



ALPINE SKI NOVA SCOTIA

WENTWORTH SKI CROSS
Sunday
March 10, 2013

A safe, fun Ski Cross event!
A single timed individual qualifier run will lead to seeding into three-person heats, with the top two advancing to the subsequent heats, and culminating in the finals.

Sanction	Alpine Ski Nova Scotia; Alpine Canada Alpin
Host Club	Wentworth Ski Racing Club
Location	Ski Wentworth
Eligibility	U14, U12, U10, and U8 Registration to be capped at 50 racers. First come, first served.
Course	Pugwash/Boardercross
Race Committee	Wentworth Ski Racing Club Technical Delegate Steve Swinamer Chief of Competition Todd Larsen & Tim Juckes Race Secretary Elke Juckes
Entry Fees	\$55.00 per racer (includes lift ticket; two lift tickets per team for coaches) \$35.00 for those with a Ski Wentworth/Crabbe Mountain Season Pass. Two lift tickets per club included for coaches. Make cheques payable to Wentworth Ski Racing Club. Submit cheques to Race Office (Port Greville Room) on Sunday morning. (One cheque per club, please.) No refunds without medical certificate.
Deposit	There will be a \$100.00 bib/course teardown deposit. Place deposit on separate cheque payable to Wentworth Ski Racing Club.

Please note:

- All athletes must help with tear down of course following finals. Failure to help will result in loss of deposit.



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- Bibs must be returned to bib collector at the end of the race or to the race secretary in the Port Greville room, Ski Wentworth lodge.
- Cheques refundable after return of bibs and after course tear down.

Entries

Send all entries via email to Elke Juckes
ejuckes@aol.com 902-852-4928 (H) 902-494-1855 (W)

Please include Club, Athlete's Full Name, Gender, Date of Birth, Age, and Category for each racer.

Please include Coach Name(s) and Cell Phone No.

Entry Deadline

Monday, March 4, 2013, at 12:00 noon AST.

Coaches' Meeting

Meet on race day at 8:00 a.m. in Ducky's, upstairs in Ski Wentworth lodge.

Race Rules

All athletes must participate in training. *The organizing committee reserves the right to refuse participation to a competitor who is judged incapable of safely navigating the course.*

Equipment

GS style skis or all mountain skis (No twin tips).
Two-piece ski suits (no downhill suits).
CSA approved helmets designed for ski racing.
Back protectors are strongly recommended, as are mouth guard and non-protruding body protection. Protection equipment must be worn underneath garments.

Awards

Sunday: Ducky's bar, around 4:00 p.m.

Volunteers

If your club has volunteers with Ski Cross experience willing to help with the race, please advise as soon as possible.

Parents

Discounted lift tickets (\$25.00 per day) will be available from the ticket office in the main lodge.

Other

Lift tickets must be visible to lift operators at all times.
Bibs must be visible **at all times** while on the race course.



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SCHEDULE

Time	Person	Activities	Location
8:00-8:30	Coaches	Meeting, bibs, safety, schedule	Lodge
8:30-9:00	Officials	Safety protocol	Track
9:00	All athletes/TD	Mandatory information session	Start of track
9:00-9:30	All athletes	Course inspection	Track
9:30-11:00	All athletes	Training runs	Track
11:00-12:30	All athletes	Qualifiers	Track
12:30-1:15		Lunch	Lodge
1:15-2:30	All athletes	Heats	Track
2:30-3:00	All athletes	Finals	Track
3:00-3:30	All athletes	Tear down	Track
4:00-4:30	All	Awards	Ducky's