



## RACE NOTICE-REVISED

**2024 TECK COAST CUP #3**  
**Saturday, January 20, 2024 @ 10:00 AM**  
**Team Sprints - Classic Technique**

<b>LOCATION</b>	Whistler Olympic Park, Callaghan Valley, B.C.
<b>HOST CLUB</b>	Spud Valley Nordics Ski Club
<b>RULES</b>	Nordiq Canada rules and regulations: <a href="#">FIS ICR-CCR (Canadian Competition Rules) Precisions</a>
<b>TECHNICAL GUIDELINES</b>	2023/24 Teck Coast Cup Series <a href="#">Technical Guidelines</a> are found on Cross Country BC's website.
<b>INFORMATION</b>	<p>Chief of Competition: Delores Franz Los</p> <p>Competition Secretary: Shannon Harris <a href="mailto:racesecretary@blacktusknordic.com">racesecretary@blacktusknordic.com</a></p> <p>Chief of Course: Andreas Sandell</p> <p>Chief of Stadium: Maria Lundgren</p> <p>Technical Advisor: Dirk Rohde</p>
<b>VOLUNTEERS</b>	No experience is needed and many volunteers are needed! Please contact the Competition Secretary at <a href="mailto:racesecretary@blacktusknordic.com">racesecretary@blacktusknordic.com</a> to volunteer.
<b>ELIGIBILITY</b>	This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.
<b>LICENCES</b>	<p><b>ALL</b> participants must purchase a \$3.00 Tier 3 Event Licence regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence.</p> <p>This license will only be valid for the competition day for which it is issued and will automatically be added to all race registrations on Zone4.</p>
<b>REGISTRATION</b>	<p>Registration is only through <a href="#">Zone4</a>. Please review your confirmation email to ensure accurate registration.</p> <p>Coaches must register through <a href="#">Zone 4</a>. No fees are required.</p>
<b>DEADLINE</b>	<p>Entry deadline <b>Tuesday, January 16th, 2024 at 11:59 p.m. (midnight)</b></p> <p><b>LATE ENTRIES WILL NOT BE ACCEPTED.</b></p>
<b>TRAIL FEES</b>	All racers must have a Whistler Olympic Park (WOP) trail pass for the day of the race. These are not included in your race registration fee but can be purchased at an event discount fee during race registration. Skiers with a WOP season pass do not need to purchase a day pass but will need it to gain entry to the Park.
<b>CANCELLATIONS</b>	<p>Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee.</p> <p>A decision to cancel the competition, or races for a specific age category due to the race conditions during an event will be made by the Chief of Competition in consultation with the race organizers.</p>

<b>REFUNDS</b>	In the occurrence of cancellation by race organizer, a refund of registration fees less administration and event expenses already incurred will be provided post-event. No refunds will be made if an athlete does not participate in the race. Zone4 online booking fees are non-refundable.	
<b>COURSE MAPS</b>	Course maps will be posted online as soon as the courses have been finalized. Check <a href="#">here</a> for the link to the maps.	
<b>TEAM SIGN UP</b>	Coaches or team organizers should register teams <a href="#">here</a> . Please submit teams no later than Thursday January 18 <sup>th</sup> , 11:59 PM.	
<b>START LISTS</b>	Start lists will be posted on Saturday morning January 20 <sup>th</sup> , 2024 outside the race office or on Zone4.	
<b>BIB PICKUP</b>	Individual bib pick-up will be in the Stadium at the entrance to the start area. Athletes should collect their bib 15-30 minutes prior to start time. Bibs not picked up will be marked DNS. There are no timing chips for this race.	
<b>WAX POLICY</b>	<i>Cross Country BC has adopted a No Fluoro policy for all age categories at all Teck Regional Cup races, please see <a href="#">CCBC Rule Regarding Use of Fluorinated Waxes</a>.</i>	
<b>WARM UP</b>	A warm up area will be available in the vicinity of the race start.	
<b>WAXING</b>	Waxing trailers are available for rent at Whistler Olympic Park at a rate of \$50.00 per day. Please contact the Race Office for wax cabin requests.	
<b>AWARDS</b>	An awards ceremony will be held on site following the races.	
<b>INDIVIDUAL AWARDS</b>	<b>Category (age as of December 31, 2023)</b>	<b>Awards</b>
	U6 (5 years and under) U8B and U8G (6 and 7 years old)	Teck participant ribbons
	U10B and U10G (8-9 years old) U12B and U12G (10-11 years old) U14B and U12G (12-13 years old) U16B and U12G (14-15 years old)	Teck medals for top 3 finishers Teck ribbons for 4 <sup>th</sup> & 5 <sup>th</sup> finishers
	U18 Girls/Masters Women (16 years & older) U18 Men/Masters Men (30 years old & older) Senior Women/Senior Men (23-29 years old) Para-Sitting	Awards for the top 3 finishers

