



Mud Sweat n, Gears Cup U14 SG Training

February 4, 2023

Athlete/Coach/Parent Lodging: Athletes and Coaches will be asked to use the tent outside the Race Hut during the duration of the day. The tent is heated with tables and chairs. Parents may use the Main Lodge to use the Restrooms and food service. Parents can also sit at the fireplace and any unreserved tables. Reservation times are listed on the tables. When there is a reservation, we kindly ask that you respect that. We ask that parents do not camp out at the tables all day.

Registration: There will be **NO** in person Registration. Registration is through www.admskiracing.com only. The race deadline on www.admskiracing.com will not be extended and no late entries allowed.

Parking: Please park in the upper parking lot, where the Race Hut is located. Please leave the lower parking lot for the membership.

Race Bibs & Tickets: One Coach per Club will be responsible for picking up the athletes bibs and lift tickets the morning of the event in the Race Hut at the time noted on the schedule. If an athlete is a no show, the bib and lift ticket must be returned to the Race Hut as well as the lift ticket.

Coach Tickets: All Coaches must register on www.admskiracing.com to receive a lift ticket. Coach's must be present at the coach's meeting to receive a lift ticket. Details of training sessions will be covered at coach's meeting.

Parents Lift Tickets: Parents can purchase lift tickets at the front desk.

Start Lists/Race Results/Notification Board: Start List, Race Results, and Notification Board will be posted on www.live-timing.com. There will be no Start List handed out or Scoresheet at this event.

Team Captains Meeting: The meeting will be held outside the Race Hut at 8:10 AM.

Equipment Requirement: All athletes must be on a minimum of 17m ski radius. Be careful of your poles at mid station on the triple, if you leave them hanging they may break.

Group Order: Will be announced at TCM

Race Day Schedule:

Time	Description	Notes
7:45 – 8:15 AM	Registration	One Coach from each Club must report to the Race Hut to pick up athlete lift tickets and bibs.
8:10	Team Captains Meeting	Outside of the Race Hut
8:30	Load Lift	Exit double or triple to the left to get to Glade
8:45	Top of Course Closes	Movement Stops on the hill
8:45 – 10:30	Free Skiing of the hill	
10:30 – 11:00	Break	Coach's setting of the hill for session 1
11:00 – 1:00	Session 1	
1:00 – 1:30	Break	Adjustment of session 1
1:30 – 2:00	Inspection	
2:15 - end	Training Run	



Protests: DSQs will be posted on www.live-timing.com. Protests must be filed within the time prescribed by USSA Rules.

Results and Awards: Awards Ceremony will be held outside the Race Hut at the conclusion of the race.

Safety: Please abide by all club rules regarding safe skiing and courtesy to members. Safety bars must be lowered when riding lifts. The North side of the mountain is a slow skiing area. Please be considerate of all skiers on the hill.