

GBSSA, LOSSA, COSSA, YRAA, CISAA, GHAC Championships
Thursday February 18, 2016

Instructions for the Day

1. Course maps are on the back - please make sure your skiers know the direction to ski, where and when they start, and the following rules for the day.
2. Coaches' meeting is at 10:00 am. The first skier will start at 10:30 am. Racers are to use the Torino Loop for warming up. Coaches are encouraged to sync their watches with the official timers watch if they want to help their racers know when their start time is approaching.
3. The Individual Start, Relay Starts and Exchange area are in the "Adventure Park" area. There will be a Uniform Check prior to entering the Start Area, to ensure all skiers are wearing approved School clothing only. Skiers with "Club" uniforms or clothing will be refused to Start.

Race Start Order

Para Nordic Sit	1.0 km
Para Nordic Standing	2.5 km
Novice Girls	2.0 km
Novice Boys	2.0 km
Junior Girls	4.6 km
Junior Boys	6.0 km
Senior Girls	6.0 km
Senior Boys	7.7 km

*Skiers will start 1 every 15 seconds.

4. Anyone moving or removing markers, flags or ropes will be disqualified as well as their entire team. Again, we must ensure that the course stays well marked for everyone all day and that our markers and flags are available for use at future events.
 5. Please remind your athletes to stay away from the Timing Buildings and Finish Line if they are not currently racing. Spectators are reminded not to interfere with or pace the racers.
 6. It is the skier's responsibility to ski the correct course. Courses are well marked but any skier missing his/her proper course will be disqualified.
 7. **Relays - All relay teams must be declared by 12:15 pm. Please bring the declaration form to registration and pick up relay bibs.**
- Starts:** The Relay Start will take place in the upper part of the Adventure Park. First relays will start at 1:00 pm in order of Jr Girls, Jr Boys, Sr Girls, Sr Boys. Each race goes to completion with the next race starting immediately after.
- Course:** The course is entirely in the Adventure Park and each loop is 700 m.
- Exchanges:** **The Exchange zone will be in the upper teaching field.** All exchanges must take place in the designated zone. Handoff must be hand to body.
- Finishes:** The Relay Finish will be at a finish line in the Adventure Park.
8. All Lycra bibs will be collected at the finish line. There is a \$20.00 charge for a lost bib.
 9. The awards ceremony will begin at approximately 2:30 pm.
 10. Results will be available on our Web Page www.hardwoodskiandbike.ca, and Zone4 after the event finishes. We will also have live results active on Zone4.ca, so you can check with any mobile device.
 11. Any skier dropping out, please report to the finish area to let the timing crew know.