



RACE NOTICE

2015 COAST CUP #3

Whistler Olympic Park

DATE: Sunday January 18th, 2015

HOST CLUB: Spud Valley Nordic Association

LOCATION: Whistler Olympic Park, Callaghan Valley, Whistler, BC.

INFORMATION:

Chief of Competition:	Delores Franz Los	dfflos@hotmail.com
Competition Secretary:	Yuka Feuz	tyfeuz@hotmail.com
Chief of Timing:	NA	
Chief of Course:	Tony Feuz	tyfeuz@hotmail.com
Chief of Stadium:	Randy Symons	randaroo1@hotmail.ca
Volunteer Coordinator:	Kaori Kawano	kaokawano@mac.com

Coast Cup #3: RACE SCHEDULE
TEAM SPRINTS – FREE TECHNIQUE
(Atoms - Mad Dash)
SUNDAY JANUARY 18th. STARTING @ 10:00

Category	Sub Category	Year born	Approximate distance	Fee*
#1	Atom Boys	2009, 2008, 2007	300M Mad Dash	10.00
#2	Pee Wee Boys	2006, 2005	100M	10.00
#4	Bantam Boys	2004, 2003	300M	15.00
#6	Midget Boys	2002,2001	300M	15.00
#8	Juvenile Boys	2000,1999	600M	15.00
#10	Junior Boys & Junior Men	1998,1997,1996,1995	1000M	
#12	Open Men Masters Men	1994 – 1985 1984 & earlier	1000M	20.00
#14	Sit Ski Male & Female	All age	600M	20.00
Standing athletes with disability register in relevant age category.				
#1	Atom Girls	2009, 2008, 2007	300M Mad Dash	10.00
#3	Pee Wee Girls	2006, 2005	100M	10.00
#5	Bantam Girls	2004, 2003	300M	15.00
#7	Midget Girls	2002,2001	300M	15.00
#9	Juvenile Girls	2000,1999	600M	15.00
#11	Junior Girls & Junior Women	1998, 1997, 1996, 1995	1000M	15.00
#13	Open Women Masters Women	1994 – 1985 1984 & earlier	1000M	20.00

* 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. Whistler Cooks provide an excellent assortment of food and drinks for purchase at the concession at the Day-lodge. Hot and cold drinks will be available at the finish line.

***Fee does not include a trail ticket**, which will be available for purchase as part of the online registration at a discount rate of \$15/adult and \$5/child (plus GST); not required if you have a Whistler Olympic Park season pass, which must be purchased before registering for the race and the pass number or confirmation number must be entered when registering for the race.

- NOTE:** <New this year> Atom boys & girls will participate in a 200-300m Mad Dash.
- TEAMS:** Each team will comprise of two skiers who will complete the course 3 times in the relay.
In category #2 (Pee Wee Boys & Girls) 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.
When a skier initially registers, he/she can move up an age category, but not down.

Depending on the number of entries, there will be a semi final heat (First race starts at 10 am) and a final heat (starting at 12:30) in each category.
A team registration form will be sent to Club Head Coaches. These must be filled out and sent back to Yuka Feuz: tyfeuz@hotmail.com by Friday, January 16th.
- ELIGIBILITY:** Skiers must be a member in good standing of a CCC/CCBC club. If necessary, entrants may sign up a membership online with the Spud Valley Nordics at www.spudvalleynordics.com

This race is designed to appeal to racers of all levels, from children and their parents just starting out, to advanced racers.
- LICENCES:** No race license is required.
- RULES:** CCC rules and regulations.
- START LISTS:** Start lists will be posted on Sunday morning, January 18th outside the race office and will be available online at www.spudvalleynordics.com
- BIB PICKUP:** Bib pickup for the race will be at the race office in the technical building in Whistler Olympic Park between **8:30** am and 9:15 am on Sunday January 18th, 2015. Bibs must be picked up by 9:15 am.
- MAPS:** All course maps will be available online at www.spudvalleynordics.com once finalized.
- RESULTS:** Unofficial results will be posted outside the Race Office after the race. After the event, results will be available to review on : www.spudvalleynordics.com
- VOLUNTEERS:** Volunteers can sign up online through Zone 4 from Jan 1st 2015
- RACE ENTRIES:** **ONLINE, OPENS JAN 1st 2015:** Access www.zone4.ca and locate this event in the online registration section and enter your information. Credit card payment is required. Check the Zone4 confirmation list for this event as soon as you register (available from the same online registration section of Zone4) to be sure that you have registered correctly.
- DEADLINE:** Entries must be received by midnight on Wednesday, January 14th, 2015.
NO LATE ENTRIES WILL BE ACCEPTED

- FACILITIES:** A day lodge and washrooms are located at Whistler Olympic Park
- DOGS:** No dogs on the snow in the stadium please.
- CONCESSION:** A food concession operated by Whistler Cooks is found in the Day-Lodge.
- 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 for \$22 per day. Contact them at 604-964-0060 or 1-877-764-2455 for further details or to book a trailer.
Please note that the course will not be open for wax testing/training on race day but that wax testing/training is possible off-course closer to the day lodge or on the surrounding trails.
- AWARDS:** An awards ceremony will be held on site following the race.
All Atoms will receive participation awards.
Teck medals and/or Teck Ribbons will be awarded to eligible finishers for category #2 to #6. Host club awards for top 3 finishers for category #7 to #11.
Participation awards for Midget and under age categories: cross country ski Frisbees.
- ACCOMODATION:** Hotels are available in nearby Squamish and Whistler. For more information, contact:
www.tourismwhistler.com , www.whistlerchamber.com ,
The Athletes' Centre Lodge lodge@whistlersportlegacies.com
www.tourismsquamish.com , www.squamishchamber.com
- DRIVING TIMES:** Whistler to WOP 30 mins, Squamish to WOP 60 mins, Vancouver to WOP 90 mins
- PARKING:** Please park in the designated lots as directed upon arrival.

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