

Coast Cup



Teck

**Sea to Sky
Nordics**



RACE NOTICE

2019 Teck Coast Cup 2

- DATE:** Sunday February 3, 2019
- HOST CLUB:** Sea to Sky Nordics
- LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler, BC.
- RULES:** CCC rules and regulations
- INFORMATION:** Chief of Competition: Andreas Sandell andreas@fishercoating.com
Competition Secretary: Carla Greer greer941@telus.net
Chief of Timing: Stephane Deseau
Chief of Course: Theresa Oswald
Chief of Stadium: Delores Franz Los
- ELIGIBILITY:** This race is designed to appeal to racers of all levels, from children and their parents just starting out, to advanced racers. Teck Coast Cup Series is meant to be affordable and accessible to all skiers.
- LICENCES:** No race license is required.
- RACE:** Mass Start Free Technique
- RACE ENTRIES:** **Online Registration only at: www.zone4.ca**
Credit card payment is required. E-mail confirmation will be sent to you if you have registered correctly. Race Entry fees do not include trail ticket, trail ticket may be purchased at time of registration and picked up at WOP gate.

DEADLINE: Entries must be received by **Wednesday, January 30, 2019 at 9:00pm**
NO LATE ENTRIES WILL BE ACCEPTED

CANCELLATION: There will be 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 organizers are required to cancel the race due to weather or unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees.

VOLUNTEERS: Many volunteers are required, no experience is necessary. Please help out and register at: www.zone4.ca

DRAW: Start position will be determined by random draw, there will be no seeding.

START LISTS: Start lists will be posted at www.zone4.ca on Saturday night and will be available from the Race Office at Bib pick up on Sunday morning.

BIB PICK UP: Bib pickup for the race will be at the race office in the technical building in Whistler Olympic Park between 9:30 am and 10:15 am on Sunday February 3. **Bibs must be picked up by 10:15 am. All those left will be marked DNS.**

AWARDS: An awards ceremony will be held on site following the races.

Category (age as of December 31, 2018)	Awards
Atoms (7 year olds and under or born on or before 2011)	Teck participant ribbons
Pee Wee (8 year olds or born in 2010) to Juvenile (15 year olds or born 2003)	Teck medals for top 3 finishers Teck ribbons for 4th and 5th finishers
Junior (16 year olds or born in 2002) to masters 60+	Awards for the top 3 finishers

TEAM AGGREGATE

AWARDS: Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at: <http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

Details	Points
No. of participants in an interval start race	2 point per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1st place, 6 points for 2nd place, etc. Points are calculated for individuals representing CCBC Coast Zone clubs only	

RESULTS: Unofficial results will be posted outside the Race Office after the race. After the event, results will be available to review on Zone 4.

FACILITIES: Comprehensive facilities are located at Whistler Olympic Park. www.whistlersportlegacies.com

PARKING: Please park in the designated lots as directed upon arrival.

WAXING: A limited number of electrical outlets are available outside the Technical Building for waxing irons. Waxing trailers are available for rent at Whistler Olympic Park. Please contact nsteenhoek@whistlersportlegacies.com.

**WARM UP/
WAX TESTING:**

A warm-up area will be available in the vicinity of the race start.
Low-fluoro glide waxing protocol applies for all ages:
 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.
 Please see policy: <http://www.crosscountrybc.ca/ccbc-low-fluoro-glide-waxing-protocol-update>

COURSES: All course maps will be posted online once finalized at: www.seatoskynordics.ca

CONCESSION: Food will be available for sale in the Day-Lodge.

ACCOMODATION: The Athletes' Centre Lodge rooms are available to rent: 2 single beds per room. Contact Whistler Athletes' Centre to book. Please note the cost of 1 night's deposit is payable at the time of booking. Tel: 604-964-0052, Email: lodge@whistlersportlegacies.com

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Teck Coast Cup 2: RACE SCHEDULE

MASS START – FREE TECHNIQUE
SUNDAY February 3. STARTING @ 11:00AM

Category	Sub Category	Age on Dec. 31, 2018	Year Born	Approximate Distance	Fee* [^]
Atom Boys	AB1, AB2, AB3	5, 6, 7	2013, 2012, 2011	800 m	10.00
Pee Wee Boys	PB1, PB2	8, 9	2010, 2009	2.0 km	15.00
Bantam Boys	BB1, BB2	10, 11	2008, 2007	3.0 km	15.00
Midget Boys	MB1, MB2	12, 13	2006, 2005	3.0 km	15.00
Juvenile Boys	JVB1, JVB2	14, 15	2004, 2003	5.0 km	20.00
Junior Boys	JB1, JB2	16, 17	2002, 2001	10 km	20.00
Junior Men	JM1, JM2	18, 19	2000, 1999	10 km	20.00
Open Men		20 and over	1998 & earlier	10 km	25.00
Adaptive Men Stand				10 km	25.00
Adaptive Men Sit				3.0 km	25.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2013, 2012, 2011	800 m	10.00
Pee Wee Girls	PG1, PG2	8, 9	2010, 2009	2.0 km	15.00
Bantam Girls	BG1, BG2	10, 11	2008, 2007	3.0 km	15.00
Midget Girls	MG1, MG2	12, 13	2006, 2005	3.0 km	15.00
Juvenile Girls	JVG1, JVG2	14, 15	2004, 2003	5.0 km	20.00
Junior Girls	JG1, JG2	16, 17	2002, 2001	5.0 km	20.00
Junior Women	JW1, JW2	18, 19	2000, 1999	10 km	20.00
Open Women		20 and over	1998 & earlier	10 km	25.00
Adaptive Women Stand				5.0 km	25.00
Adaptive Women Sit				2.0 km	25.00

[^] Registration fee **includes** a light lunch of bagels, cream cheese, fruit, cookies, and hot chocolate post-race for all competitors and will be served in the Flex Space in the Technical Building. Drinks will be available at the finish line.

* Fee does **not** include a trail ticket. Discounted tickets are available for athletes and coaches and must be pre-ordered via Zone 4: . Discounted rates are not available from the venue on the day of competition.

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SUPPORTERS

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PARTNERS

