



## RACE NOTICE (REVISED 15 Dec 2023)

**2023 TECK COAST CUP #1**  
**Sunday, December 17, 2023**  
**Mass Start - Free Technique**

<b>LOCATION</b>	Whistler Olympic Park, Callaghan Valley, B.C.
<b>HOST CLUB</b>	Hollyburn Cross Country Ski Club
<b>RULES</b>	Nordiq Canada rules and regulations: <a href="#">FIS ICR-CCR (Canadian Competition Rules) Precisions</a>
<b>TECHNICAL GUIDELINES</b>	2023/24 Teck Coast Cup Series <a href="#">Technical Guidelines</a> are found on Cross Country BC's website.
<b>INFORMATION</b>	<p>Chief of Competition: Jake Weaver                  Competition Secretary: Chelsea Little <a href="mailto:racesecretary@hollyburnxc.ca">racesecretary@hollyburnxc.ca</a>                  Chief of Timing: Kateryna Ananyeva                  Chief of Course: Andreas Sandell                  Chief of Stadium: Maria Lundgren                  Technical Advisor: Dirk Rohde</p>
<b>VOLUNTEERS</b>	No experience is needed and many volunteers are needed! Please contact the <a href="#">Race Office</a> to volunteer.
<b>ELIGIBILITY</b>	This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.
<b>LICENCES</b>	<p><b>ALL</b> participants must purchase a Tier 3 Event Licence regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence.</p> <p>This license will only be valid for the competition day for which it is issued and will automatically be added to all race registrations on Zone4.</p>
<b>REGISTRATION</b>	<p>Registration is only through <a href="#">Zone4</a>. Please review the confirmation list after registration to ensure that participants are correctly registered.</p> <p>Coaches must also register through <a href="#">Zone 4</a>. No fees are required.</p>
<b>DEADLINE</b>	<p>Entry deadline <b>Wednesday, December 13, 2023 at 11:59 p.m. (midnight)</b></p> <p><b>LATE ENTRIES WILL NOT BE ACCEPTED.</b></p>
<b>TRAIL FEES</b>	<p>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.</p> <p>Skiers with a WOP season pass do not need to purchase a day pass but will need it to gain entry to the Park.</p>

<b>CANCELLATIONS</b>	<p>Any advance cancellation of the event will be by Cross Country BC in consultation with the organizing committee.</p> <p>A decision to cancel the competition, or races for a specific age category due to the race conditions during an event will be made by the Chief of Competition in consultation with the race organizers.</p>									
<b>REFUNDS</b>	<p>In the occurrence of cancellation by race organizer, 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 the race. Zone4 online booking fees are non-refundable.</p>									
<b>COURSE MAPS</b>	<p>Course maps are posted online. Check <a href="#">here</a> for the link to the maps.</p>									
<b>DRAW</b>	<p>There is no seeding for this event, a random draw will occur on Thursday, December 14, 2023.</p>									
<b>START LISTS</b>	<p>Start lists will be posted no later than 12:00 pm Saturday, December 16, 2023 on <a href="#">Zone4</a>.</p>									
<b>BIB PICKUP</b>	<p>Individual bib and timing chip pick-up will be in the Stadium at the entrance to the start area. Athletes should collect their bib and timing chip 15-30 minutes prior to start time. Bibs not picked up will be marked DNS.</p>									
<b>WAXING POLICY</b>	<p><i>Cross Country BC has adopted a No-Fluoro policy for all age categories at all Teck Regional Cup races, please see <a href="#">CCBC Protocol Regarding the Use of Fluorinated Waxes</a>.</i></p>									
<b>WARM UP</b>	<p>A warm up area will be available in the vicinity of the race start.</p>									
<b>WAXING</b>	<p>Waxing trailers are available for rent at Whistler Olympic Park at a rate of \$50.00 per day. Please contact the <a href="#">Race Office</a> for wax cabin requests.</p>									
<b>AWARDS</b>	<p>An awards ceremony will be held on site following the races.</p>									
<b>INDIVIDUAL AWARDS</b>	<table border="1"> <thead> <tr> <th>Category (age as of December 31, 2023)</th> <th>Awards</th> </tr> </thead> <tbody> <tr> <td>U6 (5 years and under) U8 (6 and 7 years old)</td> <td>Teck participant ribbons</td> </tr> <tr> <td>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)</td> <td>Teck medals for top 3 finishers Teck ribbons for 4<sup>th</sup> &amp; 5<sup>th</sup> finishers</td> </tr> <tr> <td>U18 (16-17 years old) U20 (18-19 years old) U23 (20-22 years old) Seniors (23-29 years old) Masters (30 years old &amp; older) Para-Sitting Para-Standing</td> <td>Awards for the top 3 finishers</td> </tr> </tbody> </table>		Category (age as of December 31, 2023)	Awards	U6 (5 years and under) U8 (6 and 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 <sup>th</sup> & 5 <sup>th</sup> finishers	U18 (16-17 years old) U20 (18-19 years old) U23 (20-22 years old) Seniors (23-29 years old) Masters (30 years old & older) Para-Sitting Para-Standing	Awards for the top 3 finishers
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<b>CLUB AGGREGATE AWARDS</b>	<p>Club points are accumulated for each skier who successfully completes the race.</p> <p>Cross Country BC will post the aggregate points earned by participating clubs throughout the season online at:  <a href="http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards">http://www.crosscountrybc.ca/teck-regional-cup-series-club-aggregate-awards</a></p> <p>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.</p> <table border="1" data-bbox="363 596 1500 785"> <thead> <tr> <th>Details</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td>Participation</td> <td>2 points/participant who successfully completes the course</td> </tr> <tr> <td>Top 5 placing in each category</td> <td>7 (for first place), 6, 5, 4, 3 points</td> </tr> </tbody> </table> <p>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.</p>	Details	Points	Participation	2 points/participant who successfully completes the course	Top 5 placing in each category	7 (for first place), 6, 5, 4, 3 points
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<b>FACILITIES</b>	<p>Whistler Olympic Park access opens at 8:30 am. A ski lodge and washrooms are located in WOP. Refer to Whistler Olympic Park website for conditions and operational hours. <a href="#">Weather info</a></p>						
<b>PARKING</b>	<p>Please use designated lots as directed upon arrival.</p>						
<b>CONCESSION</b>	<p>A food concession is available on site at the WOP Day Lodge.</p>						
<b>ACCOMMODATION</b>	<p>Hotels are available in nearby Squamish and Whistler. The closest accommodations are the following:</p> <p><b>Whistler Athletes' Centre</b>  <a href="http://www.whistlersportlegacies.com/venues/whistler-athletes-centre">http://www.whistlersportlegacies.com/venues/whistler-athletes-centre</a>                      Phone: 604-964-0052</p> <p><b>Whistler Canadian Hostel</b>  <a href="http://hihostels.ca/westerncanada/331/Hi-Whistler.hostel">http://hihostels.ca/westerncanada/331/Hi-Whistler.hostel</a>                      Phone: 1-866-762-4122</p> <p><b>Executive Suites Hotel and Resort Squamish and Whistler</b>  <a href="https://executivesuitessquamish.com">https://executivesuitessquamish.com</a>                      Phone: 1-604-815-4903</p>						
<b>TOURIST INFORMATION</b>	<p>Whistler: <a href="http://tourismwhistler.com">http://tourismwhistler.com</a>                      Squamish: <a href="http://tourismsquamish.com">http://tourismsquamish.com</a></p>						

