



VARA - Mid Vermont Council U10 GS

Pico Mountain

Sunday, March 12, 2023

Race Slope: B-Slope

Start Time: 10:00am

Entry Fee: \$40.00 -

Registration: Bibs and Tickets can be picked up by a coach from each area at the AML at 7:45am. The AML is not to be used as a storage facility. Please use the Pico Base Lodge.

Membership: **All athletes and coaches must be current members of USSA and VARA**

**Coaches:** All coaches must sign up through adminskiracing. All coaches must be USSA and VARA members. Tickets will be with the team materials. Communication will be via What's APP

Coaches - MUST return unused Bibs and Tickets by 9:00 to the timing tower.

**Captains Meeting:** will be virtual on Saturday, March 11th at 4:30pm. The link and agenda will be emailed to all coaches signed up for the meeting and will be posted on VARA once set.

**ENTRIES:** will be made online via [www.adminskiracing.com](http://www.adminskiracing.com) Registration will close on Friday, 3-10-23 at 09:30 AM Pulls are due by Friday by 9:30 AM. (online processing fees are not refundable).

**Bibs:** All bibs will be collected at the finish area after the athletes second run. A missing bib fee will be assessed of \$100 and will be billed to the racer.

**Running order:** U10 races should be run in the following order: U10 girls, U10 boys. The running order of racers in each gender shall be organized by teams with order within the team determined by random draw. The teams will run in a different order each race. The second run will be run in reverse order, with first run DNFs running in their same place (but in reverse order) for the second run.

**Untimed 3rd run for training:** course remains open for 30 minutes for athletes to run if they wish. Jury remains on the hill.

**AWARDS based on single best run. Top 10 boys Top 10 girls**

**Parent Tickets** will be sold online only at [www.adminskiracing.com](http://www.adminskiracing.com) and will be picked up in the AML the morning of the race prior to 8:30 am. No more than two tickets per racer family will be sold. .

## **Proposed Schedule of the Day**

8:00 lift for jury/course crew

8:15-8:45 bib pickup by team capt

8:30 athletes can load lift

\*they can take warm up run on A-slope before inspection\* No freeskiing on BSlope. Hill is closed to athletes until inspection window

9:00-9:45 Inspection

9:55 Forerunners

10:00 RUN 1

No reset

RUN 2 TBD (back to back)

3rd Training Run immediately following the completion of the race. Course will remain up for 30 minutes.

## **AWARDS**

Approximately 15 min after the completion of the 3rd training run.

Top 10 girls and top 10 boys based on single best result.

DQ Reporting - DQ's will be posted via What'sApp and announced after the completion of the run. They will also be posted to the Scoreboard outside the Pico Ski Club.

*No free skiing on the race trail. All free skiing can be done on A-Slope (trail to the left of B-Slope) OR Lower Pike which is accessed off the LPT lift (Triple chair at BSlope). At the top of the LPT head straight down Bushwacker and that will empty onto the Lower Pike trail which ends in front of the Pico Base Lodge.*

## **Clean Hill Initiative**

On hill safety is a priority so please be sure that coaches backpacks and skis are behind the fence and any drills are on a holster. Please no drills in the snow (upright/angled/laying flat).