



## STRATHCONA NORDIC SKI CLUB RACE NOTICE



### 2020 Teck Coast Cup #5 & #6

- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** **Saturday, February 15th, Teck Coast Cup 5:** Individual Start—Free Technique—10:00 am  
**Sunday, February 16th, Teck Coast Cup 6:** Team Sprint Relay—Free Technique—10:00 am
- Location:** Mt. Washington Nordic Centre, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations (CCR)
- Technical Guidelines:** The 2019-2020 Coast Cup Technical Guidelines are found on the CCBC website: [here](#)
- Competition Committee:**  
 Chief of Competition: Len Apedaile  
 Competition Secretary: Valerie Wootton [aces@strathconanordics.com](mailto:aces@strathconanordics.com)  
 Chief of Timing: Esther Guimond  
 Chief of Course: Bill Noble  
 Chief of Stadium: Chris Stapff  
 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.
- Events:** **Saturday, February 15th: Teck Coast Cup 5: Individual Start—Free Technique—10:00 am**

**JACKRABBIT COACHES AND PARENTS READ THIS!!**



- STRATHCONA JACKRABBITS AND BUNNY RABBITS WILL BE AUTOMATICALLY REGISTERED in Coast Cup 5 ON THE DAY OF THEIR NORMAL SKILL SESSION AT NO CHARGE Jackrabbit, bunnyrabbit, SNAP, F.I.T. skiers wishing to race on their non-lesson day must register individually on [Zone 4](#) regular race fees apply.
- Everybody else registers individually on [Zone4](#).





**Sunday: February 16th: Teck Coast Cup 6: Team Sprint Relay – free technique (ski cross course)—10:00 am**

**JACKRABBIT COACHES AND PARENTS READ THIS!!**



- 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).
- **JACKRABBIT, BUNNYRABBIT, F.I.T. AND SNAP SKIERS WILL BE AUTOMATICALLY REGISTERED ON THE DAY OF THEIR NORMAL SKILL SESSION AT NO CHARGE. RABBIT, F.IT., AND SNAP COACHES WILL MAKE UP THE TEAMS (OF 2).** Jackrabbit, bunnyrabbit, SNAP, F.I.T. skiers wishing to race on their non-lesson day must register individually on [Zone 4](#) regular race fees apply.
- All other skiers register individually on [Zone 4: 2020 Teck Coast Cup #5 & #6](#). **Teams will be made up subsequently** by coaches, out of town parents and/or the race secretary. See below.
- **All Coaches and out of town parents are asked to register for communication purposes and for submission of teams for the sprint relay.**
  - There will be a **separate team registration form open Wednesday, February 12th at 8:00 am on Zone 4** for the coaches and out of town parents. A link to this team registration can be found 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).

**Registration and Deadlines:**

Registration and fee payment are online at [Zone 4: 2020 Teck Coast Cup #5 & #6](#)  
[Individual entry deadline for Coast Cup #5 & #6 is 21:00, Wednesday, February 12th, 2020.](#)

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 Sunday.

**Deadline for Sunday team entries and changes is 3 pm Saturday, February 15th. NO CHANGES WILL BE ACCEPTED AFTER THIS!**

**Start Lists and Results:**

Start lists 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.

**Bib Pickup:**

At Raven Lodge on Saturday February 15th between 8:30 am and 9:30 am, and on Sunday, February 16<sup>th</sup> between 8:30 am to 9:30 am. If you are late, come to the stadium and hope to find your bib there.





Rabbits  
read this!



To all Rabbits and Bunny Rabbits, the Rabbit Coordinator will pick up all the bibs for the coaches to distribute to their skiers. F.I.T coach, and SNAP coach will pick up bibs for their skiers.

#### Awards:

There will be an awards ceremony both race days in the stadium near the finish area immediately after all of the races have finished. U6 & U8 will receive their participation awards at the finish line. (If the weather is inclement, the awards ceremony will be held inside the Raven Lodge.)

**Coast Cup #5:** individual awards will be per the Teck Coast Cup technical guidelines as follows:

- U6 & U8: Teck participant ribbons for all.
- U16: Teck medals for top 3, Teck ribbons for 4<sup>th</sup> & 5<sup>th</sup> finishers.
- Medals to top 3 finishers for all other categories.

**Coast Cup #6: rank awards will apply as above to official teams.**

**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.

#### Course:

- Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the courses have been finalized.
- The Sunday Team Sprint Relay course will be located in 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 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.





