



ALPINE SKI NOVA SCOTIA

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

Races: February 13, 14 2021

SANCTION: Alpine Ski Nova Scotia / Alpine Canada Alpine

HOST CLUB: Martock Ski Race Club

LOCATION: Ski Martock

ELIGIBILITY: U12 (athletes born between January 1, 2009 and December 31, 2010)
U10 (athletes born between January 1, 2011 and December 31, 2012)
U8 (athletes born between January 1, 2013 and December 31, 2015)

EVENTS: Saturday February 13:
GIANT SLALOM (GS) or Kombi - U12, U10, U8 (two x 1-run races)

Sunday February 14 (Training Events Only):
SKI CROSS – This will be a training event only - U12/U10/U8 4-Up format for training purposes only. Mock/Training races will take place within each age bracket as organized by the Coaches.

*NOTE if the SX course is not available another event will take it's place and determined by the Chief of Race and event organizers. It is anticipated that this will be a dual GS/Kombi or GS timed training races. No official race bracketing or results will be prepared for either SX or Alpine events on Sunday.

RACE COMMITTEE: Chief of Race – MacKenzie Murphy/Kyle Endres
Race Secretary – Jenny Acuna
Technical Delegate GS – Ellen Coady
Technical Delegate Ski Cross – Ellen Coady

RACE RULES: No Protests are permitted this year- COVID -19

- 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, ACA #, date of birth, gender, age category, associated race club, bib number and which days the athlete is competing.
- Note we are requesting visiting athletes are to be provided with their own Club's bib's prior to the event and ensure the name and bib number are provided to the race organizers at registration.
- A fee of \$25/athlete is required to cover the cost of the lift ticket for each athlete.
- Questions regarding race entries please email: admin@msrc.ca
- ENTRY DEADLINE:** Wednesday, February 10th, 2021 at 12:00 noon AST.
- DAILY SCHEDULE:** See outline at end of race notice for tentative schedule
- COACHES' MEETING:** Friday, February 12th at 7:00pm via Zoom. One team captain from each participating club shall attend. Please designate the team captain with the race entry submission including email address so meeting link can be provided.
- 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, additional tickets are \$25/coach and need to be coordinated through the race organizers (no lift tickets are being sold by Ski Martock on the weekends).
- OFFICIAL BOARD:** DSQs will be posted on the window of the MSRC race shack.
- 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: U12 awards will be handed out after the event to individual races to respective coaches to present to their athletes. There will be no crowd gathering as per COVID 19 guidelines.
- U8 and U10 will not have awards but rather will receive a classification (gold silver bronze) based on a reference athlete time. This information will be sent to the associated clubs after the race including race times of each athlete.
- Sunday: Bragging Rights!
- OTHER:** Lift tickets must be visible to lift operators at all times.
Bibs must be visible at all times while on the race course.

DAILY SCHEDULE:

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

Coaches for each age group/gender will be contacted via radio or text message to advise approximate times to bring athletes to the start area to begin their event. Coaches are asked not to bring athletes to the start area prior to the times provided to ensure compliance with Public Health Measures.

No official Lunch break is included in the program day and teams are asked to coordinate lunch break based on the progression of the day's events for each of the athlete age groups.

The race organizers will communicate as effectively and efficiently as possible as to the updated start times throughout the day to each of the coaches.

Friday Feb 12, 2021

7:00pm Coaches' Meeting (via Zoom, 1 team captain per club only please)

Saturday Feb 13, 2019

8:30am Race Bib Distribution - MSRC U12 Only
9:00am Lifts Open
9:30am GS Inspection (all ages)
10:30am GS Race 1 Start (U8 M/F)
11:00am GS Race 1 Start (U10 M/F)
12:00pm GS Race 1 Start (U12 M/F)
1:00pm GS Race 2 Start (U8 M/F)
1:30pm GS Race 2 Start (U10 M/F)
2:30pm GS Race 2 Start (U12 M/F)
3:30pm U12 Awards (provided to coaches)

Sunday Feb 14, 2021

9:00am Lifts Open
9:30am Ski Cross Inspection and Training
11:30am Lunch Break
12:00pm Ski Cross Training
1:30pm Completion of Event