



ALPINE SKI NOVA SCOTIA

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

Races: February 15-16, 2020

- SANCTION:** Alpine Ski Nova Scotia / Alpine Canada Alpin
- HOST CLUB:** Martock Ski Race Club
- LOCATION:** Ski Martock
- ELIGIBILITY:** U12 (athletes born between January 1, 2008 and December 31, 2009)
U10 (athletes born between January 1, 2010 and December 31, 2011)
U8 (athletes born on or after January 1, 2012)
- EVENTS:** Saturday February 15th (Upper Glades):
GIANT SLALOM (GS) - U12, U10, U8 (two x 1-run races)
- Sunday February 16th (Upper Glades):
SKI CROSS - U12/U10/U8 4-Up race format * If the Ski Cross Course is unable to be constructed due to conditions, there will be GIANT SLALOM (GS) - U12, U10, U8 (two x 1-run races).
- 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 12th, 2020.
- RACE COMMITTEE:** Chief of Race – Kyle Endres
Race Secretary – Jenny Acuna
Technical Delegate GS – Jane Gillis
Technical Delegate Ski Cross – Jane Gillis
- 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 (password: Martock) at or before the Team Captains' meeting
on Friday, February 14th 2020. (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: admin@msrc.ca
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. [https://drive.google.com/file/d/1iM-
KlNyKJ4A0TOUAeATBtJZwmwqn86YZ/view?usp=sharing](https://drive.google.com/file/d/1iM-KlNyKJ4A0TOUAeATBtJZwmwqn86YZ/view?usp=sharing)
- Questions regarding race entries please email: Jenny Acuna admin@msrc.ca
- ENTRY DEADLINE:** Wednesday, February 12th, 2020 at 12:00 noon AST.
- DAILY SCHEDULE:** See outline at end of race notice for tentative schedule
- COACHES' MEETING:** Friday, February 14nd 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: 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.
- ACCOMMODATIONS:** **SUPER 8** Windsor, 1-902-792-8888, www.super8motelwindsor.com
Old Orchard Inn, Wolfville, 1-800-561-8090, www.oldorchardinn.com
Cabins Rentals: 1-800-565-5263, 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 14, 2020

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

Saturday Feb 15, 2020

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)
TBD Awards to follow after completion of events

Sunday Feb 16, 2020*

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

*NOTE- If ski cross course is unable to be constructed, 2 x 1 Race GS events will take place and schedule will be similar to Saturday Feb 15, 2020

SPECTATOR INFORMATION:

The race location on Upper Glades has a finish area located approximately half way up the hill. Due to operational constraints, no walking up the hill is permitted by the Operators. All spectators wishing to view the race activities will need to access the race course location from a lift, requiring ski or snowboard equipment and a valid lift pass.

Lift passes for spectators will be available for purchase directly from Ski Martock and will be offered to any visiting club members with a valid season pass for the discounted Nomad Pass price.