee*
Coast Cup 4					
Atom Boys/Girls	7 & under	2011 & younger	1.0 km	1.0 km	10.00
Pee Wee Boys/Girls	8, 9	2010, 2009	2.5 km	2.5 km	15.00
Bantam Boys/Girls	10, 11	2008, 2007	2.5 km	2.5 km	15.00
Midget Boys/Girls	12, 13	2006, 2005	5.0 km	5.0 km	15.00
Juvenile Boys/Girls	14, 15	2004, 2003	5.0 km	5.0 km	15.00
VI Loppet:					
Classic Recreational Ski Half Loppet	All ages	any	15 km	15km	45.00
Skate Recreational Ski Half Loppet	M/F <15	2004 & younger	15 km	15 km	35.00
	M/F 15-17	2003- 2001	15 km	15 km	35.00
	M/F 18-40	2000-1976	15 km	15 km	45.00
	M/F >40	1975 & older	15 km	15 km	45.00
Classic Full Ski Loppet:	All ages	any	30km	30km	45.00
Skate Full Ski Loppet:	M/F <18 y	2001 & younger	30 km	30 km	35.00
	M/F 18-29y	2000 - 1989	30 km	30 km	45.00
	M/F 30-39	1988-1979	30 km	30 km	45.00
	M/F 40-49	1978-1969	30 km	30 km	45.00
	M/F 50-59	1968-1959	30 km	30 km	45.00
	M/F 60-69	1958-1949	30 km	30 km	45.00
	M/F 70+	1948 & older	30 km	30 km	45.00

***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.**

