

# Coast Cup



# Teck

**Sea to Sky  
Nordics**



## RACE NOTICE

### 2020 Teck Coast Cup 4

- DATE:** Sunday February 9, 2020
- HOST CLUB:** Sea to Sky Nordics
- LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler, BC.
- RULES:** CCC rules and regulations
- INFORMATION:** Chief of Competition: Andreas Sandell andreas@fishercoating.com  
Competition Secretary: Carla Greer greer941@telus.net  
Chief of Timing: Stephane Deseau  
Chief of Course: John Heilig  
Chief of Stadium: Delores Franz Los
- ELIGIBILITY:** 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:** Mass Start Free Technique
- RACE ENTRIES:** **Online Registration only at:** <https://zone4.ca/reg.asp?id=23025>  
Credit card payment is required. E-mail confirmation will be sent to you if you have 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 9:00pm**  
**NO LATE ENTRIES WILL BE ACCEPTED**

**CANCELLATION:** There will be 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 unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees.

**VOLUNTEERS:** Many volunteers are required, no experience is necessary. Please help out and register at: <https://zone4.ca/register.asp?id=23038>

**DRAW:** Start position will be determined by random draw, there will be no seeding.

**START LISTS:** Start lists will be posted at [www.zone4.ca](http://www.zone4.ca) on Saturday by 21:00 and will be available from the Race Office at Bib pick up on Sunday morning.

**BIB PICK UP:** 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 February 9 by Club or Team. **Bibs must be picked up by 9:15 am. All those left will be marked DNS.**

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

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 4th and 5th 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://crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

Details	Points
No. of participants in an interval start race	2 point per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1st place, 6 points for 2nd place, etc. Points are calculated for individuals representing CCBC Coast Zone clubs only	

**RESULTS:** Unofficial results will be posted outside the Race Office after the race. After the event, results will be available to review on Zone 4.

**FACILITIES:** Comprehensive facilities are located at Whistler Olympic Park. [www.whistlersportlegacies.com](http://www.whistlersportlegacies.com)

**PARKING:** Please park in the designated lots as directed upon arrival.

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

**WARM UP/  
WAX TESTING:** A warm-up area will be available in the vicinity of the race start.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all Teck Regional Cup races. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

#### **CCBC 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.

**COURSES:** All course maps will be posted online once finalized at: [www.seatoskynordics.ca](http://www.seatoskynordics.ca)

**CONCESSION:** Food will be available for sale in the Day-Lodge. A light snack will be available at finish.

**ACCOMODATION:** Hotels are available in nearby Squamish and Whistler. The closest accommodations are the following:

**Whistler Athletes' Centre**

<http://www.whistlersportlegacies.com/venues/whistler-athletes-centre> Phone: 604-964-0052

**Whistler Canadian Hostel**

<http://hihostels.ca/westerncanada/331/HI-Whistler.hostel>  
Phone: 1-866-762-4122

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Cross Country BC

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## Teck Coast Cup 4: RACE SCHEDULE

**MASS START – FREE TECHNIQUE**  
**SUNDAY February 9, 2020 STARTING @ 10:00AM**

Category	Sub Category	Age on Dec. 31, 2019	Year Born	Approximate Distance	Fee*
U6 Boys	U6B-1, U6B-2	4, 5	2015, 2014	300 m	10.00
U8 Boys	U8B-1, U8B-2	6, 7	2013, 2012	750 m	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2011, 2010	1.5 km	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2009, 2008	2.5 km	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2007, 2006	3.3 km	15.00
U16 Boys	U16B-1, U16B-2	14, 15	2005, 2004	6.6 km	15.00
U18 Boys	U18B	16, 17	2003, 2002	6.6 km	20.00
U20 Men	U20M	18, 19	2001, 2000	9.9 km	20.00
Open Men	Open Men	20+	1999 - 1900	9.9 km	20.00
Adaptive Men Stand				9.9 km	20.00
Adaptive Men Sit				2.5 km	20.00
U6 Girls	U6G-1, U6G-2	4, 5	2015, 2014	300 m	10.00
U8 Girls	U8G-1, U8G-2	6, 7	2013, 2012	750 m	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2011, 2010	1.5 km	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2009, 2008	2.5 km	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2007, 2006	3.3 km	15.00
U16 Girls	U16G-1, U16G-2	14, 15	2005, 2004	6.6 km	15.00
U18 Girls	U18G	16, 17	2003, 2002	6.6 km	20.00
U20 Girls	U20G	18, 19	2001, 2000	9.9 km	20.00
Open Women	Open Women	20+	1999 - 1900	9.9 km	20.00
Adaptive Women Stand				6.6 km	20.00
Adaptive Women Sit				2.5 km	20.00

\* 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. Coaches are free with ratio 1/5 athletes.

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**SUPPORTERS**

**Teck**

**PARTNERS**

