



MIELE FIS BC CUP and WESTERN CANADIAN FIS-J1 CHAMPIONSHIPS 2010
MARCH 2 – MARCH 7, 2010
SILVER STAR MOUNTAIN RESORT, VERNON, BRITISH COLUMBIA, CANADA

WELCOME TO SILVER STAR!

The Vernon Ski Club in partnership with Silver Star Mountain Resort is very pleased to welcome you to the Miele FIS BC Cup and Western Canadian J1 Championships. We are privileged to host an event that contributes to the development of our future champions and continues to build the foundation for alpine ski racing across North America.

Whether you are an athlete, coach or visitor, we sincerely hope you enjoy your stay in the Okanagan.

Best of luck to all of the competitors!

What you will find in this Guide

This guide has been provided to answer basic questions and provide general information about the race venue and events. Be aware that **schedules and events identified in this guide are subject to change**. Updates to information and daily programs will be provided during the team captains meetings and will be available at the race office during the event. Please feel free to pay us a visit if you have any questions or require additional information.

Silver Star Etiquette and Piste Rules

Please be aware of some of the rules we have here at Silver Star that help ensure your visit is as safe and fun as possible:

- For the safety of all guests, Ski Patrol enforces a Slope Watch Program to ensure the safety of our skiers and boarders. They have the right to remove skiing privileges based on reckless skiing or excessive speed in areas open to the public. Fast skiing in slow zones is FORBIDDEN
- When skiing near any machinery (snowmobiles, groomers, ski patrol, etc) you MUST ski cautiously, in control and NO SPEED TUCKS
- When exiting training zones or race courses please decrease speed and exit in a slow cautious manner





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Schedule of Events

The following schedule is subject to change. Updates will be provided at the nightly coaches meetings. Please check with your coaches for the most up to date information.

Event	Location	Date	Approx Start Time
Super G Training	Gypsy Queen	March 1, 2010	10:00 AM
Super G	Gypsy Queen	March 2, 2010	11:00 AM
Super G	Gypsy Queen	March 3, 2010	11:00 AM
GS	Gypsy Queen	March 4, 2010	9:30 AM
GS	Gypsy Queen	March 5, 2010	9:30 AM
Slalom	Gypsy Queen	March 6, 2010	9:00 AM
Slalom	Gypsy Queen	March 7, 2010	9:00 AM
Pre-Race Warm-up	Big Dipper	Daily	TBA

First Team Captains Meeting:

- 6:00 PM Sunday February 28th. National Altitude Training Center Auditorium (#13 on the Silver Star Village map), behind the Bulldog Hotel. Go to the following link for Silver Star maps: http://www.skisilverstar.com/home_showSection_ID_70.html

Remember:

- All racers are expected to assist with daily course tear down. Specific requirements will be announced at the nightly coaches' meetings.





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Daily Program

The following is a generic schedule that is subject to change depending on the needs of each race day. PLEASE verify inspections and race times with your coaches on a daily basis! All athletes must be prepared for last minute changes to the race event schedule and daily program.

Volunteers, PLEASE check in at the race office on time. Gate judges and timing crew must at the race course at least 40 minutes in advance of the first forerunner. Plan for a 15 minute cycle time from the race office to the Gypsy Queen race venue.

Time	
6:45 AM	Early Course Crew depart to Gypsy Queen (if required)
7:00 AM	Race Office Opened
7:00 AM	Course Worker Check-in
7:25 AM	Jury Load Comet
7:30 AM	Gate Judge Check-in
7:45 AM	Racers Load Comet; Training on Big Dipper
7:45 AM	Jury Inspection
8:30 AM	Comet opened to public
8:30 AM	Racer Course Inspection
9:30 AM	Run 1 Start
1:00 PM	Run 2 Start
3:30PM	Races Complete
4:30 PM	Awards (Village Centre)





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Where is the Clubhouse/Race Headquarters?

