



Strathcona Nordic Ski Club

Coastal Cup #3 and #4

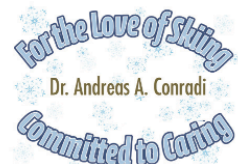
SATURDAY, FEBRUARY 11, 2012

Mass Start – Free Technique

SUNDAY, FEBRUARY 12, 2012

Team Sprints - Free Technique

MOUNT WASHINGTON NORDIC CENTRE



NAME OF EVENT: Coastal Cup #3 and #4

DATE: Saturday, February 11, 2012
Mass Start, Free Technique 11:00am start

Sunday, February 12, 2012
Team Sprint, Free Technique 10:00am start

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

HOST CLUB: Strathcona Nordic Ski Club

RULES: CCC Rules and Regulations
<http://www.ccski.com/Events/Rules-and-Regulations.aspx>

INFORMATION: Chief of Race: Len Apedaile
Chief of Course: Bob Hauser
Chief of Timing: Doug Herchmer/Roslyn Smith
Chief of Stadium: Chris Stapff
Race Secretary: Alison Stocks

RACE ENTRIES: **Online:** Access www.zone4.ca , locate this event in the online registration section, and enter your information. Pay by credit card.

ENTRY DEADLINE: The entry deadline for this race is:

THURSDAY, February 9, 2012 Midnight

Late entries will not be accepted. Also see **Team Sprints** on page 6.

ELIGIBILITY: **Open to skiers of all ages and abilities.**

START LIST: **Start list** for the Saturday race will be available on Friday, February 10, 2012 after 5 pm on Zone 4. **Start list** for the Sunday Team Sprint will be available on the Strathcona Nordic web site strathconanordics.com on Saturday February 11, 2012 at 5pm.

BIB PICKUP: **Bib pick-up** will be at Mount Washington Nordic Center in the Raven Lodge between 9:00 am and 10:00 am on Saturday, February 11 2012 and between 8:00am and 9:00am on Sunday, February 12, 2012.

AWARDS: Mt Washington Nordic Centre, Raven Lodge, post-race both days.

CONCESSION: The Mt Washington Raven Lodge has wide range of food and beverages for sale from 8:00am – 4:00pm.

FACILITIES: Raven Lodge is a world-class nordic facility with all amenities.

WAXING: Raven Lodge has two outdoor waxing benches on the lower level and two indoor waxing benches in a small wax cabin near the lodge. Electrical outlets are available in both locations.

TRAIL PASSES: Trail passes for non-season pass holders must be purchased by race participants from Mt Washington . Trail passes can be purchased at the Nordic Centre. All racers must have a valid trail pass at all times when on the trails.

ACCOMMODATION: At Mt Washington Resort

- VI Mountain Centre (nordic race site facility for team accommodation) 250-331-9355
<http://www.vimountaincentre.com/accommodation>
- Deer Lodge 1-888-969-3322 www.deerlodgebc.com
- Alpine Accommodations 1-888-837-4663
www.alpinechalets.com
- Mount Washington Accommodations 1-800-699-6499

In the Comox Valley (Approx. a 40-minute drive to race)

- The Coast Westerly Hotel 1-800-668-7797
- Holiday Inn Express 1-778-225-0010
- The Cona Hostel, toll free: 1(877) 490-CONA (2662)

RACE SCHEDULE

NAME OF EVENT: Coastal Cup #3

DATE: Saturday, February 11, 2012

LOCATION: Mount Washington Nordic Centre, Nordic Stadium

START TIME: 11:00 AM

MASS START – FREE TECHNIQUE

Category	Year Born	Distance km	Fee \$
Atom Boys	2003 and later	1	5
Pee Wee Boys 1,2	2002,2001	1	10
Pee Wee Boys 3,4	2000,1999	2.5	10
Midget Boys	1998, 1997	3.5	13
Juvenile Boys	1996	5	13
Junior Boys	1995,1994	7.5	15
Junior Men	1993,1992	7.5	15
Open Men*	1991 and earlier	7.5	15
Men Para Sit Ski	All ages	2.5	15
Men Para Standing	All ages	5	15
Atom Girls	2003 and later	1	5
Pee Wee Girls 1,2	2002, 2001	1	10
Pee Wee Girls 3	2000	2.5	10
Midget Girls	1999, 1998	3.5	13
Juvenile Girls	1997, 1996	5	13
Junior Girls	1995, 1994	7.5	15
Junior Women	1993, 1992	7.5	15
Open Women*	1991 and earlier	7.5	15
Women Para Sit Ski	All ages	2.5	15
Women Para Standing	All ages	5	15

* Open men and Open women will be split into 10-year age categories

RACE SCHEDULE

NAME OF EVENT: Coastal Cup #4

DATE: Sunday, February 12, 2012

LOCATION: Mount Washington Nordic Centre, Nordic Stadium

START TIME: Semifinal Heat 10am, final heats to follow once the semifinals are complete

TEAM SPRINT – FREE TECHNIQUE

Male Category	Year Born	Distance (m)	Fee \$
1	2003 and later	200	5
2	2002- 1999	200	10
3	1998 -1994	600	13
4	1993 - 1982	600	15
5	1981 and earlier	600	15
Sit Ski*	All Ages	200	15
Female Category	Year Born	Distance (m)	Fee
1	2003 and later	200	5
2	2002 - 2000	200	10
3	1999 -1994	600	13
4	1993 - 1982	600	15
5	1981 and earlier	600	15
Sit Ski*	All Ages	200	15

*Standing athletes with disability register in the relevant age class.

Team sprints

Each team will comprise of two racers who will each complete the course 3 times in each of 2 relays a semifinal and a final (by the end of the day each team member will have completed 6 laps, 3 in the semifinal and 3 in the final). 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 participants categories may be combined on the race course however, awards will be given for the fastest all male, all female and mixed team in each individual category

The semifinal will start at 10am, once all the categories have completed their semi-final the finals will start.

Please Email lists of team members to info@StrathconaNordics.com by THURSDAY, February 9, 2012 Midnight. *We reserve the right to place racers in teams if we do not receive notification of team preferences by the deadline.*