



10th Alpine Athletic Champion U16 Challenge



30 October 2022

SCHEDULE



Sign-in: 8:45 – 9:00 am Westview Elementary School, North Vancouver, BC

Warm-up and Practice: 9:00 – 10.15 am

Events:

10.15 am: GIRLS at indoor station BOYS at jousting
Once both groups are done they switch to the other station (see below sequence)

Awards: 1:30 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 – one event in the gymnasium, two events outdoors and jousting as a separate event. For exact location see google maps at event/venues www.alpineathleticchamp.com:

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

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. The jousting event is an additional event and there will be a small prize for the winners

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

Order of events:

FEMALE	MALE
1. INDOOR 2. OUTDOOR 3. JOUSTING PUSH-UPS ANY TIME	1. JOUSTING 2. INDOOR 3. OUTDOOR PUSH-UPS ANY TIME