

WGCSRC SPOOKY SLALOM

1825 **GLOW STICK DESCENT**

Group 1 timings (u8/10)

1830: Open Practice with your coach

1850-1900: Course inspection

1900-1920: Timed runs 1-3

1920: Medals

1945: Back on skis to train

Group 2 Timings(u12)

1830: Open Practice with your coach

1920-1930 Course inspection

1930-750: Timed Runs1-3

1950: Medals

2010: Back on skis to train

GROUP 3 TIMINGS(U14/16)

1845: Open Practice with your coach

1950-2000: Course Inspection

2000-2020: Timed runs 1-3

2020: Coach awards medals

2030: Back on skis to train

GROUP 4 TIMINGS(U18/21/Sen/Mas)

1845: Open Practice with your coach

2020-2030: Course Inspection

20.30-2050: Timed runs 1-3, followed by medals

If you are **U12 or below** then your Open Practice will start at 1830 All others may start at 1845. Bibs must worn for Open practice and until you have completed timed runs. Bibs to be returned to box after timed runs. You will be charged £25 if your bib is not returned.

PLEASE REMEMBER THIS IS A FUN ADDITION TO A TRAINING NIGHT. NO OPPORTUNITY TO TUNE SKIS BETWEEN RUNS. SOCIALLY DISTANCE AT ALL TIMES WHILST QUEING AND GETTING READY.

KEEP THE SPACE IF YOU WANT TO RACE