

RACE NOTICE: 2024 Teck Coast Cup #4 & #5



- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** **Saturday, February 3rd, Teck Coast Cup 4:** Team Sprint Relay—Free Technique—10:00am
Sunday, February 4th, Teck Coast Cup 5: Mass Start—Classic Technique —10:00am
- Location:** Mount Washington Nordic Centre, Courtenay, B.C.
- Rules & Technical Guidelines:** Canadian Competition Rules (CCR)
The 2023-2024 Coast Cup Technical Guidelines are found on the CCBC website: [here](#)
- Competition Committee:** Chief of Competition – Len Apedaile
Chief of Stadium – Paul Chatterton
Chief of Course – Marilyn Atkinson
Chief Controller/Marshalls – Susan Denny
Chief of Timing – Dan Lemay
Race Secretary – Nicole Muchowski – races@strathconanordics.com
Sponsor Liaison, Awards Coordinator and Media Liaison: Allison Meldrum
- Eligibility:** This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. **NEW:** ALL participants require a Tier 3 Event licence regardless of whether or not they have a FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence. This license is only valid for the day of competition. More information on the new Tier 3 race requirements can be found here: [New Tier 3 License](#)
- SNSC Youth Recreation Programs:** **STRATHCONA JACKRABBITS, BUNNYRABBITS & 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.



Coast Cup



Teck

Events:

Saturday, February 3rd: Teck Coast Cup 4: 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/parents from out-of-town clubs are asked to register in order to receive an email link to submit teams for the relay. Registration of relay teams opens Tues, 30-JAN-2024 at 18:00 and closes Thurs, 1-FEB-2024 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 4th: Mass Start—Classic Technique —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: 2024 Teck Coast Cup #4 & #5

- Deadline Tuesday, 30-JAN-2024, 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, 30-JAN-2024 at 6:00pm, to Thursday, 1-FEB-2024 at 6:00pm.
- **NEW:** The Tier 3 license fee of \$3 will be charged **for each day of competition**. In addition to the Zone4 administration fee, the Tier 3 race license fee(s) will be automatically added to all race registrations on Zone 4. The license holder must sign the Informed Consent and Assumption of Risk Agreement as do all registrants in events.

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.



Coast Cup



Teck

Bib Pickup:

At Raven Lodge on Sat, 3-FEB-2024 between 8:30am and 9:30am, and on Sun, 4-FEB-2024 between 8:30am-9:30am. If you're 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:

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).

Teck Coast Cup #4: Awards per category, shown in Table 1, to **official** teams.

Teck Coast Cup #5: 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 has adopted a no fluoro policy for all age categories at all Teck Regional Cup races. Please see: [CCBC Rule Regarding Use of Fluorinated Waxes](#).

