



SOVEREIGN LAKE JESS4KIDS TIPS UP CUP & TEAM CHALLENGE – 2017

Date: Saturday February 11, 2017

Location: Sovereign Lake Nordic Centre

Information: Chief of Race – Marie-José Gagnon
mariejose@sovereignlake.com

Participants: Join us for a fun day of events! This year we have two events taking place on the same day with the introduction of the Team Challenge. Skiers and snowshoers of all ages and abilities are encouraged to take part with your KIDS, FRIENDS, WORK COLLEGUES or SPOUSE!

Costumes are strongly encouraged! This is Canada's 150th anniversary; pick your Winter Carnival themed-costume for the occasion!



Jess4Kids Tips Up Cup

Time: 10:00 am sharp

Fee: \$5 – Categories A to F \$10 – Categories G – N Free for SLNC children registered in the Skill Development Program

Registration: 8:30 am – 9:30 am day of the race in lower level. Registration Closes at 9:30 sharp. No late entries. All children from SLNC Programs will be automatically pre-registered and will receive bibs from their coach. Coaches of each Program (Bunnies, JR 1-2-3-4, TrackAttack and JD's) will come to the registration table to get their bibs and will distribute them to their group. The coaches must return the bibs for all children who Do Not Start (DNS) to the Chief of Registration (Kim Taylor) by 9:35

Technique: FreeTechnique. Single mass start for each category group.

Start Times: 10:00am **Group 1** Category A

10:05am **Group 2** Category B-D, N

10:10am **Group 3** Category E-M

Tips Up Cup distances:

Category	Age *	Males	Females	Course
A	6 and under	0.5 km	0.5 km	Green
B	7 – 8	2 km	2 km	Blue
C	9 – 10	2 km	2 km	Blue
D	11 – 12	2 km	2 km	Blue
E	13 – 14	5 km	5 km	Red
F	15 – 16	5 km	5 km	Red
G	17 – 18 – 19	2 x 5 km	5 km	Red
H	20 – 29	2 x 5 km	5 km	Red
I	30 – 39	2 x 5 km	5 km	Red
J	40 – 49	2 x 5 km	5 km	Red
K	50 – 59	2 x 5 km	5 km	Red
L	60 – 69	2 x 5 km	5 km	Red
M	70 +	2 x 5 km	5 km	Red
N	Para Nordic	2 km	2 km	Blue

*Age on Feb 11, 2017

Jess4Kids Team Challenge

The Jess4Kids Team Challenge is a fun relay for four-person teams (Two of whom will be skiing and two snowshoeing). The aim is to bring friends and coworkers together to raise funds for the Jess4Kids Ski Scholarship Fund.

Event Details: The Team Challenge is designed with an “exchange zone” for ski and snowshoe participants to tag off each other. Your first skier will be the Teams Official Starter and will seed themselves according to ability. The event will alternate between skier and snowshoer, concluding with the second snowshoer as the team’s final participant. There will be a group meeting at the start line to review the “rules” which are very loose.

Start Time: 11:00 am

Team Fee: \$20 (\$5 x 4 person team)

Optional: Equipment Rental \$5/pp through SLNC (please arrive at 10:30 to pick up rentals)

Registration: Register online in advance at www.J4KChallenge.com or on the day of the event between 9:30 and 10:30 AM in the lower level of the lodge. Onsite registration closes at 10:30 am sharp. No late entries.

Technique: Free Technique
Relay (2 Skiing and 2 Snowshoeing).

Courses: **2km Ski Course (BLUE)**

850 m Snowshoe Course (GREEN)

Maps for Tips Up Cup and Jess4Kids Team Challenge are posted on SLNC website at

http://www.sovereignlake.com/j4k_tips_up_challenge/

Awards: Awards will be presented to:

- Best Dressed Team
- Best Team Spirit
- Trotting Turtle Award
- Hustling Hare Award

Online Auction: The Jess4Kids Ski Scholarship Fund holds an incredible online auction each year. Find the Facebook Auction link [here](#).

