



# Strathcona Nordic Ski Club Coastal Cup #4 and #5

**SATURDAY, FEBRUARY 12, 2011**

TEAM SPRINTS - FREESTYLE TECHNIQUE

**SUNDAY, FEBRUARY 13, 2011**

INDIVIDUAL START - CLASSIC TECHNIQUE

**Mount Washington Nordic Centre**



Photos by Brent Reid



**HOST CLUB:**

STRATHCONA NORDIC SKI CLUB

**RULES:**

CCC RULES AND REGULATIONS

**INFORMATION:**

CHIEF OF COMPETITION	LEN APEDAILE
RACE SECRETARY	ALISON STOCKS
CHIEF OF COURSE	BOB HAUSER
CHIEF OF STADIUM	BRIAN VANDERMALE
CHIEF OF TIMING	DOUG HERCHMER

**RACE ENTRIES:**

Available online at [www.zone4.ca](http://www.zone4.ca)

**ENTRY DEADLINE:**

Entry deadline for this race is THURSDAY, February 10, 2011, 6:00 PM. **ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED.**

**WAIVER:**

An *Event Participant Waiver* form is included in the [www.zone4.ca](http://www.zone4.ca) registration form and must be completed online.

**ELIGIBILITY:**

Open to all skiers, however, participants must be a Strathcona Nordic Ski Club member *or* member of a recognized CCBC or CCC club for insurance purposes. Non-members can pay \$5.00/day club membership fee at the time of registration.

**START LISTS:**

Start list for the team sprints will be available on the club website StrathconaNordics.com by 5pm the night before the race.

Start list for the Individual Start Classic Technique will be available on Zone4 and on the club website StrathconaNordics.com.

**BIB PICKUP:**

Bib pick-up for this event will be at Raven Lodge, Mount Washington Nordic Center between 9:00 - 10:15 am on February 12, 2011  
9:00 - 10:15 am on February 13, 2011

**AWARDS:**

In the Team Sprints each participant in the Atoms age category will receive an award. There will be awards given in each race category.

In the individual start races each participant in the Atoms age category will receive an award. There will be awards given for each race category--*including each 10 year age span in the Open Men and Women. For example, awards will be given for 20-30 years, 30-40 years, ...*

**CONCESSION:**

The Mount Washington Raven Lodge has a wide range of food and beverages for sale on Thursday-to-Saturday 8:00am-8:00pm and on Sunday-to-Wednesday from 8:00am-5:00pm.

**FACILITIES:**

Raven Lodge is a world class Nordic facility with all amenities.

**WAXING:**

Raven Lodge has three outdoor waxing benches with electrical outlets.

**WARM UP/WAX TESTING:**

Warm up and glide testing areas are located close to the race course.

**TRAIL PASSES:**

Trail passes for non-season pass holders are available at a reduced rate for race participants in Raven Lodge. Trail passes must be worn on the trails at all times including during the race.

**ACCOMMODATION:****At the Race Site (Mount Washington)**

- Deer Lodge 1-888-969-3322 [www.deerlodgebc.com](http://www.deerlodgebc.com)
- Alpine Accommodations 1-888-837-4663 [www.alpinechalets.com](http://www.alpinechalets.com)
- Mt. Washington Accommodations 1-800-699-6499

**Accommodation is also available in Courtenay/Comox. (Courtenay/Comox is approximately a 40-45 minute drive to the race site.)**

- The Coast Westerly Hotel 1-800-668-7797
- Holiday Inn Express and Suites Comox Valley 1-778-225-0010
- Shantz Haus Hostel 1-866-603-2060 [www.shantzhospital.com](http://www.shantzhospital.com)

**Comox Valley Chamber of Commerce 1-888-357-4471**

## **RACE SCHEDULE**

**NAME OF EVENT:** Coastal Cup #4 Team Sprints - Freestyle  
**DATE:** Saturday, February 12, 2011  
**LOCATION:** Mount Washington Nordic Centre, Courtenay, B.C.  
**TIME:** Semi Final Heats 11:00, Final Heats 13:00

<i>Male Category</i>	<i>Age as of Dec 31 2010</i>	<i>Year Born</i>	<i>Distance</i>	<i>Fee</i>
<b>1</b>	<b>8 and under</b>	<b>2002 and later</b>	<b>100 m</b>	<b>\$5.00</b>
<b>2</b>	<b>9 -12</b>	<b>2001- 1998</b>	<b>200 m</b>	<b>\$10.00</b>
<b>3</b>	<b>13 -17</b>	<b>1997 -1993</b>	<b>400 m</b>	<b>\$13.00</b>
<b>4</b>	<b>18 - 30</b>	<b>1992 - 1980</b>	<b>800 m</b>	<b>\$15.00</b>
<b>5</b>	<b>30 and over*</b>	<b>1980 and earlier</b>	<b>800 m</b>	<b>\$15.00</b>
<b>Sit Ski</b>	<b>All ages</b>		<b>400 m</b>	<b>\$15.00</b>
<i>Female Category</i>	<i>Age as of Dec 31 2010</i>	<i>Year Born</i>	<i>Distance</i>	<i>Fee</i>
<b>1</b>	<b>8 and under</b>	<b>2002 and later</b>	<b>100 m</b>	<b>\$5.00</b>
<b>2</b>	<b>9 - 11</b>	<b>2001 - 1999</b>	<b>200 m</b>	<b>\$10.00</b>
<b>3</b>	<b>12 - 17</b>	<b>1998 -1993</b>	<b>400 m</b>	<b>\$13.00</b>
<b>4</b>	<b>18 - 30</b>	<b>1992 - 1980</b>	<b>800 m</b>	<b>\$15.00</b>
<b>5</b>	<b>30 and over*</b>	<b>1980 and earlier</b>	<b>800 m</b>	<b>\$15.00</b>
<b>Sit Ski</b>	<b>All ages</b>		<b>400 m</b>	<b>\$15.00</b>

