

Coast Cup



Teck

WHISTLER NORDICS

RACE NOTICE

2015 TECK COAST CUP #2 Whistler Olympic Park

DATE: Teck Coast Cup #2: Saturday February 14th, 2015

HOST CLUB: Whistler Nordics Ski Club.

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

INFORMATION:

Chief of Competition:	Margot Murdoch	mblebrun@telus.net
Competition Secretary:	Suki Cheyne	admin@whistlernordics.com
Chief of Timing:	Gwendolyn Kennedy	gwendolyn@redpointmechanical.ca
	AND Crosland Doak	croslanddoak@gmail.com
Chief of Course:	Theresa Oswald	tmoswald@yahoo.com
Chief of Stadium:	David Kirk	davemkirk@hotmail.com
Volunteer Coordinator:	Cheryl Morningstar	camorningstar@gmail.com

ELIGIBILITY: If an individual wishes to race and they are **not** a current member of a CCC/CCBC club, they must *sign an Informed Consent & Assumption of Risk Agreement*. **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.

RACE ENTRIES: ONLINE. 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 online registration section of Zone4) to be sure that you have registered correctly.**

DEADLINE: **Entries must be received by midnight on Tuesday, February 10th, 2015.**
NO LATE ENTRIES WILL BE ACCEPTED



Teck Coast Cup #2: RACE SCHEDULE

INTERVAL START – CLASSIC TECHNIQUE
SATURDAY February 14th. STARTING @ 11:00AM

Category	Sub Category	Age on Dec. 31, 2014	Year Born	Approximate Distance	Fee*^
Atom Boys	AB1, AB2, AB3	5, 6, 7	2009, 2008, 2007	840 m	10.00
Pee Wee Boys	PB1, PB2	8, 9	2006, 2005	1.5 km	10.00
Bantam Boys	BB1, BB2	10, 11	2004, 2003	2 km	15.00
Midget Boys	MB1, MB2	12, 13	2002,2001	2.5 km	15.00
Juvenile Boys	JVB1, JVB2	14, 15	2000, 1999	5 km	15.00
Junior Boys	JB1, JB2	16, 17	1998, 1997	7.5 km	15.00
Junior Men	JM1, JM2	18, 19	1996, 1995	10 km	20.00
Open Men		20 and over	1994-1985	10 km	20.00
Masters Men		30+	1984 & earlier	10 km	20.00
Adaptive Men Stand				7.5 km	20.00
Adaptive Men Sit				1.5 km	20.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2009, 2008, 2007	830 m	10.00
Pee Wee Girls	PG1, PG2	8, 9	2006, 2005	1.5 km	10.00
Bantam Girls	BG1, BG2	10, 11	2004, 2003	2 km	15.00
Midget Girls	MG1, MG2	12, 13	2002,2001	2.5 km	15.00
Juvenile Girls	JVG1, JVG2	14, 15	2000, 1999	5 km	15.00
Junior Girls	JG1, JG2	16, 17	1998, 1997	5 km	15.00
Junior Women	JW1, JW2	18, 19	1996, 1995	7.5 km	20.00
Open Women		20 and over	1994-1985	7.5 km	20.00
Masters Women		30+	1984 & earlier	7.5 km	20.00
Adaptive Women Stand				5 km	20.00
Adaptive Women Sit				1.5 km	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. Discounted tickets are available for athletes and coaches and must be pre-ordered via Zone 4: \$20/adult and \$5/child (plus HST). Discounted rates are not available from the venue on the day of competition.

All participants in the Midget and younger age categories will receive a pair of Cross Country Canada sun glasses in kids' sizes if they sign up before February 9th!

DRAW: Friday, February 13, 2015, posted at www.zone4.ca

START LISTS: Start lists will be posted on Zone 4 on Friday night and will be available from the Race Office at Bib pick up on Saturday morning.

BIB PICK UP: Bib pickup for the race will be at the race office in the technical building in Whistler Olympic Park between 9:00 am and 10:15 am on Saturday February 14th, 2012. **Bibs must be picked up by 10:15 am.**



- 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.
- VOLUNTEERS:** Volunteers can sign up online through Zone 4.
- MAPS:** All course maps are available online once finalized: www.whistlernordics.com.
- FACILITIES:** Comprehensive facilities are located at Whistler Olympic Park. Details: www.whistlerolympicpark.com
- 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 admin@whistlernordics.com for Teck Coast Cup #2 or **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. Teck provides awards for the first five in each sub-category based on year of birth from Pee Wee to age 14. There will be participation awards for all Atoms and Pee Wees. There will be medals for the first three in each category from Junior Girls/Boys upwards.

Category (age as of December 31, 2014)	Awards
Atoms (7 year olds and under)	Teck participant ribbons
Pee Wee (8 year olds or born in 2006)	Ribbons for top 5 finishers Participant ribbons for all others
Pee Wee (9 year olds or born in 2005) to Juvenile (14 year olds or born 1999)	Teck medals for top 3 finishers Teck ribbons for 4th and 5th finishers
Junior (15 year olds or born in 1998) to masters 60+	Awards for the top 3 finishers

TEAM AGGREGATE: Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs as they accumulate throughout the season. The winner of the Club Aggregate Award will be the club with the most points. The Club Aggregate Award will be presented immediately after the final race of the season has been completed.

Details	Points
No. of participants in an interval start race	1 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	



Club Aggregate Award information is available online at <http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

TOURIST INFO: Hotels are available in nearby Squamish and Whistler. For more information, contact: www.tourismwhistler.com, www.whistlerchamber.com, www.tourismsquamish.com, www.squamishchamber.com

DRIVING TIMES: Whistler to WOP 30 mins, Squamish to WOP 60 mins, Vancouver to WOP 90 mins

These times are estimates only and may change due to weather and road or traffic conditions. Please allow at least 15 minutes to be processed through the entry gate. Snow tires (not all-season) – or chains - are required north of Squamish in winter conditions. You may be turned around at Alice Lake if there is heavy snow and you do not have winter tires.

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

ACCOMODATION: The Athletes' Centre Lodge rooms are available to rent: 2 single beds per room. Located a 15 second walk from the Lodge are 2 bedroom townhomes with a maximum occupancy of 4, or a 3 bedroom townhome with a maximum occupancy of 6. Contact Whistler Athletes' Centre to book. Please note the cost of 1 night's deposit is payable at the time of booking. Tel: 604-964-0052, Email: lodge@whistlersportlegacies.com

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