

LARCH HILLS SPRINTS

A Fun Event for Skiers of all Ages and Abilities

Date: Sunday, February 15th

Location: Larch Hills Ski Area

Times: Individual Sprints - 10:00 am
Relays - Early afternoon

Registration: **Pre Registration Only** **DEADLINE** – Thursday, Feb 12, 10:00 pm
By Email: pnychutch@telus.net By phone: 250 832-7242
To register, please provide Name, Gender and Age (as of race day)

Bib Pick Up: Sunday, Feb 15, 8:30 to 9:30am
Waiver signing and payment at same time
Parents not attending race must sign attached waiver

Distances: 100m, 200m and 400m (distances approximate)

Technique: Free Technique

Heats: Random Draw for first heat - no time trial
First two (of four, depending on number in category) advance
A and B Flights – everyone races at least twice

Fee: 15 and under – \$3 16 and over - \$5

Refreshments: Sport drink and water provided

Categories and Distances:

7 and Under	100 M
8 and 9	100 M
10 and 11	200 M
12 and 13	200 M
14 and 15	400 M
16 to 30	400 M
31 to 50	400 M
51 and Over	400 M