\* Awards will be given for the top three finishers in each 10 year age span in the Open Men and Women. For example, awards will be given for 20-30 years, 30-40 years, 40-50 years, etc. However, categories may be combined if numbers are low.

Each team will comprise of two racers who will each complete the course 3 times in the relay. Teams may be same sex or mixed. Teams in the same category will race against each other regardless of the gender of the team. Depending on the number of entries, there will be a semi final heat (Category 1 will start racing at 11am) and a final heat (starting at 1pm) in each category. Categories may be combined if numbers are low. Standing athletes with disability register in the relevant age class.

**Please E mail lists of Team members and Team names to [info@StrathconaNordics.com](mailto:info@StrathconaNordics.com) by closing of Registration on Feb 10, 2011. We reserve the right to place racers in teams if we do not receive notification of team preferences before that date.**

## **RACE SCHEDULE**

**NAME OF EVENT: Coastal Cup #5 Individual Start - Classic Technique**

**DATE: Sunday, February 13, 2011**

**LOCATION: Mount Washington Nordic Centre, Courtenay, B.C.**

**TIME: 11:00**

<b>Category</b>	<b>Sub Category</b>	<b>Age as of Dec 31 2010</b>	<b>Year Born</b>	<b>Distance</b>	<b>Fee</b>
<b>Atom Boys</b>	<b>AB1, AB2, AB3, AB4</b>	<b>5, 6, 7, 8</b>	<b>2005, 2004, 2003, 2002</b>	<b>1.0 km</b>	<b>\$5.00</b>
<b>PeeWee Boys1,2</b>	<b>PB1, PB2</b>	<b>9, 10</b>	<b>2001, 2000</b>	<b>2.0 km</b>	<b>\$10.00</b>
<b>PeeWee Boys 3, 4</b>	<b>PB3, 4</b>	<b>11, 12</b>	<b>1999, 1998</b>	<b>2.0 km</b>	<b>\$10.00</b>
<b>Midget Boys</b>	<b>MB1, MB2</b>	<b>13, 14</b>	<b>1997, 1996</b>	<b>5.0 km</b>	<b>\$13.00</b>
<b>Juvenile Boys</b>	<b>JVB1</b>	<b>15</b>	<b>1995</b>	<b>5.0 km</b>	<b>\$13.00</b>
<b>Junior Boys</b>	<b>JB1, JB2</b>	<b>16, 17</b>	<b>1994, 1993</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Junior Male</b>	<b>JM1, JM2</b>	<b>18, 19</b>	<b>1992, 1991</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Open Men</b>		<b>20 and over*</b>	<b>1990 and earlier</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Men Sit Ski</b>		<b>All ages</b>		<b>3.0 km</b>	<b>\$15.00</b>
<b>Atom Girls</b>	<b>AG1, AG2, AG3, AG4</b>	<b>5, 6, 7, 8</b>	<b>2005, 2004, 2003, 2002</b>	<b>1 km</b>	<b>\$5.00</b>
<b>PeeWee Girls 1, 2</b>	<b>PG1, PG2</b>	<b>9, 10</b>	<b>2001, 2000</b>	<b>2.0 km</b>	<b>\$10.00</b>
<b>PeeWee Girls 3</b>	<b>PG3</b>	<b>11</b>	<b>1999</b>	<b>2.0 km</b>	<b>\$10.00</b>
<b>Midget Girls</b>	<b>MG1, MG2</b>	<b>12, 13</b>	<b>1998, 1997</b>	<b>5.0 km</b>	<b>\$13.00</b>
<b>Juvenile Girls</b>	<b>JVG1, JVG2</b>	<b>14, 15</b>	<b>1996, 1995</b>	<b>5.0 km</b>	<b>\$13.00</b>
<b>Junior Girls</b>	<b>JG1, JG2</b>	<b>16, 17</b>	<b>1994, 1993</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Junior Females</b>	<b>JF1, JF2</b>	<b>18, 19</b>	<b>1992, 1991</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Open Women</b>		<b>20 and over*</b>	<b>1990 and earlier</b>	<b>7.5 km</b>	<b>\$15.00</b>
<b>Women Sit Ski</b>		<b>All ages</b>		<b>3.0 km</b>	<b>\$15.00</b>

\* Awards will be given for the top three finishers in each 10 year age span in the Open Men and Women. For example, awards will be given for 20-30 years, 30-40 years, 40-50 years, etc.