

Hello racers, coaches and race families! On behalf of the Table Mountain ROC, I would like to welcome everyone to our Nancy Greene Festival weekend!

Race Weekend General Information

- Friday lift tickets must be purchased at the ticket window in the rental shop. To get the discount, athletes and parents must show their local hill's season pass.
- Please be sure your hill is registered under the reciprocal program at www.tablemountain.ca to receive any discount.
- Race day lift tickets will be distributed in the bib packages for athletes and volunteers.
- Registration table will be set up in the upper chalet at 8:45 AM Saturday and Sunday.
- Awards will be held in front of the Training Center each day approximately 30 min after the last racer.
- Lift tickets are required for riding the lift so please make sure your racers have their lift ticket on them.
- Course crew should be arriving early enough to be ready with skis on at 8:15.
- The chairlift will only run once for coaches and course crew.
- Athlete and volunteer lunches will be provided
- The upstairs room of the chalet will be available to athletes, coaches and volunteers.
- Athlete and volunteer lunches will be served on the second floor on Saturday and Sunday
- Please make sure that all skis are placed on ski racks and not left lying around.
- Helmets are mandatory, race suits will not be permitted.

Training skills camp schedule Friday Jan 9th

9:00 AM Lloyd Cole to set

9:30 AM- Coaches meet at Silver Summit chair for a quick meeting, hand out radios and get the group assignments

9:45 AM- Athletes meet at Lucky's (east) chair ready to load

10:00 AM- Warmup runs and drills

10:30 AM – Gate training

12:00 PM- Lunch break (bring bagged lunches) or support the hill and use the concession.

Coaches reset/lunch

12:45 PM- Race simulation gate training

3:00 PM-3:30 PM- Course cleanup, group slip and cool down

Race Meeting Locations

- Coaches Meetings will be held at the race shack at 9:15am Saturday and Sunday.
- The Gate Judge Meetings will be held on the deck on ground level at 9:30 AM Saturday and Sunday.
- Finisher ref will need to attend the Gate Judge Meeting on Sunday at 9:30 AM
- Timing/Hand timers Meetings at the Training Center at 9:45 AM Saturday.

IF THERE ARE ANY CHANGES, WE WILL UPDATE YOU AS THE INFORMATION COMES AVAILABLE.

Thanks for attending this weekend and best of luck to all racers!

Saturday race schedule Jan 10th

8:15 AM- Course Setters should be arriving early enough to be ready with skis on
8:45 AM - Registration/Bib pickup in upper chalet.
9:15 AM - Coaches meeting at the race shack
9:30 AM - Gate judge meeting at the deck area on ground level
9:30 AM - Chair lift opens to athletes and volunteers.
9:45 AM – Timing/hand timers meeting please meet at Timing shack
10:00 AM - Course Inspection
10:30 AM - Forerunners
10:45 AM - Run 1 start
11:30 AM - Lunch
1:00 PM - Forerunners
1:15 PM - Run 2 start
Awards 45 min after Last Racer at Clubhouse on Saturday

Sunday race schedule Jan 11th

8:15 AM- Course setters should be arriving early enough to be ready with skis on
8:45 AM - Registration/Bib pickup in upper chalet.
9:15 AM - Coaches meeting at the race shack
9:30 AM - Gate judge meeting in the meeting room next to the stairs on the second floor of the chalet
9:30 AM - Chair lift opens to athletes and volunteers.
9:45 AM - Course Inspection
10:15 AM – Forerunners
10:30 AM– 1st run; 2nd run directly following 1st run.
12:30 PM - Lunch

- Awards 45 min after teardown at Clubhouse on Sunday
- Some B net on sides of run will stay up, see chief of course (Travis) for further teardown instructions on Sunday