## Teck Coast Cup #1: MASS START – FREE TECHNIQUE

**Date:** Sunday, December 17, 2023 **Start Time:** 10:00 a.m.

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

Age Category	Sub-Category	Age on Dec. 31, 2023	Year Born	Distance	Fee*
U6 Boys	U6B	5 and under	2018, 2019	150 m	15.00
U8 Boys	U8B	6,7	2017, 2016	750 m	15.00
U10 Boys	U10B-1, U10B-2	8, 9	2015, 2014	1.5 km	20.00
U12 Boys	U12B-1, U12B-2	10, 11	2013, 2012	2.0 km	20.00
U14 Boys	U14B-1, U14B-2	12, 13	2011, 2010	4.0 km	20.00
U16 Boys	U16B-1, U16B-2	14, 15	2009, 2008	5.0 km	20.00
U18 Boys	U18B-1, U18B-2	16, 17	2007, 2006	5.0 km	20.00
U20 Men	U20M-1, U20M-2	18, 19	2005, 2004	5.0 km	25.00
U23 Men	--	20, 21, 22	2003-2001	5.0 km	25.00
Senior Men	--	23 - 29	2000 & earlier	5.0 km	25.00
Masters Men	--	30 and over	1993 & earlier	7.5 km	25.00
Para-Sit Men	--	--	--	5.0 km	25.00
Para-Stand Men	--	--	--	5.0 km	25.00
U6 Girls	U6G	5 and under	2018, 2019	150 m	15.00
U8 Girls	U8G	6, 7	2017, 2016	750 m	15.00
U10 Girls	U10G-1, U10G-2	8, 9	2015, 2014	1.5 km	20.00
U12 Girls	U12G-1, U12G-2	10, 11	2013, 2012	2.0 km	20.00
U14 Girls	U14G-1, U14G-2	12, 13	2011, 2010	4.0 km	20.00
U16 Girls	U16G-1, U16G-2	14, 15	2009, 2008	5.0 km	20.00
U18 Girls	U18G-1, U18G-2	16, 17	2007, 2006	5.0 km	20.00
U20 Women	U20W-1, U20W-2	18, 19	2005, 2004	5.0 km	25.00
U23 Women	--	20, 21, 22	2003-2001	5.0 km	25.00
Senior Women	--	23-29	2000 & earlier	5.0 km	25.00
Masters Women	--	30 and over	1993 & earlier	7.5 km	25.00
Para-Sit Women	--	--	--	5.0 km	25.00
Para-Stand Women	--	--	--	4.0 km	25.00

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

## SUPPORTERS

# Teck

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## PARTNERS

