



# RACE NOTICE: 2023 Teck Coast Cup #2 & #3



**Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>

**Dates/Times:** **Saturday, February 11<sup>th</sup>, Teck Coast Cup 2:** Team Sprint Relay—Free Technique—10:00am  
**Sunday, February 12<sup>th</sup>, Teck Coast Cup 3:** Mass Start—Classic—10:00am

**Location:** Mount Washington Nordic Centre, Courtenay, B.C.

**Rules and Technical Guidelines:** Canadian Competition Rules (CCR)  
The 2022-2023 Coast Cup Technical Guidelines are found on the CCBC website: [here](#)

**Competition Committee:**  
Chief of Competition: Len Apedaile  
Competition Secretary: Nicole Muchowski – [aces@strathconanordics.com](mailto:aces@strathconanordics.com)  
Chief of Timing: TBA  
E-Timing & Results: Mike Tunnah / Dan Lemay  
Chief of Course: TBA  
Chief of Stadium: Chris Stapff  
Sponsor Liaison, Awards Coordinator and Media Liaison: Jim Meldrum

**Eligibility:** **This event is open to everyone, from beginning children and their parents, to racing team skiers and masters.** No race license is required.

**SNSC Youth Recreation Programs:** **STRATHCONA JACKRABBITS, BUNNY RABBITS & YOUTH RECREATION PROGRAM PARTICIPANTS (SNAP, FIT, Youth Rec Intro) ARE ELIGIBLE TO PARTICIPATE AT NO CHARGE**

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

- Parents must enter their Rabbit(s) on Zone 4 with the discount code provided by the Jackrabbit Coordinator. They may register the day of their normal skill session and the other race day if they wish.
- Parents are responsible for bib pick up and to get their skier to the start on time.
- The rabbit coordinator will provide information to coaches and parents, and will help with creating teams for the team sprint relay on Saturday.



# Coast Cup



# Teck

## Events:

### **Saturday, February 11<sup>th</sup>: Teck Coast Cup 2: Team Sprint Relay – free technique (ski cross course)—10:00am**

- Mass start team sprint relay on a fun, safe, rolling ski cross course.
- Teams of 2, with 2-3 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).
- **All skiers register individually on Zone 4, including Jackrabbits. See above.**
- **Participants will be put into teams** following the Tuesday registration deadline by coaches, parents from out-of-town clubs, and the race secretary.
  - **Coaches and parents from out-of-town clubs are asked to register so they can be emailed a link to submit teams for the team relay. Registration of relay teams opens Tues, Feb 7<sup>th</sup> at 18:00 and closes Thurs, Feb 9<sup>th</sup> at 18:00 on Zone 4.** A link to this team registration will also be available on the Strathcona Nordics 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).

### **Sunday: February 12<sup>th</sup>: Mass Start—Classic —10:00am**

- All skiers register individually on Zone 4, including Jackrabbits. See above.

## Registration, Fees\*\* and Deadlines:

Register for one or both days on Zone 4: 2023 Teck Coast Cup #2 & #3

- Deadline Tuesday, February 7<sup>th</sup>, 2023, at 6:00pm
- Racers may race up to a higher category\*, but not down.
- Fees: Strathcona Youth Recreational Programs (Rabbits, SNAP, FIT, Youth Rec Intro) no charge with discount code
  - \$10 per individual race U8
  - \$15 per individual race U10-U20
  - \$20 per individual race U23 and up
- Team relay registration for coaches and out of town parents open Tuesday, February 7<sup>th</sup>, 2023 at 6:00pm, to Thursday, February 9<sup>th</sup>, 2023 at 6:00pm.

## Start Lists and Results:

Start lists will be posted on [Zone4.ca](http://Zone4.ca) by 7:00pm 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 11<sup>th</sup> between 8:30am and 9:30am, and on Sunday, February 12<sup>th</sup> between 8:30am to 9:30am. If you are late, come to the stadium, we will have unclaimed bibs there.

**Youth Recreational Program Participants parents are responsible for bib pick up and to get their skier to the start on time.**

## Awards:



# Coast Cup



# Teck

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

**Coast Cup #2:** Awards per category, shown below, to official teams.

**Coast Cup #3:** Individual awards will be per the Teck Coast Cup technical guidelines as follows:

- U6 & U8: Teck participant ribbons for all.
- U10-U16: Teck medals for top 3, Teck ribbons for 4<sup>th</sup> & 5<sup>th</sup> finishers.
- Awards to top 3 finishers for all other categories.

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 as soon as the courses have been finalized: <https://www.strathconanordics.com/snsracescamps>

- The Saturday 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, 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:

Cross Country BC respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in British Columbia. [CCBC waxing protocol](#) applies to the following races/age categories:

- At local races (i.e., club races, loppets, etc.), the protocol applies to **U14 and younger age categories.**
- At Regional Cup races (Coast Cup, Okanagan Cup, Kootenay Cup, Northern Cup), the protocol applies to **ALL age categories.**
- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted
- Fluorinated grip waxes ARE permitted.

