



ALPINE SKI NOVA SCOTIA

**ATLANTIC CUP SERIES**  
**J English Cup (U12 Giant Slalom)**  
**Founders Cup (U12 Slalom)**  
**Cranberry Cup (U12 Ski Cross)**  
**U10, U8 Giant Slalom & Ski Cross**

---

Races: February 23-24, 2019

- SANCTION:** Alpine Ski Nova Scotia / Alpine Canada Alpin
- HOST CLUB:** Martock Ski Race Club
- LOCATION:** Ski Martock
- ELIGIBILITY:** U12 (athletes born between January 1, 2007 and December 31, 2008)  
U10 (athletes born between January 1, 2009 and December 31, 2010)  
U8 (athletes born on or after January 1, 2011)
- EVENTS:** Saturday February 23 (Expressway):  
GIANT SLALOM (GS) - U12, U10, U8 (two x 1-run races)  
SLALOM (SL) - U12 (two x 1-run races)
- Sunday February 24 (Upper Glades):  
SKI CROSS - U12/U10/U8 4-Up race format.
- GATE JUDGES:** Each club is to provide five (5) gate judges for each race day. Gatekeepers meet at MSRC race shack 8:30 a.m. each day. Free lift ticket and lunch (in the race shack) will be provided for gatekeepers/volunteers.  
***Please include gate judge/volunteer names, e-mail address and mobile phone number with race entries on Wednesday, February 20<sup>th</sup>, 2019.***
- RACE COMMITTEE:** Chief of Race – Ellen Coady  
Race Secretary – Krista Oulton  
Technical Delegate GS/SL – Brain Carter  
Technical Delegate Ski Cross – Blake Johnston
- RACE RULES:** ACA and the spirit of the ICR  
Protests must be in writing within 15 minutes of DSQ. (DSQ list will be posted on MSRC Race Shack window) Protest fee is \$50.

- ENTRY FEE:** \$55 per racer per day – includes a 1 day lift ticket. (1 day: \$55, 2 days: \$110)  
Make cheques payable to Martock Ski Race Club or e-transfer to:  
[treasurer@msrc.ca](mailto:treasurer@msrc.ca) (password: Martock) at or before the Team Captains' meeting on Friday, February 22nd 2019. (One cheque / e-mail transfer per club). Note: no refunds / adjustments after Team Captain's meeting.
- DEPOSIT:** There will be a \$200.00 bib/course pull deposit. Place deposit on separate cheque (or e-mail transfer) payable to Martock Ski Race Club.
- ENTRIES:** Please email entries to: [tkoulton@gmail.com](mailto:tkoulton@gmail.com)  
Include all athletes from each club on a single submission and include the athlete's full name, National #, date of birth, gender, age category, associated race club and which days the athlete is competing.
- Questions regarding race entries please email: Krista Oulton [tkoulton@gmail.com](mailto:tkoulton@gmail.com).
- ENTRY DEADLINE:** Wednesday, February 20<sup>th</sup>, 2019 at 12:00 noon AST.
- DAILY SCHEDULE:** See outline at end of race notice for tentative schedule
- COACHES' MEETING:** Friday, February 22<sup>nd</sup> at 7:00pm in the MSRC Race shack. It is mandatory that each team has a coach or designated representative at the meeting.
- COURSE SETTERS:** To be selected at the coaches' meeting.
- SAFETY HELMETS:** CSA approved helmets are mandatory for all disciplines.
- COACHES:** Two lift tickets per club included for coaches.
- OFFICIAL BOARD:** DSQs will be posted on the window of the MSRC race shack.
- PROTESTS:** All protests and appeals must be submitted in writing according to FIS/ICR rules within 15 minutes of official posting of DSQ list. Submit protests and appeals to the race secretary's office in the MSRC race shack.
- PROTEST FEE:** \$50.00.
- EQUIPMENT** GS & SL: Downhill suits are permitted
- Ski Cross: GS style or all mountain skis (No twin tips), Clothing- 2 piece suits (no downhill suits), other protective equipment such as back protectors, mouth guards, etc. are also recommended (note – must be non-protruding and worn underneath garments.)
- AWARDS:** Saturday: U8, U10 and U12 award will take place at the completion of the events  
Sunday: Immediately following finals
- OTHER:** Lift tickets must be visible to lift operators at all times.  
Bibs must be visible at all times while on the race course.
- ACCOMMODATONS:** **SUPER 8** Windsor, 1-902-792-8888, [www.super8motelwindsor.com](http://www.super8motelwindsor.com)  
**Old Orchard Inn**, Wolfville, 1-800-561-8090, [www.oldorchardinn.com](http://www.oldorchardinn.com)  
**Cabins Rentals:** 1-800-565-5263, [www.cottagecountry.ca](http://www.cottagecountry.ca)

**DAILY SCHEDULE:**

The information indicated below is the anticipated daily schedule, however will be subject to adjustment based on daily conditions and factors.

Friday Feb 22, 2019

7:00pm Coaches' Meeting (Martock Ski Race Club Building)

Saturday Feb 23, 2019

8:30am Race Bib Distribution  
9:00am Lifts Open  
9:30am GS Inspection  
10:00am GS Race 1 Start (U8, U10, U12)  
12:00pm GS Race 2 Start (U8, U10, U12)  
2:30pm SL Inspection (U12 Only)  
3:00pm SL Race 1 Start (U12 Only)  
3:30pm SL Race 2 Start (U12 Only)  
TBD Awards to follow after completion of events

Sunday Feb 24, 2019

8:30am Race Bib Distribution  
9:00am Lifts Open  
10:00am Ski Cross Inspection  
10:30am Ski Cross Training Runs Begin  
11:30am Lunch Break  
12:30pm Ski Cross Heats Begin  
TBD Awards to follow immediately after Finals