

Coast Cup



Teck



HOLLYBURN
Cross Country Ski Club

RACE NOTICE

2019 TECK COAST CUP #1 Whistler Olympic Park

- DATE:** Sunday, December 1, 2019
- LOCATION:** Whistler Olympic Park, Callaghan Valley, B.C.
- HOST CLUB:** [Hollyburn Cross Country Ski Club](#)
- RULES:** CCC rules and regulations
- INFORMATION:** Chief of Competition: Dirk Rohde, 604-942-6410, info@hollyburnxc.ca
Competition Secretary: David J. Hay, 604-789-7212, racesecretary@hollyburnxc.ca
Chief of Timing: Stephane Deseau
Chief of Course: Andrew Horembala
Chief of Stadium: Andreas Sandell
- ELIGIBILITY:** Skiers must be a member in good standing of a CCC/CCBC club. If necessary, entrants may sign up online as members with the Hollyburn Cross Country Ski Club
- This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.**
- LICENCES:** No race license is required
- RACE ENTRIES:** **Online Registration only** <https://zone4.ca/register.asp?id=22298>
Credit card payment is required. E-mail confirmation after registration will be sent if registered correctly.
- DEADLINE:** Entries must be received by **Thursday November 28, 2019 at 9:00 p.m.**
NO LATE ENTRIES WILL BE ACCEPTED
- VOLUNTEERS:** No experience required but many volunteers are needed! Please help out and register at: <https://zone4.ca/register.asp?id=22299>
- DRAW:** Friday, November 29, 2019, posted at <http://zone4.ca>

START LISTS: Start lists will be posted Sunday morning after 8:30 a.m. at the race office and on [Zone 4](#)

BIB PICKUP: Bib pickup for the race will be at the race office in the technical building in Whistler Olympic Park between 9:00 a.m. and 10:15 a.m. on Sunday, December 1, 2019. Bibs must be picked up by 10:15 a.m. All those left will be marked DNS.

AWARDS: An awards ceremony will be held on site following the races.

INDIVIDUAL AWARDS:

Category (age as of December 31, 2019)	Awards
U6 (5 years old and under) U8 (6 - 7 years old)	Teck participant ribbons
U10 (8 - 9 years old) U12 (10 -11 years old) U14 (12 -13 years old) U16 (14 - 15 years old)	Teck medals for top 3 finishers Teck ribbons for 4 th and 5 th finishers
U18 (16 - 17 years old) U20 (18 - 19 years old) Open/Masters (20 years old & older)	Awards for the top 3 finishers

Club Aggregate Awards:

Club points are accumulated for each skier who successfully completes the race. Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at:

<http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards>

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

Details	Points
No. of participants in an interval start race	2 points per participant
Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
If there are less than five competitors in a category, the points will still begin at 7 points for 1 st place, 6 points for 2 nd place, etc. Points are calculated for individuals representing CCBC Coast Zone clubs only.	

FACILITIES: A ski lodge and washrooms are located at Whistler Olympic Park.

PARKING: Please park in the designated lots as directed upon arrival.

WAXING: A limited number of electrical outlets are available outside the Technical Building for waxing irons. Waxing trailers are available for rent at Whistler Olympic Park, to contact them phone 1-877-764-2455 for further details or to book a trailer.

WARM UP/WAX A warm up area will be available in the vicinity of the race start.

TESTING: Cross Country BC has adopted a No Fluoro/Low Fluoro policy for all age categories at all Teck Regional Cup races, please see [CCBC Low-fluoro Glide Waxing Protocol](#).

Low-fluoro glide waxing protocol applies to all ages for Coast Cup:

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted. Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

COURSES: Course maps will be posted online as soon as the courses have been finalized. Check the Hollyburn Cross Country Ski Club website <http://www.hollyburnxc.ca> for the link to the maps.

CONCESSION: A light lunch will be served to athletes in the technical building after the races (usually bagels, apples and oranges). A food concession is available on site at the Day Lodge.

ACCOMMODATION: Hotels are available in nearby Squamish and Whistler. The closest accommodations are the following:

Whistler Athletes' Centre

<http://www.whistlersportlegacies.com/venues/whistler-athletes-centre>

Phone: 604-964-0052

Whistler Canadian Hostel

<http://hihostels.ca/westerncanada/331/HI-Whistler.hostel>

Phone: 1-866-762-4122

For additional accommodation options:

Tourist Information

Whistler: <http://tourismwhistler.com>

Squamish: <http://tourismsquamish.com>

RACE SCHEDULE: Teck Coast Cup #1

INTERVAL START – FREE TECHNIQUE

Date: Sunday, December 1, 2019

Start Time: 11:00 a.m.

Location: Whistler Olympic Park, Callaghan Valley, B.C.

Category	Sub Category	Age on Dec. 31, 2019	Year Born	Distance	Fee *
U6 Boys	U6B-1, U6B-2	4, 5	2015, 2014	300 m	10.00
U8 Boys	U8B-1, U8B-2	6, 7	2013, 2012	750 m	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2011, 2010	1.5 km	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2009, 2008	2 km	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2007, 2006	3 km	15.00
U16 Boys	U16B-1, U16B-2	14, 15	2005, 2004	6 km	15.00
U18 Boys	U18B-1, U18B-2	16, 17	2003, 2002	6 km	15.00
U20 Men	U20M-1, U20M-2	18, 19	2001, 2000	9 km	20.00
Open/Masters Men		20 and over	1999 & earlier	9 km	20.00
Adaptive Men Stand				6 km	20.00
Adaptive Men Sit				2.5 km	20.00
U6 Girls	U6G-1, U6G-2	4, 5	2015, 2014	300 m	10.00
U8 Girls	U8G-1, U8G-2,	6, 7	2013, 2012	750 m	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2011, 2010	1.5 km	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2009, 2008	2 km	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2007, 2006	3 km	15.00
U16 Girls	U16G-1, U16G-2	14, 15	2005, 2004	6 km	15.00
U18 Girls	U18G-1, U18G-2	16, 17	2003, 2002	6 km	15.00
U20 Women	U20W-1, U20W-2	18, 19	2001, 2000	9 km	20.00
Open/Masters Women		20 and over	1999 & earlier	9 km	20.00
Adaptive Women Stand				6 km	20.00
Adaptive Women Sit				2.5 km	20.00

* Fees do not include a trail ticket, which will be available for purchase at a discount rate as part of the online registration; not required if you have a Whistler Olympic Park season pass, which must be purchased before registering for the race and the pass number or confirmation number must be entered when registering for the race.

CANCELLATION: There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race. 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.

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SUPPORTERS

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PARTNERS