**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.

## Volunteers:

**Many are needed.** Positions we are still recruiting for include: course marking and setup, stadium setup, refreshments fun & atmosphere, timing roles – start & finish, banners & awards. Please contact [info@strathconanordics.com](mailto:info@strathconanordics.com)





\*Age as of December 31, 2022

<b>Date: Saturday, February 11<sup>th</sup>: Teck Coast Cup 2: Team Sprint Relay – free technique (ski cross course)</b>					
<b>Start Time: 10:00am</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>
U6 Boys		<5	<2017	50m	2
U8 Boys	U8B-1, U8B-2, U8B-3	5,6,7	2017, 2016, 2015	100m	2
U10 Boys	U10B-1, U10B-2	8, 9	2014, 2013	340m	2
U12 Boys	U12B-1, U12B-2	10, 11	2012, 2011	340m	3
U14 Boys	U14B-1, U14B-2	12, 13	2010, 2009	650m	3
U16 Boys	U16B-1, U16B-2	14, 15	2008, 2007	650m	3
U18 Boys	U18B-1, U18B-2	16,17	2006, 2005	650m	3
U20 Men	U20M-1, U20M-2	18,19	2004, 2003	650m	3
U23/Senior/Masters Men		20+	>2002	650m	3
Adaptive Men Stand		All		340m	3
Adaptive Men Sit		All		340m	3
U6 Girls		<5	<2017	50m	2
U8 Girls	U8G-1, U8G-2, U8G-3	5,6,7	2017, 2016, 2015	100m	2
U10 Girls	U10G-1, U10G-2	8, 9	2014, 2013	340m	2
U12 Girls	U12G-1, U12G-2	10, 11	2012, 2011	340m	3
U14 Girls	U14G-1, U14G-2	12, 13	2010, 2009	650m	3
U16 Girls	U16G-1, U16G-2	14, 15	2008, 2007	650m	3
U 18 Girls	U18G-1, U18G-2	16, 17	2006, 2005	650m	3
U 20 Women	U20W-1, U20W-2	18,19	2004, 2003	650m	3
U23/Senior/ Masters Women		20+	>2002	650m	3
Adapt Women Stand		All		340m	3
Adaptive Women Sit		All		340m	3

\*Racers may race up to an older category if desired. If doing so please email us at: [races@strathconordics.com](mailto:races@strathconordics.com)

\*\*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, 2022

<b>Date: Sunday February 12<sup>th</sup>: Mass Start—Classic</b>					
<b>Start Time: 10:00am</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>
U6 Boys		<5	<2017	300m	1
U8 Boys	U8B-1, U8B-2, U8B-3	5,6,7	2017, 2016, 2015	1 km	1 x 1 km
U10 Boys	U10B-1, U10B-2	8, 9	2014, 2013	2 km	1 x 2 km
U12 Boys	U12B-1, U12B-2	10, 11	2012, 2011	2.5 km	1 x 2.5 km
U14 Boys	U14B-1, U14B-2	12, 13	2010, 2009	5 km	2 x 2.5 km
U16 Boys	U16B-1, U16B-2	14, 15	2008, 2007	7.5 km	3 x 2.5 km
U18 Boys	U18B-1, U18B-2	16,17	2006, 2005	7.5 km	3 x 2.5 km
U 20 Men	U20M-1, U20M-2	18,19	2004, 2003	7.5 km	3 x 2.5 km
U23/Senior/Masters Men		20+	>2002	7.5 km	3 x 2.5 km
Adaptive Men Stand		All		5 km	2 x 2.5 km
Adaptive Men Sit		All		2 km	1 x 2 km
U6 Girls		<5	<2017	300m	1
U8 Girls	U8G-1, U8G-2, U8G-3	5,6,7	2017, 2016, 2015	1 km	1 x 1 km
U10 Girls	U10G-1, U10G-2	8, 9	2014, 2013	2 km	1 x 2 km
U12 Girls	U12G-1, U12G-2	10, 11	2012, 2011	2.5 km	1 x 2.5 km
U14 Girls	U14G-1, U14G-2	12, 13	2010, 2009	5 km	2 x 2.5 km
U16 Girls	U16G-1, U16G-2	14, 15	2008, 2007	7.5 km	3 x 2.5 km
U 18 Girls	U18G-1, U18G-2	16, 17	2006, 2005	7.5 km	3 x 2.5 km
U 20 Women	U20W-1, U20W-2	18,19	2004, 2003	7.5 km	3 x 2.5 km
U23/Senior/Masters Women		20+	>2002	7.5 km	3 x 2.5 km
Adapt Women Stand		All		5 km	2 x 2.5 km
Adaptive Women Sit		All		2 km	1 x 2 km

\*Racers may race up to an older category if desired. If doing so please email us at: [aces@strathconordics.com](mailto:aces@strathconordics.com)

\*\*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.

