

Coast Cup



Teck



STRATHCONA NORDIC SKI CLUB

RACE NOTICE

2015 TECK COAST CUP #4 & #5

MT. WASHINGTON

- Host Club:** Strathcona Nordic Ski Club
- Dates/Times:** Saturday, March 7th, Classic Technique Interval Start – 11:00 am
Sunday, March 8th, Mass Start Free Technique – 10:00 am
- Race Location:** Mt. Washington Nordic Ski Area, Courtenay, B.C.
- Rules:** Cross Country Canada Rules and Regulations
- Information:** Chief of Competition: Len Apedaile (or Susan Denny)
Competition Secretary: Patty Johnson, races@strathconanordics.com
Chief of Timing: Val Wootton
Chief of Course: Bob Hauser
Chief of Stadium: Chris Stapff
- Eligibility:** This race is open to everyone, from beginning children and their parents, to advanced racers. No race license is required.
- How to Enter:** Registration and fee payment is online at Zone 4:
<https://zone4.ca/reg.asp?id=8662>
Strathcona Jackrabbits and Nordic Adventure Program participants are eligible to race for free on the day of their normal session. Enter your child on zone 4 and use the discount code provided by the Head Hare. If your child wishes to race a second day, they will pay the usual race fee for that day.
- Deadline:** Race entries must be received by **Wednesday, March 4th, 2015 at Midnight.**
NO LATE ENTRIES WILL BE ACCEPTED
- 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.

Coast Cup



Teck

Start Lists: Start lists will be posted on zone 4 by Friday morning and will also be available in Raven Lodge the morning of the race. Skiers are not seeded, but grouped by category and their positions determined by a normal draw procedure.

Bib Pickup: At Raven Lodge between 9:00 am and 10:15 am on Saturday March 7th, and between 8:30 am to 9:30 am on Sunday, March 8th.

Awards: There will be an awards ceremony both race days at the race site immediately after the races have finished. On Sunday, the awards ceremony will be held at Raven Lodge.

Individual awards as per Teck Coast Cup technical guidelines.

- 7 & under (Atoms): Teck participant ribbons for all
- 8 years (first year PeeWee): Teck 1-5 ribbons for top 5 finishers, participant ribbons for all others
- 9-14 y: Teck medals for top 3, Teck ribbons for 4th/5th
- 15+: Medals to top 3 finishers

Club points awarded as per the Tech Coast Cup technical guidelines to participants and the top 5 finishers in each category. Club points count towards the Club Aggregate Award, which will be Sunday after the race.

Guidelines at: http://crosscountrybc.ca/sites/default/files/documents/2014-15%20Teck%20RC%20TG%20-%20Coast_0.pdf

Facilities: The Mt Washington Nordic ski area has over 50 km of groomed Nordic ski trails that cover a variety of terrain. Raven Lodge is owned and operated by the Mt Washington Ski Resort. There are 2 outdoor waxing benches on the lower level and 3 indoor waxing benches in a small wax cabin near the lodge.

Course: Course maps will be posted online on the club website <https://strathconanordics.com> as soon as the course has been finalized.
In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.

Accommodation: Mt Washington Resort has links to various accommodation listings on the mountain:
<http://www.mountwashington.ca/>
Accommodation in the Comox Valley (approximately 40 minute drive to race):
<http://www.discovercomoxvalley.com/stay/accommodations>

Volunteers: Anyone interested in volunteering, please contact us at:
races@strathconanordics.com.



RACE SCHEDULE

Date:	Saturday, March 7th, 2015, Coast Cup #4 Classic Technique Interval Start
Start Time:	11:00 a.m.

