

CAPITAL REGION SKI SEASON 2024

Dates:

Race 1	Feb 6th, 2024
Race 2	Feb 13th, 2024
Race 3	Feb 20th, 2024

Storm dates to be determined.

Metro and Capital Region Banners will be given out at Provincials or sent to the schools.

Provincials March 6th @ Wentworth

Day Format: Race

Halifax regions inspection will start after the Northern region completes their race. Estimated time of race is 12 noon.

Halifax setup will begin at 9 am with a coaches meeting and bibs distribution once the start list is verified by each school.

Racers can pick up their bib at the base of the hill after their warm up runs.

Inspection will follow the Northern Race, followed by the racers 2 runs.

Racers can pick up their bib at the bottom of the hill from their coach.

**Ski provincials are set for March 6th at Wentworth
Start time 8:30am. More info to follow...**

Registration:

Please confirm your schools participation this year by emailing Derek asap nicholsd@hrce.ca

Register your team(s) by email to Derek Nichols at the email address above; we will use the HRCE email this year.

Team Register done by 2pm on the Monday before the race

- Number of racers per team is 5 (top 3 best runs count)
- Each school can enter more than one team
- Top 3 Individual racers can also qualify for provincials, meaning that schools do not need a complete team in order to compete.
- Maximum of one team per school per division per classification is eligible to advance to provincials

Classifications are Senior/Intermediate/Junior* and Boys/Girls

23.1 Age Classification

Senior – Second and Third year high school

Intermediate – Grade 9 and First year high school

Junior – Grade 7 and Grade 8 students

See attached for roster format.

Racer Fees: High School Race Day Prices 2024
Lift: \$30.00
Rental (Exchange Students only): \$35
2 free Coaches Lift Tickets per team

Exchange students who ski in their home country are the only Racers Allowed Rentals

Teams must pay a Racer Fee of \$15.00/person per race, this covers use of timing equipment, bnet, hill space, and ski patrol and race staff. Ski Wentworth will invoice this.

A one-time competition cost of \$15 per racer will be invoiced at the end of the 3 races. A cheque to cover the invoice will be sent to Bay View High School.

Gate Judges: Please have at least two representatives per school to volunteer with management tasks, such as gate judges, starters, timers, and to get the bibs ready etc.

Contact Info: Derek Nichols (BVHS)
(902)-240-8086 (cell)
nicholsd@hrce.ca

REGISTRATION

Could you please send your rosters in this exact excel or sheets format if possible
Teams need to be a minimum of 3 and max of 5 racers.
Spares can be sent and do not need to be part of a team, they will compete individually
*** Please include division (senior boys, intermediate girls, junior boys etc) ***

Capital Region Website

<https://sites.google.com/gnspes.ca/capitalregionskiing/home>

Please use EXCEL if possible

The screenshot shows a Microsoft Excel spreadsheet with the following content:

1																		
2																		
3	School:	Cole Harbour																
4																		
5																		
6																		
7	Name		School	Division	Rank													
8																		
9	Derek	Nichols	CH	SB	1													
10	Dave	Denike	CH	SB	2													
11	Jay	Scott	CH	SB	3													
12	Jim	Fisher	CH	SB	4													
13	Jack	Rish	CH	SB	5													
14	Sammy	Richard	CH	SB	6													
15																		
16																		
17																		
18	SB	Senior Boys																
19	IB	Inter. Boys																
20	JB	Junior Boys																
21																		
22	Rank																	
23	Please rank the skiers as teams																	
24	1 to 5	Team 1																
25	6 to 10	Team 2																
26	extra skiers will run as individuals																	

High School Race Day Prices 2024

Racers

Lift: \$30.00

Rental: \$35.00

2 free Chaperone Lift Tickets per team

Teams must pay a \$15.00/person Racer Fee which covers use of timing equipment, bnet, hill space, ski patrol and race staff.

Night Practice – Training Prices 2024

Racers

Lift: \$20.00

Rental: \$22.00

Coaching fee (2 hours + course set up) \$150

Coaching is only on Thursday nights.

Every Coach must check in with the Student list completed at the rental shop upon arrival for both race days and practice nights.

****All prices do not include tax**