



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



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

Dates/Times: **Saturday, February 11th, Teck Coast Cup 2:** Team Sprint Relay—Free Technique—10:00am
Sunday, February 12th, 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
 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**

- 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.

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



Coast Cup



Teck

Events:

Saturday, February 11th: 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 7th at 18:00 and closes Thurs, Feb 9th 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 12th: 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 7th, 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 7th, 2023 at 6:00pm, to Thursday, February 9th, 2023 at 6:00pm.

Start Lists and Results:

Start lists will be posted on 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 11th between 8:30am and 9:30am, and on Sunday, February 12th 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 4th & 5th 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





*Age as of December 31, 2022

Date: Saturday, February 11 th : Teck Coast Cup 2: Team Sprint Relay – free technique (ski cross course)					
Start Time: 10:00am					
Please note the distances may change according to course conditions.					
Category	Sub Category	Age	Year Born	Distance	Laps
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: paces@strathconanordics.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

Date: Sunday February 12th: Mass Start—Classic					
Start Time: 10:00am					
Please note the distances may change according to course conditions.					
Category	Sub Category	Age	Year Born	Distance	Laps
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

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