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



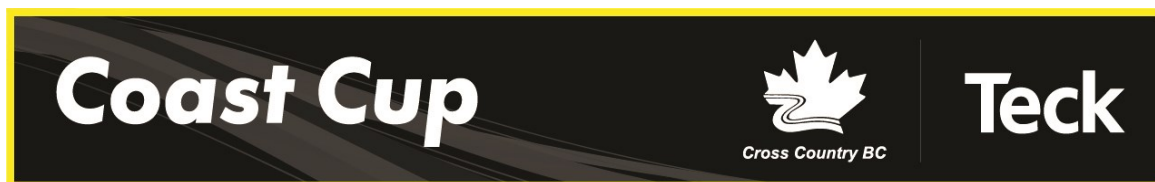


Table 1. Team Sprint Relay Race Categories

Date: Saturday, February 3rd: Teck Coast Cup 4: 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		4, 5	2018 or later	50m	2
U8 Boys	U8B-1, U8B-2, U8B-3	6, 7	2017, 2016	100m	2
U10 Boys	U10B-1, U10B-2	8, 9	2015, 2014	430m	2
U12 Boys	U12B-1, U12B-2	10, 11	2013, 2012	430m	3
U14 Boys	U14B-1, U14B-2	12, 13	2011, 2010	650m	3
U16 Boys	U16B-1, U16B-2	14, 15	2009, 2008	650m	3
U18 Boys	U18B-1, U18B-2	16, 17	2007, 2006	650m	3
U20 Men	U20M-1, U20M-2	18, 19	2005-2004	650m	3
U23/Senior/Masters Men		20+	2003 or earlier	650m	3
Adaptive Men Stand		All		340m	3
Adaptive Men Sit		All		340m	3
U6 Girls		4, 5	2018 or later	50m	2
U8 Girls	U8G-1, U8G-2	6, 7	2017, 2016	100m	2
U10 Girls	U10G-1, U10G-2	8, 9	2015, 2014	340m	2
U12 Girls	U12G-1, U12G-2	10, 11	2013, 2012	340m	3
U14 Girls	U14G-1, U14G-2	12, 13	2011, 2010	650m	3
U16 Girls	U16G-1, U16G-2	14, 15	2009, 2008	650m	3
U 18 Girls	U18G-1, U18G-2	16, 17	2007, 2006	650m	3
U 20 Women	U20W-1, U20W-2	18,19	2005-2004	650m	3
U23/Senior/ Masters Women		20+	2003 or earlier	650m	3
Adapt Women Stand		All		340m	3
Adaptive Women Sit		All		340m	3

***Age as of December 31, 2023**

***Racers may race up to an older category if desired. If doing so please email us at: races@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.



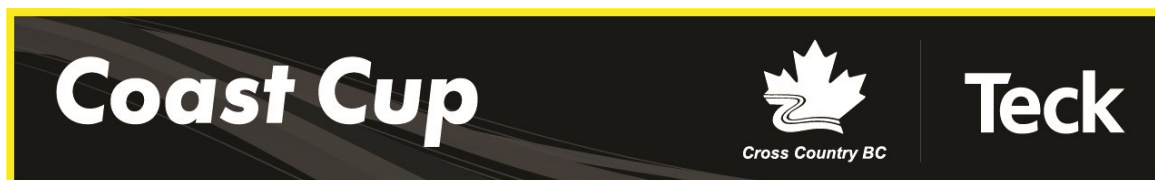


Table 2. Mass Start Race Categories

Date: Sunday, February 4th: Mass Start—Classic Technique					
Start Time: 10:00am					
Please note the distances may change according to course conditions.					
Category	Sub Category	Age	Year Born	Distance	Laps
U6 Boys		4, 5	2018 or later	300m	1
U8 Boys	U8B-1, U8B-2	6, 7	2017, 2016	1 km	1 x 1 km
U10 Boys	U10B-1, U10B-2	8, 9	2015, 2014	2 km	1 x 2 km
U12 Boys	U12B-1, U12B-2	10, 11	2013, 2012	2.5 km	1 x 2.5 km
U14 Boys	U14B-1, U14B-2	12, 13	2011, 2010	5 km	2 x 2.5 km
U16 Boys	U16B-1, U16B-2	14, 15	2009, 2008	7.5 km	3 x 2.5 km
U18 Boys	U18B-1, U18B-2	16,17	2007, 2006	7.5 km	3 x 2.5 km
U 20 Men	U20M-1, U20M-2	18,19	2005-2004	7.5 km	3 x 2.5 km
U23/Senior/Masters Men		20+	2003 or earlier	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		4, 5	2018 or later	300m	1
U8 Girls	U8G-1, U8G-2	6, 7	2017, 2016	1 km	1 x 1 km
U10 Girls	U10G-1, U10G-2	8, 9	2015, 2014	2 km	1 x 2 km
U12 Girls	U12G-1, U12G-2	10, 11	2013, 2012	2.5 km	1 x 2.5 km
U14 Girls	U14G-1, U14G-2	12, 13	2011, 2010	5 km	2 x 2.5 km
U16 Girls	U16G-1, U16G-2	14, 15	2009, 2008	7.5 km	3 x 2.5 km
U 18 Girls	U18G-1, U18G-2	16, 17	2007, 2006	7.5 km	3 x 2.5 km
U 20 Women	U20W-1, U20W-2	18,19	2005-2004	7.5 km	3 x 2.5 km
U23/Senior/Masters Women		20+	2003 or earlier	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

***Age as of December 31, 2023**

***Racers may race up to an older category if desired. If doing so please email us at: rates@strathconanordics.com**

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