



8th Alpine Athletic Champion U16 Challenge



7 November 2020



SCHEDULE



Sign-in: 1:00 – 1:15 pm GIRLS
1:15 – 1:30 pm BOYS

Location sign-in: Mickey MacDougall gym, outside main entrance, North Vancouver, BC

Warm-up and Practice: 1:20 – 1:45 pm GIRLS warm-up (includes intro to course)
1:40 – 2:05 pm BOYS warm-up (includes intro to course)

Events:

2:00 pm: GIRLS at indoor station
Once athlete is finished with 1st indoor station, move on to station 2 (outside) and station 3 (Norseman field, opposite Harry Jerome Rec Centre)
BOYS follow girls

Awards: 4.15 pm
Main prizes for top 3 male and female athletes
Hats, participation certificate and swag bag from Fitter1 for all athletes
Draw prizes (lots)

To bring:

- Biking gloves or gloves with grip (we will have some but if you could bring your own you know they fit)
- Mask for the gym (used during waiting time for your turn)

Event format: There will be 3 events – one event in the gymnasium, two events outdoors. For exact location see google maps at event/venues www.alpineathleticchamp.com:

- Gym: agility, coordination, strength
- Outdoor field: balance, strength (endurance)

Two events will be timed and points are awarded for each event according to time (BC provincial points system: 1st: 200, 2nd:180 etc.). One event will be scored by points only. 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>