



RACE NOTICE

2022 TECK COAST CUP #2 & BC Winter Games Trials Zones 3,4,5 Sunday, January 2, 2022 Interval Start - Classic Technique

LOCATION	Whistler Olympic Park, Callaghan Valley, B.C.
HOST CLUB	Whistler Nordics
RULES	Nordiq Canada rules and regulations
TECHNICAL GUIDELINES	2022 BCWG Technical Guidelines and 2021/22 Teck Coast Cup Series Technical Guidelines are found on Cross Country BC's Website
INFORMATION	Chief of Competition: Jake Weaver Competition Secretary: Shannon Harris 778-868-9855 racesecretary@blacktusknordic.com Chief of Timing: Kateryna Ananyeva Chief of Course: Andreas Sandell Chief of Stadium: Maria Lundgren
ELIGIBILITY	Skiers must be a member in good standing of a NC/CCBC club. If necessary, entrants may sign up online as members with the Hollyburn Cross Country Ski Club, Whistler Nordics or Nordic Racers.

This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.

Athletes born in 2007 or 2008 will be notified and given the option of attending the BC Winter Games if they qualify. Note all athletes, coaches, officials and spectators attending BC Winter Games will be required to be fully vaccinated with a Health Canada approved COVID-19 vaccine.

Indigenous Participation Program

Cross Country BC in partnership with the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) and the BC Games Society will be offering an Indigenous participation initiative for the Vernon 2022 BC Winter Games. Up to eight athletes, two coaches and two officials with Indigenous ancestry will be eligible to attend the Games. These spots are in addition to the number of athletes and coaches that are already permitted to attend the Games.

RACE REGISTRATION

Registration is only through Zone 4 **Online Registration only**
<https://zone4.ca/reg.asp?id=27450>

Credit card payment is required. E-mail confirmation after registration will be sent if registered correctly.

Coaches are required to register through [Zone 4](#). No fees are required.

DEADLINE

Entry deadline **Wednesday December 29, 2021 at 11:59 p.m. (midnight)**
NO LATE ENTRIES WILL BE ACCEPTED

VOLUNTEERS

No experience is needed and many volunteers are needed! Please contact the [Race Office](#) to volunteer.

COVID-19 Safety Plan

The current COVID Safety Plan can be found at [Whistler Nordics](#). It is essential that all race participants read the plan carefully and fully understand it ("participants" = all racers, officials, coaches and support staff including wax techs, drivers, etc.)

Please be aware that Public Health Orders may change and participant requirements may need to be altered. Please consult the event website regularly for updated notices and changes.

DRAW

8 pm Thursday, December 30, 2021, posted at [Zone 4](#) <http://zone4.ca>

START LISTS

Start lists will be posted no later than 12:00 pm Saturday, January 1 on [Zone 4](#)

BIB PICKUP

Bib pickup will be outside the technical building in Whistler Olympic Park between 9:00 a.m. and 10:15 a.m. on Sunday, January 2, 2021. **Bibs must be picked up by 10:15 a.m.** All bids 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, 2021)	Awards
U8-1 (5 years old) U8-2 (6 years old) U8-3 (7 years old)	Teck participant ribbons
U10-1 (8 years old), U10-2 (9 years old) U12-1 (10 years old), U12-2 (11 years old) U14-1 (12 years old), U14-2 (13 years old) U16-1 (14 years old), U16-2 (15 years old)	Teck medals for top 3 finishers Teck ribbons for 4 th & 5 th finishers
U18 (16 - 17 years old) U20 (18 - 19 years old) U23 (20-22 years old) Seniors (23 years old & older) Masters (30 years old & older) Para-Sit Para-Stand	Awards for the top 3 finishers

Club Aggregate Club points are accumulated for each skier who successfully completes the race.

Awards 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 Park access opens at 8:30 am. A ski lodge and washrooms are located in Whistler Olympic Park. Refer to WOP's [winter 2021/2 updates](#) for restrictions.

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

WAXING Waxing trailers are available for rent at Whistler Olympic Park at a rate of \$40.00 per day. Please contact the [Race Office](#) for wax cabin requests.

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

WAX TESTING **CCBC Protocol Regarding the Use of Fluorinated Waxes**
Cross Country BC has adopted a No Fluoro policy for all age categories at all Teck Regional Cup races, please see [CCBC No-fluoro Glide Waxing Protocol](#).

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

- Structure tools ARE permitted.
- Only identified non-fluoro (NF) glide waxes are permitted
- Fluorinated grip waxes ARE permitted

COURSES Course maps will be posted online as soon as the courses have been finalized. Check [here](#) for the link to the maps.

CONCESSION For COVID safety, no food or drinks will be provided for the participants, either at the finish line or in the Flex Space. Participants should bring their own drinks, lunch, snacks and recovery food.

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

Tourist Information

Whistler: <http://tourismwhistler.com>

Squamish: <http://tourismsquamish.com>

CANCELLATIONS 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 for unforeseen circumstances, then full refunds will be issued with the exception of any online processing fees.

INTERVAL START - CLASSIC TECHNIQUE

Date: Sunday, January 2, 2021
Start Time: 10:00 a.m.
Location: Whistler Olympic Park, Callaghan Valley, B.C.

Category	Sub Category	Age on Dec. 31, 2021	Year Born	Distance	Fee*
U6 Boys	U8B-1	5	2016	300 m	10.00
U8 Boys	U8B-2, U8B-3	6, 7	2015, 2014	750 m	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2013, 2012	1.5 km	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2011, 2010	2.5 km	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2009, 2008	3.0 km	15.00
U16 Boys	U16B-1 , U16B-2	14 , 15	2007 , 2006	5.0 km	15.00
U18 Boys	U18B-1, U18B-2	16, 17	2005, 2004	5.0 km	15.00
U20 Men	U20M-1, U20M-2	18, 19	2003, 2002	5.0 km	20.00
U23 Men	--	20, 21, 22	2001- 1999	5.0 km	20.00
Senior Men	--	23 - 29	1998-1992	5.0 km	20.00
Masters Men	--	30 and over	1991 & earlier	7.5 km	20.00
Para-Sit Men	--	--	--	7.5 km	20.00
Para-Stand Men	--	--	--	5.0 km	20.00
U6 Girls	U8G-1	5	2017, 2016	300 m	10.00
U8 Girls	U8G-2, U8G-3,	6, 7	2015, 2014	750 m	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2013, 2012	1.5 km	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2011, 2010	2.5 km	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2009, 2008	3.0 km	15.00
U16 Girls	U16G-1 , U16G-2	14 , 15	2007 , 2006	5.0 km	15.00
U18 Girls	U18G-1, U18G-2	16, 17	2005, 2004	5.0 km	15.00
U20 Women	U20W-1, U20W-2	18, 19	2003, 2002	5.0 km	20.00
U23 Women	--	23 - 29	1998-1992	5.0 km	20.00
Senior Women	--	30 and over	1991 & earlier	5.0 km	20.00
Masters Women	--	20 and over	2001 & earlier	7.5 km	20.00
Para-Sit Women	--	--	--	7.5 km	20.00
Para-Stand Women	--	--	--	5.0 km	20.00

BOLD - BC Winter Games eligible sub-categories

* 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.

Teck

PARTNERS



BLACK TUSK
Nordic Events
Society

