

**TECK COAST CUP SERIES
TECHNICAL GUIDELINES
2020/2021**

The Teck Coast Cup Series offers affordable, accessible competitive opportunities for developing athletes living at the Coast. It includes interval start, mass start and individual sprint races held annually at different locations throughout the region.

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

Competitions are held in accordance with CCC Rules & Regulations.

1. SITE SELECTION

Sites are selected based on their ability to guarantee quality organization and appropriate courses / distances for developing athletes as well as their ability to attract the greatest number of participants.

2. SANCTIONING

Teck Coast Cup races are registered with Cross Country BC but they are not nationally or provincially 'sanctioned', which means they are not Canada Points List races and do not usually require a Technical Delegate.

3. TITLE SPONSOR

Teck, a diversified resource company based in British Columbia, is the title sponsor of the Coast Cup Series.

Teck bibs, provided by the Cross Country BC office, must be used for all Coast Cup competitions. The office will also provide four horizontal and four vertical Teck-branded site banners for the start and finish area, banners/headers for your race notice, ZONE4 start lists and results postings.

In addition the office will supply specific awards (medals and ribbons) as described below in section 9.

Contact the Cross Country BC's Administration and Communications Coordinator Sandie Gibson a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Sandie a minimum of ten days prior to your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on:
<http://www.crosscountrybc.ca/sites/default/files/documents/SponsorsAwardsMedia%28SAM%29Pkg.pdf>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a National Championships, and needs to be scaled down accordingly for smaller events such as the Teck Coast Cup Series.

4. RACE NOTICE:

The race notice with registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the competition.

- The Zone 4 registration page should link **directly to your race notice**, rather than just the home page of your club website (linking to the club website home page is a common slip up).
- Ensure the Public Confirmation List is working so that registrants can check to see that their registration was successful.

The Teck 'logo' should not be used as a separate logo! A Teck header/banner with 'Teck Coast Cup Series' on it will be provided by Cross Country BC to the race organizers for the race notice, start lists, results postings and ZONE4 race registration site.

Entries must close no later than Wednesday prior to the competition. **NO POST ENTRIES ARE ALLOWED.**

The race notice must include the following:

CCBC Protocol Regarding the Use of Fluorinated Waxes

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by the following self-governed protocol while waxing skis for athletes in all age categories at all BC Cup competitions (including the BC Championships). This protocol

also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

The recommended waxing protocol is as follows:

- Structure tools ARE permitted.
- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated grip waxes ARE permitted.
- Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid).

Adherence to this protocol is the responsibility of the coaches, parents and wax technicians.

Policy:

<http://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes%20v3.pdf>

In addition, please include a basic accommodation list with phone numbers.

The race notice should be planned carefully so that there are no changes after it is posted.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am to allow more travel time for skiers traveling long distances home. Sprint races usually begin at 9:00 am.

The notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event.

5. COACHES MEETINGS AND DRAW

The draw should be held no later than the Thursday night before the competition if it is being held on a Saturday. This is for the convenience of the race organizers.

Skiers should not be seeded, but grouped according to their category and their positions determined by a normal draw procedure.

Coaches Meetings are not held at Teck Coast Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require.

6. START AND RESULT LISTS

A Teck header/banner with 'Coast Cup' on it will be provided to the race organizers for the top of the start and results lists.

Younger age categories (U14 and younger) **MUST** be first on the start list.

It is recommended that the race schedule begin with U8 (or U6) and work up to U14. U16 and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

The start list should be posted on ZONE4 no later than noon the day before a competition. Hard copies should also be posted at the race site no later than the afternoon before a competition.

Club affiliation **AND** year of birth (YOB) **MUST** be displayed on all Individual, Mass and Relay Start lists and **ALL** results (including the final results for the King's Court format sprints). Not only is this a normal standard but it is essential for determining the club aggregate award.

If an Individual Sprint format is used, ensure that **both** the Qualification Round start list and the Qualification Round results are posted on Zone4.

Official results posted on Zone4 **MUST** be presented by age categories. It is important to post results by YOB too, for awards purposes, but the official results should reflect the official age categories for that competition.

In summary the official results must show the following: distance (including # of laps), age category, technique, rank, bib #, name, year of birth, club affiliation and total time.

7. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection several hours prior to the first event. It is important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient.

Classic tracks are not set for the Free Technique events at this level of competition. However, because this Series is a junior development program, classic tracks do need to be set on the side of the course used for the Atoms age category for all events except the sprints.

8. TIMEKEEPING

A recognized electronic timing system must be used. Clubs may have access to this equipment either through ownership or by borrowing from other sport groups in their community. If that is not possible, a set of equipment can be rented via the CCBC Office.

To access the timing equipment available through Cross Country BC, contact Nancy Beaumont at 250.545.9600 or programs@crosscountrybc.ca.

Each competition requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

ZONE4, Cross Country Canada's official race management software MUST be used.

9. AWARDS FOR THE INDIVIDUAL EVENTS

- 5 & under - optional category; Teck participant ribbons for all
- 7 & under – Teck participant ribbons for all
- 8 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 9 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 10 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 11 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 12 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 13 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 14 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 15 years – Teck medals for top 3 finishers; Teck ribbons for 4th and 5th finishers
- 16-17 years (U18 B/G) – recommended category, host club responsibility
- 18-19 years (U20 M/W) – recommended category, host club responsibility
- 20-22 years (U23 M/W) - optional category, host club responsibility
- 23-29 years (Senior M/W) – optional category, host club responsibility
- Masters M/W categories – optional categories, host club responsibility

NOTES:

All entries in the U8 age category (7 & under) who complete their race will receive a special Teck participant ribbon. At this age, each child should receive the same award, and clubs wishing to provide prizes in addition to these ribbons must ensure each participant in the group receives the same award.