- The Race Office is located on the upper floor of the **Vernon Ski Club Cabin**. The club cabin is directly adjacent to the National Altitude Training Centre, at the entrance to Parking Lot "C". Check out the Silver Star maps: http://www.skisilverstar.com/home_showSection_ID_70.html
- Coaches meetings and bib toss will be held at the **National Altitude Training Centre** (#13 on the Silver Star Village map), behind the Bulldog Hotel.
- Volunteers are being coordinated from the **Vernon Ski Club Cabin**.

Lift Tickets

- Teams should pre-arrange their lift tickets requirements with Silver Star Mountain.
- Complementary volunteer lift tickets will be provided, daily, at the time of volunteer check-in at the Vernon Ski Club cabin.
- Additional lift tickets for visitors can be purchased from the main ticket booth in the village center. Discounts may be available for multi-day passes.

Ski Tuning Facilities

- Teams should arrange their own ski tuning facilities where they have booked accommodation
- A 'back-up' tuning room is available on the basement of the National Altitude Training Center. Please contact the Race Administrator to confirm use of this space.





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Where is the race?

- All race events will be held on **Gypsy Queen** on the Putnam Creek (back) side of Silver Star Mountain. (check out the Silver Star Trail Map)
- Access the back side from the top of the Comet (6-Pack) Express Chair. Ski via *Bergerstrasse* to the top of the Powder Gulch Express Chair. *Aunt Gladys* is the connecting run to *Gypsy Queen*.
- Due to limited access to Putnam Creek, non-skiing spectators will not be permitted.

Facilities in Putnam Creek

- **Paradise Camp** is a small restaurant/day lodge at the top of the Powder Gulch Express chair. Hot meals are available for purchase but be aware that space can be somewhat limited, particularly on weekends. Athletes, coaches and race officials are asked to use the facilities that have been set up specifically for the race participants.

What about Volunteering?

Ski racing is powered by volunteers! Join our team this week and meet some great people who share your dedication to ski racing. We need volunteers to make the event a success!

- If you would like to volunteer as a gatekeeper, side slipper or for course maintenance please register at the **Vernon Ski Club Cabin**. Pre-registration is not mandatory, but is appreciated.
Visit <http://bcalpine.com/content/schedules/volunteer/> to pre-register on-line.
- Volunteers meet daily at the Vernon Ski Club Cabin. Course workers please join us at 7:00 AM and gate keepers meet at 7:30 AM.
- Complimentary lift-tickets and lunches will be provided for volunteers at the time of check-in.
- Other Questions? Contact our Volunteer Coordinator, Sheryl Bolton
Sheryl@boltons.ca

We appreciate all of our volunteers! Join us for an informal meet and greet, daily after the races at the Vernon Ski Club Cabin. Thank you for your help!





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Start Lists and Race Results

- Start lists and general race information will be available in the race office at the Vernon Ski Club cabin each morning prior to the race.
- Remember that the race office is particularly busy in the mornings. Information will be distributed on a priority basis to race officials and coaches. We are more than happy to assist parents and visitors, but please be patient!
- Second run start lists will be available in the start area on the race course. Additional copies will also be available in the race office.
- Hard copies of the race results will be available to coaches and race officials from the race office, daily, following the completion of the awards ceremony.
- Live Timing will also be available during the event, check the website frequently.

Additional Information About Silver Star

Silver Star provides access to a wide range of activities including cross country skiing, snowmobiling, snowshoeing, skating and tubing. The mid-mountain village is home to a variety of shops and restaurants.

Information regarding all that Silver Star has to offer can be found at the Guest Services office in the village centre. You can also find information on line at www.skisilverstar.com

DON'T FORGET!

...to recognize all of our volunteers and sponsors. Without their contributions, this event wouldn't happen. Take the opportunity to thank your supporters...they believe in the investment they have made in you!

Special thanks to **Silver Star Mountain Resort** for building and maintaining a great race venue! Their support for our race events is unparalleled, we love *OUR* Mountain!

Have a Great Week!

