

Coast Cup



Teck

RACE NOTICE: 2025 Teck Coast Cup #2 & #3



- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** **Saturday, February 8th, Teck Coast Cup 2:** Team Sprint Relay — Free Technique — 10:00am
Sunday, February 9th, Teck Coast Cup 3: Mass Start — Classic Technique — 10:00am
- Location:** Mount Washington Nordic Centre, Courtenay, B.C.
- Rules & Technical Guidelines:** Canadian Competition Rules (CCR)
The 2024-2025 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 – Danielle Froese
Chief of Timing – Mike Tunnah
Race Secretary – Nicole Muchowski – races@strathconanordics.com
Volunteer Coordinator – Chris Bowlby
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. 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 Tier 3 race requirements introduced in 2023 can be found here: [Tier 3 License Fee](#)
- SNSC Rabbit & Youth Recreation Programs:** **STRATHCONA NORDICS JACKRABBITS, BUNNYRABBITS & YOUTH RECREATION PROGRAM PARTICIPANTS (SNAP, FIT, Youth Rec Intro) ARE ELIGIBLE TO PARTICIPATE AT NO CHARGE**
- Parents must register their children on [Zone 4](#) with the discount code provided by the SNSC Rabbit 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 getting their skier to the start on time.
 - The SNSC Rabbit Coordinator will provide information to coaches and parents, and will help with creating teams for the team sprint relay on Saturday.

**RABBIT & YOUTH
REC COACHES
AND PARENTS –
READ THIS!!**



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Events:

Saturday, February 8th: Teck Coast Cup 2: Team Sprint Relay – Free Technique (ski cross course)—10:00am

- Mass start team sprint relay on a fun, 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 Rabbits and Youth Rec participants. 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, 4-FEB-2025 at 18:00 and closes Thurs, 6-FEB-2025 at 18:00 on Zone 4.** A link to the team registration will also be available on the Strathcona Nordics website.
 - Each **official** team includes two 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 9th: Mass Start—Classic Technique —10:00am

- All skiers register individually on [Zone 4, including Rabbits and Youth Rec participants. See above.](#)

Registration, Fees** and Deadlines:

Register for one or both days on Zone 4: 2025 Teck Coast Cup #2 & #3

- Deadline Tuesday, 4-Feb-2025, at 6:00pm
- Racers may race up to a higher category*, but not down.
- Fees:
 - \$10 per individual race U8
 - \$15 per individual race U10-U20
 - \$20 per individual race U23 and up
 - SNSC Rabbit and Youth Rec Programs: no charge with discount code
- The Tier 3 license fee, introduced in 2023, is \$3 for each day of competition. In addition to the Zone 4 administration fee, the Tier 3 race license fee will be automatically added to all race registrations on Zone 4.
- Team relay registration for coaches and out of town parents will open Tuesday, 4-FEB-2025 at 6:00pm, to Thursday, 6-FEB-2025 at 6:00pm.
- The license holder must sign the Informed Consent and Assumption of Risk Agreement as do all registrants in events.
- ****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.

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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 Sat, 8-FEB-2025 between 8:30am and 9:30am, and on Sun, 9-FEB-2025 between 8:30am-9:30am. If you're late, come to the stadium, we'll have unclaimed bibs there.

Parents of Rabbit and Youth Rec program participants are responsible for bib pick up and getting 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 #2: Awards per category, shown in Table 1, to **official** teams.

Teck 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, change plans, 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 include: course marking and setup, stadium setup, refreshments fun & atmosphere, timing roles – start & finish, banners & awards. Sign up online: <https://bit.ly/snsc-race> or email info@strathconanordics.com



Table 1. Team Sprint Relay Race Categories

Date: Saturday, February 8 th : Team Sprint Relay—Free Technique					
Start Time: 10:00am					
YOB	AGE*	F	M	Distance	Laps
2019 or later	4, 5	U6G	U6B	50m	2
2017, 2018	6, 7	U8G	U8B	100m	2
2015, 2016	8, 9	U10G	U10B	340m	3
2013, 2014	10, 11	U12G	U12B	340m	3
2011, 2012	12, 13	U14G	U14B	650m	3
2009, 2010	14, 15	U16G	U16B	650m	3
2007, 2008	16, 17	U18G	U18B	650m	3
2005, 2006	18, 19	U20W	U20M	650m	3
2004 or earlier	20+	Open-W	Open-M	650m	3
Adaptive Sit	All	No categories		340m	3
Adaptive Stand	All	No categories		340m	3

NOTES:

- Age as of December 31, 2024
- Distances may change according to course conditions on the day of race.

***Racers may race up to an older category if desired. If doing so please email us at: aces@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 9th: Mass Start—Classic Technique					
Start Time: 10:00am					
YOB	AGE*	F	M	Distance	Laps
2019 or later	4, 5	U6G	U6B	0.3km	1 x 0.3km
2018	6	U8G-1	U8B-1	1km	1 x 1km
2017	7	U8G-2	U8B-2	1km	1 x 1km
2016	8	U10G-1	U10B-1	2km	1 x 2km
2015	9	U10G-2	U10B-2	2km	1 x 2km
2014	10	U12G-1	U12B-1	2.5km	1 x 2.5km
2013	11	U12G-2	U12B-2	2.5km	1 x 2.5km
2012	12	U14G-1	U14B-1	5km	2 x 2.5km
2011	13	U14G-2	U14B-2	5km	2 x 2.5km
2010	14	U16G-1	U16B-1	7.5km	3 x 2.5km
2009	15	U16G-2	U16B-2	7.5km	3 x 2.5km
2007, 2008	16, 17	U18G	U18B	7.5km	3 x 2.5km
2005, 2006	18, 19	U20W	U20M	7.5km	3 x 2.5km
1985-2004	20-39	Open-W	Open-M	7.5km	3 x 2.5km
1975-1984	40-49	Masters-W40	Masters-M40	7.5km	3 x 2.5km
1965-1974	50-59	Masters-W50	Masters-M50	7.5km	3 x 2.5km
1964 or earlier	60+	Masters-W60	Masters-M60	7.5km	3 x 2.5km
Adaptive Sit	All	No categories		2km	1 x 2km
Adaptive Stand	All	No categories		5km	2 x 2.5km

NOTES:

- Age as of December 31, 2024
- U14G-1 - 1st year U14 Girl’s category
- U16M-2 - 2nd year U16 Men’s category
- Distances may change according to course conditions on the day of race.

***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.**