



Mud Sweat n' Gears Cup U14 SG Training

January 31, 2026

Athlete/Coach/Parent Lodging: Athletes are asked to boot up and get ready in the tent outside the race hut, or in the upstairs room in the main lodge and utilize these areas for all breaks throughout the day.

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

Parking: Please park in the upper parking lot next to the HHRT Race Center and tent.

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 must be returned to the Race Hut as well as the lift ticket.

Coach Tickets: All Coaches must register on www.adminskiracing.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: Hunt Hollow will kindly make available lift tickets to the racer's family for \$40.00, and may be purchased in the lodge.

Start Lists/Notification Board: Start List and Notifications will be posted on WhatsApp. Here is the link, <https://chat.whatsapp.com/IdiwzUwsh9e9ek1CBSiiO6>

Team Captains Meeting: The meeting will be held outside the Race Hut at 8:45 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
8:15 - 8:45 AM	Registration	One Coach from each Club must report to the Race Hut to pick up athlete lift tickets and bibs.
8:30	Lifts open	
8:45	Team Captains Meeting	Outside of the Race Hut
9:00	Load Lift	Exit double or triple to the left to get to Glade
9:20	Top of Course Closes	Movement Stops on the hill
9:25 – 11:00	Free Skiing of the hill	In bib order
*11:00 – 11:30	Break	Coach's setting the hill for session 1
*11:30 – 1:15	Session 1	
*1:15 – 1:30	Break	Adjustment of session 1
*1:30 – 3:00	Session 2	

* Approximate times

Protests: DSQs will be posted on WhatsApp. 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 Sunday's 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.