

Coast Cup



Teck

RACE NOTICE: 2026 Teck Coast Cup #2 & #3



- Host Club:** Strathcona Nordic Ski Club. <https://strathconanordics.com>
- Dates/Times:** **Saturday, January 17th, Teck Coast Cup 2:** Team Sprint Relay — Free Technique — 10:00am
Sunday, January 18th, 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 2025-2026 Coast Cup Technical Guidelines are found on the CCBC website: [here](#)
- Competition Committee:** Technical Director – Len Apedaile
Chief of Competition – [Marilyn Atkinson](#)
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 – Laurieanne Pau
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. This license is only valid for the day of competition. More information on the Tier 3 race requirements 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 either race day or both days 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, January 17th: 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, January 13th, 2025 at 18:00 and closes Thurs, January 15th, 2025 at 18:00 on Zone 4.** A link to the team registration will also be available on the SNSC 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: January 18th: 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, January 13th, 2025, at 6:00pm. No late entries will be accepted.**
- Racers may race up to a higher category*, but not down.
- Fees:
 - \$10 per individual race U8
 - \$15 per individual race U10-U20
 - \$25 per individual race U23 and up
 - SNSC Rabbit and Youth Rec Programs: no charge with discount code
- The Tier 3 license fee is \$3 for **each day of competition**. In addition to the Zone 4 administration fee, the Tier 3 race license fee is automatically added to all race registrations on Zone 4.
- Team relay registration for coaches and out of town parents will open Tuesday, January 13th, 2025 at **6:00pm**, to Thursday, January 15th, 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 pass.** All guests of Mount Washington must have a valid trail pass. Discounted trail passes are available for athletes, parents 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 Saturday, January 17th, 2025 between 8:30am and 9:30am, and on Sunday, January 18th, 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, as outlined in the Teck Coast Cup technical guidelines, are:
- 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.
- Course:** Course maps will be posted online on the club website as soon as the courses have been finalized: <https://www.strathconanordics.com/snsraces>
- 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: [Volunteer Sign Up](#) or email info@strathconanordics.com
- Visitors** If you are interested in billeting options, please contact SNSC General Manager for more information: admin@strathconanordics.com



Table 1. Team Sprint Relay Race Categories

Date: Saturday, January 17 th : Team Sprint Relay—Free Technique					
Start Time: 10:00am					
YOB	AGE*	F	M	Distance	Laps
2020 or later	4, 5	U6G	U6B	50m	2
2018, 2019	6, 7	U8G	U8B	100m	2
2016, 2017	8, 9	U10G	U10B	340m	3
2014, 2015	10, 11	U12G	U12B	340m	3
2012, 2013	12, 13	U14G	U14B	650m	3
2010, 2011	14, 15	U16G	U16B	650m	3
2008, 2009	16, 17	U18G	U18B	650m	3
2006, 2007	18, 19	U20W	U20M	650m	3
2005 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, 2025
- 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 pass. All guests of Mount Washington must have a valid trail pass. Discounted trail passes are available for athletes, parents 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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Table 2. Mass Start Race Categories

Date: Sunday, January 18 th : Mass Start—Classic Technique					
Start Time: 10:00am					
YOB	AGE*	F	M	Distance	Laps
2020 or later	4, 5	U6G	U6B	0.3km	1 x 0.3km
2019	6	U8G-1	U8B-1	1km	1 x 1km
2018	7	U8G-2	U8B-2	1km	1 x 1km
2017	8	U10G-1	U10B-1	2km	1 x 2km
2016	9	U10G-2	U10B-2	2km	1 x 2km
2015	10	U12G-1	U12B-1	2.5km	1 x 2.5km
2014	11	U12G-2	U12B-2	2.5km	1 x 2.5km
2013	12	U14G-1	U14B-1	5km	2 x 2.5km
2012	13	U14G-2	U14B-2	5km	2 x 2.5km
2011	14	U16G-1	U16B-1	7.5km	3 x 2.5km
2010	15	U16G-2	U16B-2	7.5km	3 x 2.5km
2008, 2009	16, 17	U18G	U18B	7.5km	3 x 2.5km
2006, 2007	18, 19	U20W	U20M	7.5km	3 x 2.5km
1986-2005	20-39	Open-W	Open-M	7.5km	3 x 2.5km
1976-1985	40-49	Masters-W40	Masters-M40	7.5km	3 x 2.5km
1966-1975	50-59	Masters-W50	Masters-M50	7.5km	3 x 2.5km
1965 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, 2025
- Distances may change according to course conditions on the day of race.

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