



6th Alpine Athletic Champion U16 Challenge

4 November 2018

EVENT NOTICE and SCHEDULE

Eligibility: U16 alpine ski racers from the Lower Mainland Zone and Vancouver Island

Event registration: <http://www.alpineathleticchamp.com/registration.html>

Location: Handsworth Secondary School, North Vancouver

Registration deadline: **27 October 2018**

Entry fees: NONE

Event format: There will be 4 events:

- Indoor A & B: spatial awareness, coordination, balance, agility, strength
- Outdoor field A: balance
- Outdoor field B: (Strength) endurance

All events will be timed, points are awarded for each event according to time (BC provincial points system: 1st: 200, 2nd:180 etc.). All points of the three events are combined at the end. The athlete may lose points at some stations if the exercise is not finished correctly or gain points if done correctly.

Awards: Main prizes for top 3 male and female athletes
Participation certificate for all athletes
Draw prizes (lots)

Volunteers: Please, sign up at <http://www.alpineathleticchamp.com/volunteers.html>

Schedule:

Sign-in: 9 – 9.25 am

Start: 9.30 – 9.50 am: warm-up
10.00 – 12.30 pm fitness challenges in- and outdoor

Awards: 2.00 pm