Category	Subcategory	Age	Year Born	Distance	Course	Fee*
Atom Boys	AB1, AB2, AB3	5, 6, 7	2009, 2008, 2007	1.0 km	1.0 km	10.00
Pee Wee Boys	PB1, PB2	8, 9	2006, 2005	2.0 km	2.0 km	10.00
Bantam Boys	BB1, BB2	10, 11	2004, 2003	2.5 km	2.5 km	10.00
Midget Boys	MB1, MB2	12, 13	2002, 2001	2.5 km	2.5 km	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2000, 1999	5.0 km	2x2.5 km	10.00
Junior Boy	JB1, JB2	16, 17	1998, 1997	7.5 km	3x2.5 km	10.00
Junior Men	JM1, JM2	18, 19	1996, 1995	7.5 km	3x2.5 km	15.00
Open Men		20-29	1994-1985	7.5 km	3x2.5 km	15.00
Masters Men	Every 10 yrs	30+	1984 and earlier	7.5 km	3x2.5 km	15.00
Adaptive Men Stand		All		7.5 km	3x2.5 km	15.00
Adaptive Men Sit		All		2.0 km	2.0 km	15.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2009, 2008, 2007	1.0 km	1.0 km	5.00
Pee Wee Girls	PG1, PG2	8, 9	2006, 2005	2.0 km	2.0 km	10.00
Bantam Girls	BG1, BG2	10, 11	2004, 2003	2.5 km	2.5 km	10.00
Midget Girls	MG1, MG2	12, 13	2002, 2001	2.5 km	2.5 km	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2000, 1999	5.0 km	2x2.5 km	10.00
Junior Girls	JG1, JG2	16, 17	1998, 1997	5.0 km	2x2.5 km	10.00
Junior Women	JW1, JW2	18, 19	1996, 1995	5.0 km	2x2.5 km	15.00
Open Women		20-29	1994-1985	5.0 km	2x2.5 km	15.00
Masters Women		Every 10 yrs	1984 and earlier	5.0 km	2x2.5 km	15.00
Adapt Women Stand		All		5.0 km	2x2.5 km	15.00
Adaptive Women Sit		All		2.0 km	2.0 km	15.00

*Age as of December 31, 2014

***Fee does not include a trail ticket. All skiers must have a valid ski ticket or season pass. Trail tickets are available at a reduced rate at the time of registration on zone 4.**

In the event that snow conditions or weather dictate a change in course or distance, updates will be posted on the club website.

Coast Cup



Teck

Date:	Sunday, March 8th, 2015, Coast Cup #5
	Free Technique Mass Start
Start Time:	10:00 a.m.

Category	Subcategory	Age	Year Born	Distance	Course	Fee*
Atom Boys	AB1, AB2, AB3	5, 6, 7	2009, 2008, 2007	1.0 km	1.0 km	10.00
Pee Wee Boys	PB1, PB2	8, 9	2006, 2005	2.0 km	2.0 km	10.00
Bantam Boys	BB1, BB2	10, 11	2004, 2003	2.5 km	2.5 km	10.00
Midget Boys	MB1, MB2	12, 13	2002, 2001	4.0 km	2x2.0 km	10.00
Juvenile Boys	JVB1, JVB2	14, 15	2000, 1999	5.0 km	2x2.5 km	10.00
Junior Boy	JB1, JB2	16, 17	1998, 1997	7.5 km	3x2.5 km	10.00
Junior Men	JM1, JM2	18, 19	1996, 1995	10 km	4x2.5 km	15.00
Open Men		20-29	1994-1985	10 km	4x2.5 km	15.00
Masters Men	Every 10 yrs	30+	1984 and earlier	10 km	4x2.5 km	15.00
Adaptive Men Stand		All		7.5 km	3x2.5 km	15.00
Adaptive Men Sit		All		2.0 km	2.0 km	15.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2009, 2008, 2007	1.0 km	1.0 km	5.00
Pee Wee Girls	PG1, PG2	8, 9	2006, 2005	2.0 km	2.0 km	10.00
Bantam Girls	BG1, BG2	10, 11	2004, 2003	2.5 km	2.5 km	10.00
Midget Girls	MG1, MG2	12, 13	2002, 2001	4.0 km	2x2.0 km	10.00
Juvenile Girls	JVG1, JVG2	14, 15	2000, 1999	5.0 km	2x2.5 km	10.00
Junior Girls	JG1, JG2	16, 17	1998, 1997	5.0 km	2x2.5 km	10.00
Junior Women	JW1, JW2	18, 19	1996, 1995	7.5 km	3x2.5 km	15.00
Open Women		20-29	1994-1985	7.5 km	3x2.5 km	15.00
Masters Women		Every 10 yrs	1984 and earlier	7.5 km	3x2.5 km	15.00
Adapt Women Stand		All		5.0 km	2x2.5 km	15.00
Adaptive Women Sit		All		2.0 km	2.0 km	15.00

*Age as of December 31, 2014

***Fee does not include a trail ticket. All skiers must have a valid ski ticket or season pass. Trail tickets are available at a reduced rate at the time of registration on zone 4.**

In the event that snow conditions or weather dictate a change in course or distance, updates will be posted on the club website.

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Thank you to our Strathcona Nordics sponsors!

