

# Coast Cup



# Teck



**HOLLYBURN**  
Cross Country Ski Club

## **RACE NOTICE Revised**

### **2022/2023 TECK COAST CUP #1**

**Sunday, December 18th, 2022**  
**Mass Start - Classic Technique**

- LOCATION** Whistler Olympic Park, Callaghan Valley, B.C.
- HOST CLUB** [Hollyburn Cross Country Ski Club](#)
- RULES** Nordiq Canada rules and regulations: [FIS ICR-CCR \(Canadian Competition Rules\) Precisions 2021](#)
- INFORMATION**
- Chief of Competition: Jake Weaver  
Competition Secretary: Donna Dinh, [racesecretary@hollyburnxc.ca](mailto:racesecretary@hollyburnxc.ca)  
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.
- 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 REGISTRATION**
- Registration is only through **Zone 4** [Online Registration](#)
- Credit card payment is required. E-mail confirmation after registration will be sent if registered correctly.**
- DEADLINE** Entries Deadline **Wednesday, December 14, 2022 at 11:59 p.m. (midnight)**  
**No late entries will be accepted.**
- TRAIL FEES** All racers must have a Whistler Olympic Park (WOP) trail pass for the day of the race. These are not included in your race registration fee but can be purchased at an event

discount fee during race registration. Skiers with a WOP pass will not need to purchase a day pass but will need it to gain entry to the Park.

**CANCELLATION** Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee.

A decision to cancel the competition, or races for specific age categories due to the race conditions during an event will be made by the Chief of Competition in consultation with the race organizers.

**REFUND POLICY** In the occurrence of cancellation by race organizers, a refund of registration fees less administration and event expenses already incurred will be provided post-event. No refunds will be made if an athlete does not participate in race(s).

ZONE4 online booking fees are non-refundable.

**COVID-19 Safety Plan**

The current COVID Safety information can be found at Hollyburn XC's website: [hollyburnxc.ca](http://hollyburnxc.ca).

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 Friday December 16, 2022, posted at <http://zone4.ca>

**START LISTS**

Start lists will be posted no later than 12:00 pm Saturday Dec. 17th on [Zone 4](#)

**Bib/Timing Chip Pick up**

Individual bib and timing chip pickup will be in the Stadium at the entrance to the start area. Athletes should collect bibs and timing chips 15-30 minutes prior to start time. Bibs not picked up will be marked DNS.

**WAX PROTOCOL**

CCBC Protocol Regarding the Use of Fluorinated Waxes is available [here](#).

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

- Structure tools ARE permitted.
- CCBC Non-fluoro Waxing Protocol Fluoro kick waxes ARE permitted (but not fluoro grip powders).
- Identified non-fluoro (NF) glide waxes ARE permitted.

**Adherence to this protocol is the responsibility of coaches, parents and wax technicians.**

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## WARM UP

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

## COURSES

Course maps will be posted online as soon as the courses have been finalized. Check [Coast Cup #1 Maps](#) for the link to the maps.

## AWARDS

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

## INDIVIDUAL AWARDS

Category (age as of December 31, 2022)	Awards
U8-1, U8-2, and U8-3 (5, 6, 7 years old)	Teck participant ribbons for all
U10-1, U10-2 (8, 9 years old) U12-1, U12-2 (10, 11 years old) U14-1, U14-2 (12, 13 years old) U16-1, U16-2 (14, 15 years old)	Teck medal for top 3 finishers in each birth year. Teck ribbon for 4 <sup>th</sup> & 5 <sup>th</sup> finishers in each birth year.
U18 (16 - 17 years old) U20 (18 - 19 years old) U23 (20 - 22 years old) Senior (23 - 29 years old) Masters (30 years old & older) Para-Sit Para-Stand	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 <sup>st</sup> place, 6 points for 2 <sup>nd</sup> 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 Conditions](#) webpage for updated facilities information

## 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 per day. **Please contact the [Race Office](#) for wax cabin requests.**

**CONCESSION** A cafe at WOP Day Lodge offers food and beverages.

**WEATHER** For current conditions, visit:  
[Weather | Whistler Olympic Park](#)

For snow forecast refer to:  
[Ski Callaghan Snow Forecast \(mid mountain\) | Snow-Forecast.com](#)

For weather forecast refer to:  
[Whistler, BC - 7 Day Forecast](#) or  
[yr.no/en/forecast/Whistler Nordic Venue \(Callaghan Valley\)](#)

**ACCOMMODATION** **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>

## RACE SCHEDULE: Teck Coast Cup #1

### MASS START – CLASSIC TECHNIQUE

**Date:** Sunday, December 18, 2022

**Start Time:** 10:00 a.m.

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

Category	Sub Category	Age on Dec. 31, 2022	Year Born	Distance	Fee*
U6 Boys	U8B-1	5	2017	400 m	10.00
U8 Boys	U8B-2, U8B-3	6, 7	2016, 2015	750 m	10.00
U10 Boys	U10B-1, U10B-2	8, 9	2014, 2013	1.5 km	15.00
U12 Boys	U12B-1, U12B-2	10, 11	2012, 2011	2 km	15.00
U14 Boys	U14B-1, U14B-2	12, 13	2010, 2009	2.5 km	15.00
U16 Boys	U16B-1, U16B-2	14, 15	2008, 2007	5 km	15.00
U18 Boys	U18B-1, U18B-2	16, 17	2006, 2005	5 km	15.00
U20 Men	U20M-1, U20M-2	18, 19	2004, 2003	10 km	20.00
U23 Men	--	20, 21, 22	2002- 2000	10km	20.00
Senior Men	--	23 - 29	1999 - 1993	10km	20.00
Masters Men	--	30 and over	1992 & earlier	6 km	20.00
Para-Sit Men	--	--	--	2.5 km	20.00
Para-Stand Men	--	--	--	5 km	20.00
U6 Girls	U8G-1	5	2017	400 m	10.00
U8 Girls	U8G-2, U8G-3	6, 7	2016, 2015	750 m	10.00
U10 Girls	U10G-1, U10G-2	8, 9	2014, 2013	1.5 km	15.00
U12 Girls	U12G-1, U12G-2	10, 11	2012, 2011	2 km	15.00
U14 Girls	U14G-1, U14G-2	12, 13	2010, 2009	2.5 km	15.00
U16 Girls	U16G-1, U16G-2	14, 15	2008, 2007	5 km	15.00
U18 Girls	U18G-1, U18G-2	16, 17	2006, 2005	5 km	15.00
U20 Women	U20W-1, U20W-2	18, 19	2004, 2003	10 km	20.00
U23 Women	--	20, 21, 22	2002- 2000	10 km	20.00
Senior Women	--	23 - 29	1999 - 1993	10 km	20.00
Masters Women	--	30 and over	1992 & earlier	6 km	20.00
Para-Sit Women	--	--	--	2.5 km	20.00
Para-Stand Women	--	--	--	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; a trail ticket is 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.

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## SUPPORTERS

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## PARTNERS



**BLACK TUSK**  
Nordic Events  
Society