
RACE NOTICE
Coast Cup # 4
Saturday February 14, 2009
Individual Start, Free Technique

DATE:	Saturday, Feb 14, 2009
RACE LOCATION:	Whistler Olympic Park (Callaghan Valley)
HOST CLUB:	Whistler Nordics Ski Club
START TIME:	10:00 am
CHIEF OF RACE:	Theresa Oswald (604) 938-3882 tmoswald@yahoo.com
LICENSE REQUIRED:	Skiers must have a current Club Membership (associated with CCBC) or valid CCC or FIS License. If a one day license is required, the cost is \$5 (payable at time of registration at www.zone4.ca).
ENTRY:	Skiers must register and pay online at www.zone4.ca
ENTRY DEADLINE:	WEDNESDAY FEB 11 AT 9:00 pm. Sorry, no late entries accepted
SNOW & WEATHER:	For current information, go to www.whistlerolympicpark.com click on 'Snow Conditions' for weather then click 'Environment Canada Links' (top right) for snow temperatures.
LUNCH VOUCHERS:	Lunch vouchers for a basic lunch, redeemable at the Whistler Cooks concession at the Day Lodge, will be provided to racers. There is the option to purchase additional items.
WATER & WASHROOMS:	The Day Lodge will be open and does have water and washrooms. Keep in mind that you will not be able to hear the sound system from inside and it could be busy in there. Thus, skiers are encouraged to bring their own water supply.
DRAW AND START LISTS:	The draw for start positions will be held on Thursday, Feb 12 and posted that day on www.zone4.ca by 5pm. We recommend that you check the Zone4 confirmation list for this event to be sure that you have registered correctly.
BIB PICK-UP:	Bibs can be picked up in the Race Office in the Stadium area between 8:30am and 9:30am on Saturday morning .

AWARDS: Medals will be presented to the top three (3) finishers in each category, from Peewee and up. Mini Atoms and Atoms will receive a participation award. Awards presentations will be held as soon as possible following the last race.

CATAGORIES: As outlined at www.zone4.ca. Please note that ages are as of Dec 31 2009.

Category	Age	Year Born	Distance
Mini Atoms	6 & under	> 2002	300 metres
Atoms	7 & 8	2001 - 2002	700 metres
Pee Wee	9 & 10	1999 - 2000	1.4 km
Mini Midget	11 & 12	1997 – 1998	2.5 km
Midget	13 & 14	1995 – 1996	3.3 km
Juvenile	15 & 16	1993 - 1994	5 km
Junior Boys & Girls	17 & 18	1991 – 1992	Boys 6.6km; Girls 5km
Junior Men & Women	19 & 20	1989 – 1990	Men 10km; Women 6.6km
Senior Men & Women	21 – 30	1979 – 1988	Men 10km; Women 6.6km
Masters Men & Women	31 - 40	1969 – 1978	Men 10km; Women 6.6km
Masters Men & Women	41 - 50	1959 – 1968	Men 10km; Women 6.6km
Masters Men & Women	51 & up	< 1959	Men 10km; Women 6.6km
Para-Nordic Sit Men & Women	Open		Men 3.3km; Women 2.5km
Para-Nordic Stand Men & Women	Open		Men 10km; Women 6.6km

TRAIL PASSES: Competitors are required to have a valid trail pass.

MISCELLANEOUS INFO:

- Parents may ski with Mini Atoms, but only the Mini Atoms should cross the finish line.
- Course maps will be posted at www.whistlernordics.com
- **Snow tires (not all season)** are required to access the Sea to Sky highway. You may be turned around just north of Squamish if police are checking tires and you do not have snow tires.
- **Whistler Olympic Park Location:**
 - Watch for the big blue and white “Site of the 2010 Olympic and Paralympic Nordic Events” sign (about 6.5 km south of Function Junction/Whistler or about 10km north of Brandywine rail crossing north of Squamish) on Highway 99.
 - If travelling from Vancouver, take the first left turn after this sign.
 - If travelling from Whistler take a right turn about 1km after the Callaghan Bridge and road construction parking lot.
 - The road has a rough gravel section for about 10 metres, and then it is paved. If you are travelling from Whistler be aware of large potholes in this gravel section.
 - After you have turned off the highway, follow the road straight up for about 10km.
 - Once you pass the ski jumps on the right side of the road, take the first right turn just after the Inukshuk. Parking is immediately on the right and left.
 - The stadium is at the top of the drive with the Day Lodge on the right before reaching the stadium.
 - ONLY unloading and loading will be available at the stadium level.
- **Accommodation:** The Alpine Chalet Whistler Inn (www.whistlerinn.com) are pleased to offer a special rate of **\$69.00** per person, per night, based on double occupancy, for a minimum two night stay that includes a full hot breakfast, and complimentary use of all our amenities (free parking, coffee, tea, free wifi internet, local calling, hot tub and steam shower!).