Awards for athletes in all age categories from U18 Boys and Girls through to Masters Men and Women 60+ are the responsibility of the host club.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, location and date.

10. RACING LICENCE

A licence is not required.

11. RACE FORMATS AND TECHNIQUE

In each zone there should be a mix of classic and free technique competitions. The host clubs should work this out among themselves.

It is important to achieve the participation benchmarks in the Teck sponsorship agreement with Cross Country BC, so formats that draw the most skiers are preferred – either mass starts, 15 sec interval starts, or individual sprints. However race organizers can also use the team sprint or traditional relay formats if they wish.

Interval start competitions should use 15 second interval starts.

12. AGE CATEGORIES

Link: <http://www.crosscountrybc.ca/2020-21-teck-bc-cup-series-regional-cup-series-%E2%80%93-yob-ages-categories>

Age categories for skiers U8 to U16 are required, age categories for skiers U18 and U20 are strongly recommended, age categories for skiers U6 or 20 and older are optional.

13. RACE DISTANCES

The distances below reflect Nordiq Canada's LTAD-aligned Competitor Model for **regional level**, developing athletes. A developing athlete includes all age categories Junior M/W and younger, The core notion of the LTAD concept is that we do not treat younger and growing athletes as mini-adults but rather that we recognize the very specific needs of growing skiers from infancy to adulthood, needs that are also gender specific.

The early season races (January) should be at the shorter end of the range provided below. Longer distances should be used towards the end of the season (March). February races should be somewhere in between, and not the max distance for a given age category.

The following distances are guidelines only. Factors to consider also include what is available, course difficulty, temperature, whether or not the competition is being used as a trial race, etc.

Interval & Mass Starts – Males

U6:	4 – 5	0.3 km
U8:	6 – 7	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
U14:	12 - 13	3.0 km to 5.0 km
U16:	14 - 15	5.0 km to 7.5 km
U18:	16 – 17	5.0 km to 10 km
U20 :	18 – 19	7.5 km to 15 km
Senior M:	20 – 29	7.5 km to 15 km
Masters M:	30 – 60+	7.5 km to 15 km

Interval & Mass Starts - Females

U6:	4 – 5	0.3 km
U8:	6 – 7	0.5 km to 1.0 km
U10:	8 – 9	1.0 km to 2.0 km
U12:	10 - 11	1.5 km to 3.0 km
U14:	12 - 13	3.0 km to 5.0 km
U16:	14 - 15	5.0 km to 7.5 km
U18:	16 – 17	5.0 km to 7.5 km
U20:	18 – 19	5.0 km to 10 km
Senior W:	20 – 29	5.0 km to 10 km
Masters W:	30 – 60+	5.0 km to 10 km

Sprints - Males

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
U14:	12 - 13	300-400 meters
U16:	14 - 15	400-800 meters
U18:	16 – 17	600-1000 meters
U20:	18 – 19	600-1000 meters
Senior M:	20 - 29	600-1000 meters
Masters M:	30 – 60+	600-1000 meters

Sprints - Females

U8:	7 & under	100-200 meters (skills)
U10:	8 – 9	100-200 meters (skills)
U12:	10 - 11	200-300 meters (skills)
U14:	12 - 13	300-400 meters
U16:	14 - 15	400-800 meters
U18:	16 – 17	600-800 meters
U20:	18 – 19	600-800 meters
Senior W:	20 - 29	600-800 meters
Masters W:	30 – 60+	600-800 meters

14. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible and, if the ski area does not belong to the club, to arrange for free or low cost trail access for athletes, coaches and parents.

15. CLUB AGGREGATE AWARD

Club points are accumulated from race to race and a club aggregate is awarded to the club with the most points at the end of the final race.

Points for the Club Aggregate will be awarded in each class as follows:

- For Interval or Mass Start races, points are earned for results / participation in an age category (not year of birth)
 - 1st place = 7 points
 - 2nd place = 6 points
 - 3rd place = 5 points
 - 4th place = 4 points
 - 5th place = 3 points
 - Participation (successful completion of the designated competition course) = 2 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. If out-of-zone individuals finish in the top five positions, skip to the next individual from the coast.
- For Team Sprints, the following points are earned for results in an age category by official teams:
 - Points for 1st place = 11 points
 - 2nd place = 9 points
 - 3rd place = 7 points
 - 4th place = 6 points
 - 5th place = 5 points
 - Participation (successful completion of the designated competition course by unofficial teams and the remaining official teams) = 4 points
- For 3-leg Traditional Relays, the following points are earned for results in an age category by official teams
 - Points for 1st place = 15 points
 - 2nd place = 13 points

- 3rd place = 11 points
- 4th place = 9 points
- 5th place = 7 points
- Participation (successful completion of the designated competition course by unofficial teams and the remaining official teams) = 6 points

Cross Country BC will post the aggregate points earned by participating clubs as they accumulate throughout the season. To view the Club Aggregate Points for the Teck Coast Cup Series visit the Cross Country BC website at: <http://crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

The winner of the Club Aggregate Award will be the club with the most points.

The Club Aggregate Award will be presented immediately after the final race of the season has been completed.

The Club Aggregate Award is the responsibility of Cross County BC.