



## Sovereign Lake TIPS UP Race and Club Championship

Date: **Sunday, February 5, 2012**

Location: Sovereign Lake Nordic Centre

Participants: This is a fun event. Skiers of all ages and abilities are encouraged to participate

Time: 10:00 am sharp.

Technique: Freestyle. Single mass start for all categories.

Fee: \$5 – All ages (no fee for SLNC rabbits)  
All racers require season membership or day trail pass

Registration: 8:00 am to 9:15 day of the race **- closes at 09:15.**  
lower floor of the lodge

Category	Age (on race day)	Males	Females
A	6 and under	0.5km	0.5km
B	7 and 8	2 km	2km
C	9 and 10	2 km	2km
D	11 and 12	2 km	2km
E	13 and 14	5 km	5km
F	15 and 16	5 km	5km
G	17, 18 and 19	2 x 5 km	5km
H	20 to 29	2 x 5 km	5km
I	30 to 39	2 x 5 km	5km
J	40 to 49	2 x 5 km	5km
K	50 to 59	2 x 5 km	5km
L	60 to 69	2 x 5 km	5km
M	70+	2 x 5 km	5km
N	ParaNordic	2 km	2 km

Seeding: Racers are to seed themselves in the start area. Slower racers, please seed yourselves toward the rear of the start pack.

Awards: Tips Up: prize to the fastest skier in each category.  
Club Championship: Trophies for club members in various categories.

Chief of Race: Greg O'Neill 250-503-1264 [greg.oneill@gov.bc.ca](mailto:greg.oneill@gov.bc.ca)

