



★ L I V E L I K E M I K I ★

# 2024 ALPINE ONTARIO ALPIN SKI CROSS PROVINCIALS

<b>DATE(S):</b>	Friday, March 22 — Sunday, March 24, 2024
<b>LOCATION:</b>	Laurentian Ski Hill, 15 Janey Ave, North Bay, ON, P1C 1N1
<b>ELGIBILITY/ CATEGORIES:</b>	<b>Alpine and SX participants must be registered with AOA/ACA as a member.</b> Please register on <a href="http://www.alpineontario.ca">www.alpineontario.ca</a> or contact your PSO. U8, U10, U12, U14, U16, OPEN/FIS (ages as of Dec. 31st, 2023) <b>MALE &amp; FEMALE</b> If you are not in good standing, please contact <a href="mailto:membersservices@alpineontario.ca">membersservices@alpineontario.ca</a>
<b>FORMAT:</b>	Friday, March 22: Mandatory Training Saturday, March 23: Training & Race (Race to Qualify) LIVE LIKE MIKI Sunday, March 24: Training & Race (Race to Qualify)AOA SX PROVINCIALS <b>Detailed schedule attached</b>
<b>EVENT HOST:</b>	Elite Alpine Ski Cross
<b>EVENT OFFICE:</b>	Main Lodge (Upper Chalet)
<b>SANCTION:</b>	Alpine Ontario Alpin/ Alpine Canada Alpin
<b>RULES:</b>	The FIS International Competition Rules for Freestyle
<b>REGISTRATION:</b>	<b>Please submit your race entries on <a href="http://alpinepoints.ca">alpinepoints.ca</a></b>  If you are unable to submit your race entry through <a href="http://alpinepoints.ca">alpinepoints.ca</a> , please send registration information to <a href="mailto:kandjbaird@yahoo.com">kandjbaird@yahoo.com</a> , including the following information about the athlete(s): Full Name, Gender, Year of Birth, ACA Card #, Club Name, Telephone #, Email address, Emergency Contact Name and Telephone #  <b>Registrations must be received by 9:00 PM Wednesday, March 20, 2024.</b>
<b>QUOTA:</b>	Division and/or Club quotas as established by host club may apply.
<b>RACE/TRAINING ENTRY FEE:</b>	Event cost per <b>U10-OPEN Athlete</b> : \$110 Race fees <ul style="list-style-type: none"> <li>• \$95 3-day lift tickets</li> <li>• Event giveaway included</li> </ul> Event cost per registered <b>FIS Athlete</b> : \$95 3-day lift tickets <ul style="list-style-type: none"> <li>• Training and race entry fee is waived.</li> <li>• No giveaway included, but swag can be purchased</li> </ul> *Please note that some proceeds/profits will go to the Mikayla Martin Foundation.*



<b>PAYMENT:</b>	Payment can be made via e-transfer prior to race event. <a href="mailto:elitealpineskicross@hotmail.com">elitealpineskicross@hotmail.com</a> If paying by cash or cheque; full payment must be received upon arrival Friday morning (March 22) at 8:30 AM registration/check-in/bib pick-up. If not paid, the athlete will be removed from the event.
<b>COACH(ES) LIFT TICKET:</b>	Coaches can purchase lift tickets at a discounted rate of \$27.00 per day. Please allow for these costs when determining your coaching costs with your own athletes.
<b>TC MEETING:</b>	#1 - 4:00 PM Friday, March 22 in "The Butterbox" after training (Top of beginner hill) #2 - TBD (following race) Saturday, March 23 in the "The Butterbox"
<b>PROTEST:</b>	All protests will be dealt with by the event jury.
<b>AWARDS:</b>	Medals will be awarded to the top (3) finishers (Male & Female) for each age category.
<b>BIBS:</b>	Bib Deposit: \$100.00 per team (by cheque) payable to: Elite Alpine Ski Cross. Bib deposits will be returned after all bibs have been returned.
<b>COURSE CREW:</b>	Chief of Race: Chris Ransom Chief of Course: Ken Smith Elite Alpine Ski Cross Liaison: TBD TD: TBD Race Secretary: Kris Baird ( <a href="mailto:kandjbaird@yahoo.com">kandjbaird@yahoo.com</a> ) Connection Coach: Jason Sullivan Medical: Laurentian Ski Hill Ski Patrol
<b>OFFICIALS/ VOLUNTEERS:</b>	Volunteers are welcomed and if you can assist, please contact Tammy Hyatt <a href="mailto:tnt.hyatt@hotmail.com">tnt.hyatt@hotmail.com</a> . No Ski Cross or Alpine race experience is necessary, as the ROC will train and assist. Volunteer passes: Complimentary, if pre-registered as a member of the course crew.

Event Supporters:



The Race Organizing Committee, Elite Alpine Ski Cross, the executive of the Elite Alpine Ski Cross, the executive of the Northern Ontario Division Alpine, Alpine Ontario Alpin, and Alpine Canada Alpin cannot be held responsible for any accident which may occur during the event.



# ★ ★ S C H E D U L E ★ ★

March 22, 2024 SX Training	Registration/ Check-in/ Bib Pick-up	8:00 AM — 9:30 AM
	Inspection (additional times will be added throughout the day, if needed)	9:30 AM – 10:00 AM
	Training: Progressive speeds and Sectional Track Training	10:15 AM – 12:00 PM
	BREAK	12:00 PM - 12:45 PM
	Training: Full track, all features and starts	12:45 PM - 3:30 PM

March 23, 2024 Annual LIVE LIKE MIKI SX Race	Warm-Up (Outside of the Track) Runs: Slingshot, Maples, and Airplane	9:00 AM – 9:30 AM
	Inspection (Track closes 9:50 AM)	9:30 AM – 10:00 AM
	Training Runs: Full track (min. 2 runs)	10:10 AM – 11:00 AM
	Qualifications/Races	11:15 AM – 12:15 PM
	BREAK	12:15 PM – 12:45 PM
	Finals	1:00 PM

March 24, 2024 AOA SX PROVINCIALS	Warm-Up (Outside of the Track) Runs: Slingshot, Maples, and Airplane	9:00 AM - 9:30 AM
	Inspection (Track closes 9:50 AM)	9:30 AM – 10:00 AM
	Training Runs: Full track (min. 2 runs)	10:10 AM – 11:00 AM
	Qualifications/Races	11:15 AM – 12:15 PM
	BREAK	12:15 PM — 12:45 PM
	Finals	1:00 PM
	Awards	TBD

**\*Please Note: Schedule is subject to change**