



SOVEREIGN LAKE TIPS UP RACE AND CLUB CHAMPIONSHIP

Date: **Sunday, February 16, 2014**

Location: Sovereign Lake Nordic Center

Participants: This is a fun event! Skiers of all ages and abilities are encouraged to participate. We are encouraging costumes in the theme of Super Heroes to celebrate Vernon's Winter Carnival.



Time: 10:30 am sharp.

Technique: Freestyle. Single mass start for all categories except the 0.5km which will start shortly after the main group.

Fee: \$5 – All ages (no fee for SLNC children registered in the Skill Development Program)

Registration: 8:30am – 9:30am day of race in lower level of the day lodge.

Closes at 9:30



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



Course: Courses are marked by color only, see above to note that color. Race maps posted on the Sovereign Nordic Website.

Seeding: Racers are to seed themselves in the start area. Slower racers, please seed yourselves toward the rear of the start pack. 0.5km skiers will start shortly after the main group and are encouraged to be accompanied by their parents on the course. The race will record order of finish only and racers should self-time if they want a finish time. A race clock will be started at the beginning of the race and be visible at the finish line.

Awards: Tips Up: Awards for the top three finishers in each category
 Club Championship: Trophies for club members in various categories
 Prizes for costumes and other fun categories.