



**6th Alpine Athletic Champion
U16 Challenge
4 November 2018
SCHEDULE**

Sign-in: 9 – 9.25 am Handsworth Secondary School, North Vancouver, BC
(Parking in the back of the school – doors will be open on the north side of the school)

Warm-up: 9.30 – 9.50 am

Events: 10 am: GIRLS at indoor station A and BOYS at indoor station B:
Once both groups are done they switch to the other station.
11.45 am: After indoor station is done the athletes move to the outdoor stations.

Awards: 2.00 pm
Main prizes for top 3 male and female athletes
T-shirt and participation certificate for all athletes
Draw prizes (lots)

Event format: There will be 4 events – two events in the gymnasium (one new event!), one event under the trees and one event at the outdoor track. For exact location see google maps at event/venues
www.alpineathleticchamp.com:

- Gym I station a & b: agility, coordination, strength
- Outdoor field: balance
- Outdoor track: 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.

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

Awards: 2.00 pm