



STRATHCONA NORDIC SKI CLUB RACE NOTICE



2022 Teck Coast Cup #3 & #4

Host Club:	Strathcona Nordic Ski Club. https://strathconanordics.com
Dates/Times:	Saturday, February 19th, Teck Coast Cup 3: Team Sprint Relay—Free Technique—12:00 noon Sunday, February 20th, Teck Coast Cup 4: Mass Start—Classic—12:00 noon
Location:	Mt. Washington Nordic Centre, Courtenay, B.C.
Rules and Technical Guidelines:	Canadian Competition Rules The 2021-2022 Coast Cup Technical Guidelines are found on the CCBC website: here
Competition Committee:	Chief of Competition: Valerie Wootton Competition Secretary: Patty Johnson – races@strathconanordics.com Chief of Timing: Valerie Wootton / Dan Lemay Chief of Course: Esther Guimond 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, YLTS Intro) ARE ELIGIBLE TO RACE AT NO CHARGE

- Parents must enter their child 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 be providing information to coaches and parents. She will help with facilitating teams for the team sprint relay on Saturday.

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



Coast Cup



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Events:

Saturday, February 19th: Teck Coast Cup 3: Team Sprint Relay – free technique (ski cross course)—12:00pm (Noon)

- 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. That registration opens Tues, Feb 15th at 18:00 and closes Thurs, Feb 17th 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 20th: Mass Start—Classic —12:00 (Noon)

- **All skiers register individually on [Zone 4](#), including Jackrabbits. See above.**

Registration, Fees and Deadlines:

Register for one or both days on [Zone 4: 2022 Teck Coast Cup #3 & #4](#)

- **Deadline Tuesday, February 15th, 2022, at 18:00**
- Racers may race up to a higher category, but not down.
- Fees: **Strathcona Youth Recreational Programs (Rabbits, SNAP, FIT, YLTS-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 February 15, 2022 at 18:00, to February 17, 2022 at 18:00.

Start Lists and Results:

Start lists will be posted on [Zone4.ca](#) by 7 pm 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 19th between 10:30 am and 11:30 am, and on Sunday, February 20th between 10:30 am to 11:30 am. If you are late, come to the stadium and hope to find your bib there.

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



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- Awards:** 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 #3: awards per category as below to official teams.
Coast Cup #4: 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.
 - Medals 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:** CCBC 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.
- Structure tools ARE permitted.
 - Only identified non-fluoro (NF) glide waxes are permitted
 - Fluorinated grip waxes ARE permitted.
- The above [CCBC waxing protocol](#) applies to the following races/age categories:
- At local races (i.e., club races, loppets, etc.), the protocol applies to U18 and younger age categories.
 - At BC Track Attack Championships, BC Winter Games and BC Winter Games Trials, the protocol applies to ALL age categories.
- 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.
- COVID 19 Mount Washington Protocols:** Mask use is mandatory indoors, as required by [BC Provincial Health Guidelines](#). Proof of vaccination is not required to access Raven Lodge
- Volunteers:** **Many are needed.** Please contact info@strathconanordics.com



Coast Cup



Teck

*Age as of December 31, 2021

Date: Saturday, February 19th: Teck Coast Cup 3: Team Sprint Relay – free technique (ski cross course)					
Start Time: 12:00pm (Noon)					
***Please note the distances may change according to course conditions.					
Category	Sub Category	Age	Year Born	Distance	Laps
U6 Boys		<5	<2016	50m	2
U8 Boys	U8B-1, U8B-2, U8B-3	5,6,7	2016, 2015, 2014	100m	2
U10 Boys	U10B-1, U10B-2	8, 9	2013, 2012	340m	2
U12 Boys	U12B-1, U12B-2	10, 11	2011, 2010	340m	3
U14 Boys	U14B-1, U14B-2	12, 13	2009, 2008	650m	3
U16 Boys	U16B-1, U16B-2	14, 15	2007, 2006	650m	3
U18 Boys	U18B-1, U18B-2	16,17	2005, 2004	650m	3
U 20 Men	U20M-1, U20M-2	18,19	2003-2002	650m	3
U23/Senior/Masters Men		20+	>2001	650m	3
Adaptive Men Stand		All		340m	3
Adaptive Men Sit		All		340m	3
U6 Girls		<5	<2016	50m	2
U8 Girls	U8G-1, U8G-2, U8G-3	5,6,7	2016, 2015, 2014	100m	2
U10 Girls	U10G-1, U10G-2	8, 9	2013, 2012	340m	2
U12 Girls	U12G-1, U12G-2	10, 11	2011, 2010	340m	3
U14 Girls	U14G-1, U14G-2	12, 13	2009, 2008	650m	3
U16 Girls	U16G-1, U16G-2	14, 15	2007, 2006	650m	3
U 18 Girls	U18G-1, U18G-2	16, 17	2005, 2004	650m	3
U 20 Women	U20W-1, U20W-2	18,19	2003-2002	650m	3
U23/Senior/ Masters Women		20+	>2001	650m	3
Adapt Women Stand		All		340m	3
Adaptive Women Sit		All		340m	3

****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.



Coast Cup



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*Age as of December 31, 2021

Date: Sunday February 20th: Mass Start—Classic					
Start Time: 12:00pm (Noon)					
***Please note the distances may change according to course conditions.					
Category	Sub Category	Age	Year Born	Distance	Laps
U6 Boys		<5	<2016	300m	1
U8 Boys	U8B-1, U8B-2, U8B-3	5,6,7	2016, 2015, 2014	1 km	1 x 1 km
U10 Boys	U10B-1, U10B-2	8, 9	2013, 2012	2 km	1 x 2 km
U12 Boys	U12B-1, U12B-2	10, 11	2011, 2010	2.5 km	1 x 2.5 km
U14 Boys	U14B-1, U14B-2	12, 13	2009, 2008	5 km	2 x 2.5 km
U16 Boys	U16B-1, U16B-2	14, 15	2007, 2006	7.5 km	3 x 2.5 km
U18 Boys	U18B-1, U18B-2	16,17	2005, 2004	7.5 km	3 x 2.5 km
U 20 Men	U20M-1, U20M-2	18,19	2003-2002	7.5 km	3 x 2.5 km
U23/Senior/Masters Men		20+	>2001	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	<2016	300m	1
U8 Girls	U8G-1, U8G-2, U8G-3	5,6,7	2016, 2015, 2014	1 km	1 x 1 km
U10 Girls	U10G-1, U10G-2	8, 9	2013, 2012	2 km	1 x 2 km
U12 Girls	U12G-1, U12G-2	10, 11	2011, 2010	2.5 km	1 x 2.5 km
U14 Girls	U14G-1, U14G-2	12, 13	2009, 2008	5 km	2 x 2.5 km
U16 Girls	U16G-1, U16G-2	14, 15	2007, 2006	7.5 km	3 x 2.5 km
U 18 Girls	U18G-1, U18G-2	16, 17	2005, 2004	7.5 km	3 x 2.5 km
U 20 Women	U20W-1, U20W-2	18,19	2003-2002	7.5 km	3 x 2.5 km
U23/Senior/Masters Women		20+	>2001	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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***Racers may race up to an older category if desired. If doing so please email us at: rates@strathconanordics.com**

