



## RACE NOTICE

### 2018 Teck Coast Cup #4 Whistler Olympic Park

- DATE:** Teck Coast Cup #4: Sunday January 28<sup>th</sup>, 2018
- HOST CLUB:** Sea to Sky Nordics
- LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler, BC.
- INFORMATION:**
- |                        |                   |                                 |
|------------------------|-------------------|---------------------------------|
| Chief of Competition:  | Lynn Ayers        | Irocchini@hotmail.com           |
| Competition Secretary: | Carla Greer       | greer941@telus.net              |
| Chiefs of Timing:      | Gwendolyn Kennedy | gwendolyn@redpointmechanical.ca |
|                        | Vince Hoog        | vincehoog@gmail.com             |
| Chief of Course:       | Theresa Oswald    | tmoswald@yahoo.com              |
| Chief of Stadium:      | Delores Franz Los | dfflos@hotmail.com              |
| Volunteer Coordinator: | Heather Campbell  | hcampbell@dhdev.ca              |
- ELIGIBILITY:** This race is designed to appeal to racers of all levels, from children and their parents just starting out, to advanced racers. 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*.
- LICENCES:** Ski Licenses are NOT required.
- RULES:** CCC rules and regulations.
- RACE ENTRIES:** ONLINE. Access [www.zone4.ca](http://www.zone4.ca) and locate this event in the online registration section and enter your information. Credit card payment is required.  
**IF YOU DO NOT RECEIVE EMAIL CONFIRMATION AFTER REGISTRATION IT WAS NOT COMPLETED.** 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 23:59 on Wednesday, January 24<sup>th</sup>, 2018.  
**NO LATE ENTRIES WILL BE ACCEPTED**

## Teck Coast Cup #4: RACE SCHEDULE

**INTERVAL START – CLASSIC TECHNIQUE  
SUNDAY January 28<sup>th</sup>. STARTING @ 11:00AM**

Category	Sub Category	Age on Dec. 31, 2017	Year Born	Approximate Distance	Fee*^
Atom Boys	AB1, AB2, AB3	5, 6, 7	2012, 2011, 2010	830 m	10.00
Pee Wee Boys	PB1, PB2	8, 9	2009, 2008	1.8 km	15.00
Bantam Boys	BB1, BB2	10, 11	2007, 2006	2.3 km	15.00
Midget Boys	MB1, MB2	12, 13	2005, 2004	3.6 km	15.00
Juvenile Boys	JVB1, JVB2	14, 15	2003, 2002	6 km	20.00
Junior Boys	JB1, JB2	16, 17	2001, 2000	9 km	20.00
Junior Men	JM1, JM2	18, 19	1999, 1998	12 km	20.00
Open Men		20 and over	1997-1988	12 km	25.00
Masters Men		30+	1987 & earlier	12 km	30.00
Adaptive Men Stand				9 km	25.00
Adaptive Men Sit				2.3 km	25.00
Atom Girls	AG1, AG2, AG3	5, 6, 7	2012, 2011, 2010	830 m	10.00
Pee Wee Girls	PG1, PG2	8, 9	2009, 2008	1.8 km	15.00
Bantam Girls	BG1, BG2	10, 11	2007, 2006	2.3 km	15.00
Midget Girls	MG1, MG2	12, 13	2005, 2004	3.6 km	15.00
Juvenile Girls	JVG1, JVG2	14, 15	2003, 2002	6 km	20.00
Junior Girls	JG1, JG2	16, 17	2001, 2000	6 km	20.00
Junior Women	JW1, JW2	18, 19	1999, 1998	9 km	20.00
Open Women		20 and over	1997-1988	9 km	25.00
Masters Women		30+	1987 & earlier	9 km	30.00
Adaptive Women Stand				6 km	25.00
Adaptive Women Sit				1.8 km	25.00

^ 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. 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: .  
Discounted rates are not available from the venue on the day of competition.

**DRAW:** Saturday, January 27, posted at [www.zone4.ca](http://www.zone4.ca)

**START LISTS:** Start lists will be posted on Zone 4 on Saturday night 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 9:30 am and 10:15 am on Sunday January 28<sup>th</sup>.  
**Bibs must be picked up by 10:15 am. All those left will be marked DNS.**



**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, <https://zone4.ca/reg.asp?id=16982>

**MAPS:** All course maps are available online once finalized: [www.seatoskynordics.ca](http://www.seatoskynordics.ca)

**FACILITIES:** Comprehensive facilities are located at Whistler Olympic Park. Details: [www.whistlerolympicpark.com](http://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. Please contact [nsteeenhoek@whistlersportlegacies.com](mailto:nsteeenhoek@whistlersportlegacies.com). **Please note** that while the course will **not** be open for wax testing/training on race day that wax testing/training is possible off-course closer to the day lodge or on the surrounding trails.

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.

**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.

**AWARDS:** Teck, a diversified resource company based in British Columbia is the title sponsor for Coast Cup.

Category (age as of December 31, 2017)	Awards
Atoms (7 year olds and under)	Teck participant ribbons
Pee Wee (8 year olds or born in 2009)	Teck medals for top 3 finishers Participant ribbons for all others
Pee Wee (9 year olds or born in 2008) to Juvenile (15 year olds or born 2002)	Teck medals for top 3 finishers Teck ribbons for 4th and 5th finishers
Junior (16 year olds or born in 2001) to masters 60+	Awards for the top 3 finishers



**TEAM AGGREGATE:** Club points are accumulated for each skier who successfully completes the race. Cross  
**AWARDS**

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	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	

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](http://www.tourismwhistler.com), [www.whistlerchamber.com](http://www.whistlerchamber.com), [www.tourismsquamish.com](http://www.tourismsquamish.com), [www.squamishchamber.com](http://www.squamishchamber.com)

**DRIVING TIMES:** Whistler to WOP 30 mins, Squamish to WOP 50 mins, Vancouver to WOP 100 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. 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](mailto:lodge@whistlersportlegacies.com)

## Title Sponsor

# Teck



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