

**Coast Cup**



**Teck**



## **RACE NOTICE**

### **2020 TECK COAST CUP 3 TEAM SPRINTS – CLASSICAL TECHNIQUE**

- Date:** Saturday, February 8, 2020
- Time:** 10:00
- Location:** Whistler Olympic Park, Callaghan Valley, BC
- Host Club:** Spud Valley Nordic Ski Club
- Rules:** Teck Coast Cup Series Technical Guidelines –  
2019/2020 season are found on Cross Country BC's  
[Website](#)
- Information:** Chief of Competition: Delores Franz Los, 604 894 6189  
Chief of Course: To be announced  
Chief of Stadium: Andrea Sandell  
Race Secretary: Sharon Leinweber
- Eligibility:** Skiers must be in good standing with a CCC/CCBC club. If  
necessary, entrants may sign up online with the SVNA.
- This race is designed to appeal to skiers of all levels, from  
children, their parents just starting out to advanced racers.
- Licences:** No race licence is required.

**Race Entries:** Online registration only <https://zone4.ca>

Credit Card payment is required. E-mail confirmation after registration will be sent if 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, February 5, 2020 at 9:00 p.m. **NO LATE ENTRIES WILL BE ACCEPTED**

**Volunteers:** No Experience is necessary, but volunteers are needed! To volunteer, contact Delores, [dfflos@hotmail.com](mailto:dfflos@hotmail.com) or 604 894 6189 or register at: [www.zone4.ca](http://www.zone4.ca)

**Start Lists:** Start Lists will be posted after 9:00am at the Race Office and on [www.zone4.ca](http://www.zone4.ca)

**Bib Pick Up:** Bib pick up will be at the race office in the technical building at Whistler Olympic Park between 8:30 and 9:30 on February 8<sup>th</sup>. **Bibs must be picked up by 9:30 a.m.**

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

**Individual Awards:**

Category (age as of December 31, 2019)	Awards
U6 (5 years old and under) U8 (6 - 7 years old)	Teck participant ribbons
U10 (8 - 9 years old) U12 (10 -11 years old) U14 (12 -13 years old) U16 (14 - 15 years old)	Teck medals for top 3 finishers. Teck ribbons for 4 <sup>th</sup> and 5 <sup>th</sup> finishers
U18 (16 - 17 years old) U20 (18 - 19 years old) Open/Masters (20 years old & older)	Awards for the top 3 finishers

**TEAM AGGREGATE AWARDS:**

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://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

**Facilities:** A restaurant and washrooms are located at Whistler Olympic Park.

**Parking:** Please park in the designated lots as directed.

**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, contact [nsteenhoek@whistlersportlegacies.com](mailto:nsteenhoek@whistlersportlegacies.com).

**Warm-up/wax:** A warm up area will be available in the vicinity of the race start.

**Waxing Protocol** Teck Regional Cup races, please see **CCBC Low- fluoro Glide**.

**Low-fluoro glide waxing protocol applies to all ages for Coast Cup:**

- 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.

**Concession:** A light lunch will be served to athletes in the technical building after the races (usually bagels, apples and oranges). A food concession is available on site at the Day Lodge. <sup>[1]</sup><sub>[SEP]</sub>

## **RACE SCHEDULE: Coast Cup # 3**

### **TEAM SPRINTS – Classic Technique**

<b>Category</b>	<b>Sub Category</b>	<b>Age on Dec 31, 2019</b>	<b>Year Born</b>	<b>Approximate Distance</b>	<b>Fee *</b>
U8 boys & girls	U8-1, U8-2, U8-3	5,6,7	2014, 2013, 2012	250 m Individual sprint	\$10.00
U10 boys	U10B-1, UB10-2	8, 9	2011, 2010	100 M (x 3)	\$10.00
U12 boys	U10B-1, UB10-2	10, 11	2009, 2008	300 M (x3)	\$15.00
U14 boys	U14B-1, UB14-2	12, 13	2007, 2006	300 M (x3)	\$15.00
U16 boys	U16B-1, UB16-2	14, 15	2005, 2004	600 M (x3)	\$15.00
U18 boys	U18B	16, 17	2003, 2002	1000 M (x3)	\$15.00
Open men	Open Men	20 - 29	2001 - 1990	1000 M (x3)	\$20.00
Masters Men		30+	1991 - 1900	1000 M (x3)	\$20.00
U10 girls	U10G-1, U10G-2	8, 9	2011, 2010	100 M (x 3)	
U12 girls	U12G-1, U12G-2	10, 11	2009, 2008	300 M (x3)	\$15.00
U14 girls	U14G-1, U14G-2	12, 13	2007, 2006	300 M (x3)	\$15.00
U16 girls	U16G-1, U16G-2	14, 15	2005, 2004	600 M (x3)	\$15.00
U18 girls	U18G	16, 17	2003, 2002	1000 M (x3)	\$15.00
Open Women	Open Women	20 - 29	2001 - 1990	1000 M (x3)	\$20.00
Masters women		30+	1991 - 1900	1000 M (x3)	\$20.00
Adaptive men & women sit				500 M (x3)	\$20.00

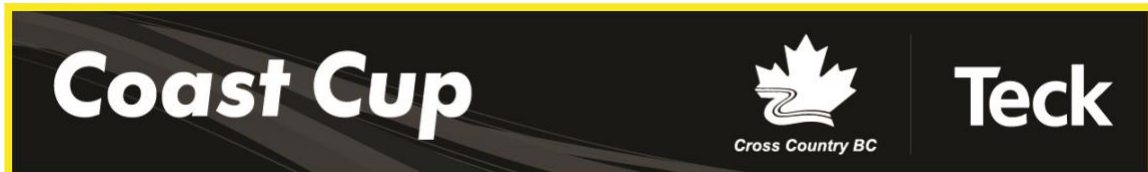
\*\* Standing athletes with disabilities register in relevant age category.

\*Fee does not include a trail ticket. Discounted tickets are available for athletes: youth\$7.80 and adult \$16.50 and must be pre-ordered via zone4. Discounted rates are not available from the venue on the day of competition.

#### **TEAMS:**

Each team will comprise of two skiers who will complete the course 3 times in the relay. Teams in Category # 1 may be same sex or mixed but in all other categories any mixed sex team will be listed as unofficial unless the mixed team competes in a male category

in which case it will be an official team. Depending on the number of entries, there will be a semi final heat (Category # 1 starts at 10 am) and a final heat (starting at 12:30) in each category.



## SUPPORTERS

The word "Teck" is displayed in a large, bold, black, sans-serif font. A thin red vertical line is positioned to the right of the text.

## PARTNERS

