

CAPITAL REGION SKI SEASON 2019

Dates:

Race 1: Tuesday, Feb 12th @ Wentworth
Race 2: Tuesday, Feb 19th @ Wentworth
Race 3: Tuesday, Feb 26th @ Wentworth

Storm dates to be determined.

Metro and Capital Region Banners will be given out at Provincials after the 3 races have concluded.

Provincials Wednesday, March 6th@ Wentworth

Day Format: All Races

Halifax region starts btw 11:30-12:30 pm sharp, in a two run format.

The Northern Region will be racing before us each day so times could vary...

We should have the course ready for inspection by 12 – 1 pm, so I would like to see the racers gearing up and heading up the mountain to inspect for 12:00 after they have pick up their bib at the bottom of the hill from their coach.

Ski provincials are set for March 6th at Wentworth

Start time 8:30am. More info to follow...

Registration:

Please confirm your schools participation this year by emailing Derek before Feb. 5st, 2018

Register your team(s) by email to Derek Nichols at the address below; we will try and use Google classroom this year for team registration and results.

Team Register done by 2pm on the Friday before the race

- Number of racers per team is 5 (top 4 count)
- Each school can enter more than one team
- Top 3 Individual racers can also qualify for provincials, meaning that schools do not need a complete team in order to compete.
- Maximum of one team per school per division per classification is eligible to advance to provincials

Classifications are Senior/Intermediate/Junior* and Boys/Girls

* Senior under 19 as of 30 September

* Intermediate under 16 as of 30 September

* Junior under under 14 as of 30 September

See attached for roster format.

Racer Fees: High School Race Day Prices 2017

Lift: \$20.00

Rental: \$19.00

Helmet: \$5.00

2 free Coaches Lift Tickets per team

Schools must pay \$5.00 per racer to Wentworth.

A competition cost of \$10 per racer should be forwarded to "Sir John A High School" to cover competition cost.

Race Coaching Prices

1 Instructor \$65.00

2 Instructors \$90.00

Coaching is only Thurs nights this year, and to be determined or set up with Snow School, (902) 548-2089 ext 229 or email snowschool@skiwentworth.ca

Results: Emailed/Website Link/Google Classroom

Gate Judges: Please have at least two representatives per school to volunteer with management tasks, such as gate judges, starters, timers, and to get the bibs ready etc.

Contact Info: Derek Nichols (Sir John A High School)

(902)-240-8086 (cell)

nicholsd@hrsb.ns.ca

REGISTRATION

Could you please send your rosters in this exact excel or sheets format if possible

Teams need to be a minimum of 4 and max of 5 racers.

Spares can be sent and do not need to be part of a team, they will compete individually

*** Please include division (senior boys, intermediate girls, junior boys etc) ***

Please get coaches to try the Google website and Drive Link

Capital Region Website

<https://sites.google.com/gnspes.ca/capitalregionskiing/home>

Google Drive Link

<https://drive.google.com/open?id=1eUqMCIqmPnHHm4jZl6CQED3-RMTLpLxD>

The screenshot shows a Microsoft Excel spreadsheet with the following content:

School:		Cole Harbour		
Name	School	Division	Rank	
Derek	Nichols	CH	SB	1
Dave	Denike	CH	SB	2
Jay	Scott	CH	SB	3
Jim	Fisher	CH	SB	4
Jack	Rish	CH	SB	5
Sammy	Richard	CH	SB	6

Below the table, there are instructions for ranking:

- SB Senior Boys**
- IB Inter. Boys**
- JB Junior Boys**
- Rank**
- Please rank the skiers as teams**
- 1 to 5 Team 1**
- 6 to 10 Team 2**
- extra skiers will run as individuals**