





U14 VARA State Championships

Okemo Mountain Resort

March 5-8, 2020

VARA U-14 State Championships

Thursday 3/5 (W SG) Friday 3/6 (M SG) Saturday 3/7 (GS) Sunday 3/8 (SL)

VARA U-14 Rules

Race Information

For questions please contact: <u>Eric.Friedlander@vailresorts.com</u>

Okemo Mountain Resort & Okemo Mountain School would like to welcome Vermont top U14 ski racers to Okemo for the Vermont State Championships.

Registration and Payment

This is an invitation event; athletes are chosen based on Council standings and results from the 2020 Vara Shootout. Please refer to the <u>VARA U-14 Rules</u> for more information. All Registration and payment will be online through Adminskiracing.com and must be done by 3/3 at 5:00 PM. Cost is \$190 for the entire series. No partial entries. Roster changes will only be accepted through council chairs, Requests should not be directed to the RA.

Race Arena

Super G and GS disciplines will be held on Chief which can be accessed from the A/B Lift and = Sunburst 6. The Slalom race will be on Wardance which can be accessed by the A/B lift and the Blackout Triple. Wardance and Chief are closed trails for racing as per US Ski and Snowboard rules. Only athletes' coaches and alpine officials are allowed in the race arena.















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Team Captains Meeting

First Meeting will be Wednesday 3/4/2020 at 5PM at the competition center. All other team captains meeting will be held daily at the competition center.

Bibs and Lift Tickets

Bibs will be picked up at the competition center on the first day of your competition. This will be your bib for the remainder of the event. Athletes and coaches tickets will be picked up daily at the competition center. Lift tickets are required to access lifts at all time.

Warm Up and Freeskiing

For the speed event there is no freeskiing on speed skis outside of the race arena. Athletes may warm up for technical events on any open trail. Training courses for the slalom will be below the finish area on Wardance. Please respect the public on all open trails.

Parent Tickets

Parents can pick up lift tickets at the resort service desk in the Main Base lodge for \$50 per day plus tax. Hikers may purchase a one way lift ticket on the A/B lift for \$15 which still involves hiking to both finishes on Wardance and Chief. Hiking from the base is the preferred method. There will be no downloading. Maps and directions will be available at Competition center.

Spectator Areas

Designated spectator areas on Chief are located from Nor'easter at Tower 14 outside the fence, Workroad outside the fence and the finish area by hiking up the left side of Chief. Maps will be available at the competition center. Wardance viewing with access from blackout trail at the top of the Crazy Train Park or hiking up left side of Wardance.

Awards

Awards for all 3 events will be awarded 30 minutes after the slalom outside the base lodge















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Safety Bars

As per Vermont state law safety bars are required. Athletes and Coaches not using safety bars will have their passes revoked and be removed from the event.

Slow Zones

All Athletes must observe slow zones No fast skiing in slow zones, fast skiing may result in loss of lift tickets. Notable slow zones include the exit of Chief, Wardance and all lift access areas. The entire base area is a slow zone.

Drones

Drones are not permitted at Okemo Mountain Resort

First Aid

In the event of an emergency First Aid station is located at the skiers left of the base lodge in the base of the condo building.

OMS Open House

Okemo Mountain School is hosting an open house from 2-5 at the school. 53 Main St Ludlow. Come take a look at the school and our brand new gym!

Lodging

<u>Timber Inn</u>: 802-228-8666

Happy Trails: 802-228-8888

<u>Ludlow Colonial</u>: 802-228-8188

Cavendish Point Inn: 802-226-7688















U14 VARA Tentative Schedule of Events Subject to change

Wednesday March 4th

5:00 PM Team Captains Meeting Women's SG

Thursday March 5th

7:30 AM Registration Opens

10:15 AM Inspection Close
8:30 AM coaches & athletes load lifts

10:25 AM Forerunners begin
9:00 AM Warmup run

10:30 AM Women training run
9:45 AM Women Inspection

12:30 AM Women Race
3:30 PM Men's TCM SG

Friday March 6th

7:30 AM Registration Opens
10:15 AM Inspection Close
8:30 AM coaches & athletes load lifts
10:25 AM Forerunners begin
9:00 AM Warmup run
10:30 AM Men training run
9:45 AM Men Inspection
12:30 PM Men Race
3:30 PM GS TCM

Saturday March 7th

7:00 AM Registration opens

10:45 AM Men first run

7:30 AM coaches & athletes load lifts

12:00 PM 2nd run inspection

8:15 AM Men & Women Inspection

12:30 PM Inspection closed

9:00 AM Inspection Close

12:40 PM 2nd run Forerunners

9:20 AM Forerunners begin

12:45 PM 2nd run Women

1:45 PM 2nd Run Men

3:30 PM SL TCM

Sunday March 8th

7:00 AM Registration opens

10:45 AM Men first run

7:30 AM coaches & athletes load lifts

12:00 PM 2nd run inspection

8:15 AM Men & Women Inspection

12:30 PM Inspection closed

9:00 AM Inspection Close

12:40 PM 2nd run Forerunners

9:20 AM Forerunners begin

12:45 PM 2nd run Women

1:45 PM 2nd Run Men







