



SOVEREIGN LAKE JESS4KIDS TIPS UP CUP & TEAM CHALLENGE – 2018

- Date:** Saturday February 10, 2017
- Location:** Sovereign Lake Nordic Centre
- Information:** Chief of Race – Eric de Nys eric@sovereignlake.com
Chief of Timing – Penny Latta
Chief of Course – Troy Hudson
Chief of Stadium – Brent Ree
Event Registrar – Verena Von Bremen
- Participants:** Skiers of all ages and abilities are encouraged to Participate. We are encouraging COUPLES and FAMILY participation. Winter Carnival Theme this year is *Alice in Wonderland* so dress accordingly.
- Time:** 10:00am (.5km)
10:10am (2, 5, 10km) SELF SEEDING – Fast to Slow
11:00am Jess4Kids Team Challenge (2 skiers / 2 snowshoe)

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 (Verena Von Bremen) by 9:40.

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

Start Times: 10:00am **Group 1** Category A
10:10am **Group 2** Category B-D, N
10:15am **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 10, 2018

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 co-workers 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:

- **1.5km Ski Course (BLUE)**
- **600 m Snowshoe Course (GREEN)**

See maps on lodge or online.

Awards: Awards will be presented to:

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