<b>CLUB AGGREGATE AWARDS</b>	<p>Club points are accumulated for each skier who successfully completes the race.</p> <p>Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at:  <a href="http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards">http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards</a></p> <p>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.</p> <table border="1" data-bbox="367 594 1503 741"> <thead> <tr> <th>Details</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Participation</td><td>2 points/participant who successfully completes the course</td></tr> <tr> <td>Top 5 placing in each category</td><td>7 (for first place), 6, 5, 4, 3 points</td></tr> </tbody> </table> <p>If there are less than five competitors in a category, the points will still begin at 7 points for 1<sup>st</sup> place, 6 points for 2<sup>nd</sup> place, etc.            Points are calculated for individuals representing CCBC Coast Zone clubs only.</p>	Details	Points	Participation	2 points/participant who successfully completes the course	Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
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<b>FACILITIES</b>	Park access opens at 8:30 am. A day lodge and washrooms are located in Whistler Olympic Park.						
<b>PARKING</b>	Please use designated lots as directed upon arrival.						
<b>CONCESSION</b>	A food concession is available on site at the WOP Day Lodge.						
<b>ACCOMMODATION</b>	Hotels are available in nearby Squamish and Whistler. The closest accommodations are the following:						
	<p><b>Whistler Athletes' Centre</b>  <a href="http://www.whistlersportlegacies.com/venues/whistler-athletes-centre">http://www.whistlersportlegacies.com/venues/whistler-athletes-centre</a>            Phone: 604-964-0052</p> <p><b>Whistler Canadian Hostel</b>  <a href="http://hihostels.ca/westerncanada/331/HI-Whistler.hostel">http://hihostels.ca/westerncanada/331/HI-Whistler.hostel</a>            Phone: 1-866-762-4122</p> <p><b>Executive Suites Hotel and Resort</b>            Phone: 604-815-4903</p>						
<b>TOURIST INFORMATION</b>	Whistler: <a href="http://tourismwhistler.com">http://tourismwhistler.com</a> Squamish: <a href="http://tourismsquamish.com">http://tourismsquamish.com</a>						
<b>WEATHER</b>	<a href="https://www.snow-forecast.com/resorts/CallaghanValley/6day/bot">https://www.snow-forecast.com/resorts/CallaghanValley/6day/bot</a>						

## Teck Coast Cup #3

### TEAM SPRINTS – CLASSIC TECHNIQUE

**Date:** Saturday, January 20, 2024  
**Start Time:** 10:00 a.m.  
**Location:** Whistler Olympic Park, Callaghan Valley, B.C.

Age Category	Sub-Category	Age on Dec. 31, 2023	Year Born	Distance	Fee*
U6	Boys & Girls combined	5 and under	2018 & later	150 m	10.00
U8	Boys & Girls combined	6, 7	2017, 2016	300 m	10.00
U10	Boys/Girls	8, 9	2015, 2014	200 m x 3	15.00
U12	Boys/Girls	10, 11	2013, 2012	300 m x 3	15.00
U14	Boys/Girls	12, 13	2011, 2010	300 m x 3	15.00
U16	Boys/Girls	14, 15	2009, 2008	600 m x 3	15.00
U18G/Masters Women	Girls & Women combined	16, 17 & 30 & older	2007 & earlier	1000 m x 3	20.00
U18B/Masters Men	Boys & Men combined	16 and older	2007 & earlier	1000 m x 3	20.00
Open Women/Men	Women & Men combined	23 - 29	2000 & earlier	1000 m x 3	20.00
Para-Sitting	--	--	--	500 m x 3	20.00

\* Fees do not include a trail ticket. Trail tickets are available for purchase at a discount rate as part of the online registration; If you have a Whistler Olympic Park season pass, the pass number or confirmation number must be entered when registering for the race.

# Coast Cup



# Teck

## SUPPORTERS

# Teck

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## PARTNERS