**Accommodation:** Accommodation in the Comox Valley (approximately 40 minute drive):  
<http://www.discovercomoxvalley.com/stay/accommodations>  
Comox Valley Accommodations <https://www.mountwashington.ca/plan-purchase/lodging/comox-valley-accommodations.html>  
Tourism Mount Washington Website: <https://www.mountwashington.ca/plan-purchase/lodging/private-accommodation.html>  
Vancouver Island Mountain Centre: <http://www.vimountaincentre.com/>

**Volunteers:** Many are needed. Please contact [aces @ strathconordics.com](mailto:aces@strathconordics.com)





\*Age as of December 31, 2019

<b>Date: Saturday, February 15th, Teck Coast Cup 5: Individual Start—Free Technique</b>						
<b>Start Time: 10:00 am</b>						
<b>***Please note the distances may change according to course conditions.</b>						
Category	Sub Category	Age	Year Born	Distance	Course	Fee
U6 Boys	U6B-1, U6B-2	4, 5	2015, 2014	.3 km	1 x .3 km	10.00
U8 Boys	U8B-1, U8B-2	6, 7	2013, 2012	1 km	1 x 1 km	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2011, 2010	2 km	1 x 2 km	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2009, 2008	3 km	2 km + 1 km	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2007, 2006	5 km	2 x 2.5 km	15.00
U16 Boys	U16B-1, U16B-2	14, 15	2005, 2004	7.5 km	3 x 2.5 km	15.00
U18 Boys	U18B-1, U18B-2	16, 17	2003, 2002	10 km	4 x 2.5 km	15.00
U20 Men	U20M-1, U20M-2	18, 19	2001, 2000	10 km	4 x 2.5 km	15.00
Open Men		20-29	1999-1990	10 km	4 x 2.5 km	20.00
Masters Men	Every 10 Years		>1989	10 km	4 x 2.5 km	20.00
Adaptive Men Stand		All		5 km	2 x 2.5 km	20.00
Adaptive Men Sit		All		2 km	1 x 2 km	20.00
U6 Girls	U6G-1, U6G-2	4, 5	2015, 2014	.3 km	1 x .3 km	10.00
U8 Girls	U8G-1, U8G-2	6, 7	2013, 2012	1 km	1 x 1 km	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2011, 2010	2 km	1 x 2 km	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2009, 2008	3 km	2 km + 1 km	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2007, 2006	5 km	2 x 2.5 km	15.00
U16 Girls	U16G-1, U16G-2	14, 15	2005, 2004	7.5 km	3 x 2.5 km	15.00
U18 Girls	U18G-1, U18G-2	16, 17	2003, 2002	7.5 km	3 x 2.5 km	15.00
U20 Women	U20W-1, U20W-2	18, 19	2001, 2000	7.5 km	3 x 2.5 km	15.00
Open Women		20-29	1999-1990	7.5 km	3 x 2.5 km	20.00
Masters Women	Every 10 Years		>1989	7.5 km	3 x 2.5 km	20.00
Adaptive Women Stand		All		5 km	2 x 2.5 km	20.00
Adaptive Women Sit		All		2 km	1 x 2 km	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.





\*Age as of December 31, 2019

<b>Date: Sunday, February 16th, Teck Coast Cup 6: Team Sprint Relay – Free Technique</b>						
<b>Start Time: 10:00 am</b>						
<b>***Please note the distances may change according to course conditions.</b>						
<b>Category</b>	<b>Sub Category</b>	<b>Age</b>	<b>Year Born</b>	<b>Distance</b>	<b>Laps</b>	<b>Fee/Skier</b>
U6 Boys	U6B-1, U6B-2	4, 5	2015, 2014	50 m	3	10.00
U8 Boys	U8B-1, U8B-2	6, 7	2013, 2012	100 m	3	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2011, 2010	340 m	3	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2009, 2008	340 m	3	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2007, 2006	650 m	3	15.00
U16 Boys	U16B-1, U16B-2	14, 15	2005, 2004	650 m	3	15.00
U18 Boys	U18B-1, U18B-2	16, 17	2003, 2002	650 m	3	15.00
U20 Men	U20M-1, U20M-2	18, 19	2001, 2000	650 m	3	15.00
Open Men		20-29	1999-1990	650 m	3	20.00
Masters Men	Every 10 Years		>1989	650 m	3	20.00
Adaptive Men Stand		All		340 m	3	20.00
Adaptive Men Sit		All		340 m	3	20.00
U6 Girls	U6G-1, U6G-2	4, 5	2015, 2014	50 m	3	10.00
U8 Girls	U8G-1, U8G-2	6, 7	2013, 2012	50 m	3	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2011, 2010	340 m	3	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2009, 2008	340 m	3	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2007, 2006	650 m	3	15.00
U16 Girls	U16G-1, U16G-2	14, 15	2005, 2004	650 m	3	15.00
U18 Girls	U18G-1, U18G-2	16, 17	2003, 2002	650 m	3	15.00
U20 Women	U20W-1, U20W-2	18, 19	2001, 2000	650 m	3	15.00
Open Women		20-29	1999-1990	650 m	3	20.00
Masters Women	Every 10 Years		>1989	650 m	3	20.00
Adaptive Women Stand		All		340 m	3	20.00
Adaptive Women Sit		All		340 m	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.

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

