

Coast Cup



Teck

RACE NOTICE

2016 COAST CUP #3

Whistler Olympic Park

- DATE:** Sunday January 31st, 2016
- HOST CLUB:** Spud Valley Nordic Association
- LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler, B.C.
- RULES:** CCC rules and regulations
- 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 |
- ELIGIBILITY:** Skiers must be a member in good standing of a CCC/CCBC club. If necessary, entrants may sign up for 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
- RACE ENTRIES:** ONLINE ONLY. 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 **Tuesday, January 26th, 2016 at 9:00p.m.**
NO LATE ENTRIES WILL BE ACCEPTED
- START LISTS:** Start lists will be posted on Sunday morning, January 31st 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 a.m. and 9:15 a.m. on Sunday January 31st, 2016. Bibs must be picked up by 9:15 a.m.
- MAPS:** All course maps will be available online at www.spudvalleynordics.com once finalized.

Coast Cup #3: RACE SCHEDULE
TEAM SPRINTS – FREE TECHNIQUE
(Atoms - Mad Dash)
SUNDAY JANUARY 31st STARTING Time: 10:00 a.m.

Category	Sub Category	Year born	Approximate distance	Fee*
#1	Atom Boys	2010, 2009, 2008	300M Mad Dash	10.00
#2	Pee Wee Boys	2007, 2006	100M	10.00
#4	Bantam Boys	2005, 2004	300M	15.00
#6	Midget Boys	2003,2002	300M	15.00
#8	Juvenile Boys	2001,2000	600M	15.00
#10	Junior Boys & Junior Men	1999,1998,1997,1996	1000M	
#12	Open Men Masters Men	1995 – 1986 1985 & 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	2010, 2009, 2008	300M Mad Dash	10.00
#3	Pee Wee Girls	2007, 2006	100M	10.00
#5	Bantam Girls	2005, 2004	300M	15.00
#7	Midget Girls	2003,2002	300M	15.00
#9	Juvenile Girls	2001,2000	600M	15.00
#11	Junior Girls & Junior Women	1999, 1998, 1997, 1996	600M	15.00
#13	Open Women Masters Women	1995 – 1986 1985 & earlier	600M	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; 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: 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.

TEAM SIGN-UP by coaches Team registration by coaches or team organizers is on another Zone4 registration form under 2016 Coast Cup #3 Team SIGN-UP. Please submit teams no later than Thursday, January 28th 9:00p.m.

****Open/Master categories: Please make sure you find a partner before you sign up. We can NOT guarantee to find a partner for you.**

- 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 January 10th.
- 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 \$30 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.
- 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.
- CANCELLATION:** There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race.
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.

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