



Alyeska Cup and U16/U19 Alaska State Championships

Sunday, February 9, 2020

U12 – U14 SL

- 9:15** Coaches, officials (TD, Chief of Race, Chief of Course, Referees) course crew and setters meeting – Upstairs RTC
- 9:45** Coaches, officials, course crew and setters load – Early load credentials required
- 9:55-10:25 Course set - Race 1
- 10:00** Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
- 10:10 Jury inspection – Race 1
- 9:45 Volunteers meeting – Upstairs RTC
- 10:15** **Athletes Load - Bibs must be worn and clearly visible to load lift**
- 10:25-10:55 Course inspection - Race 1
- 10:45 Gatekeepers at start
- 11:10 1st run start – First Forerunner
- 11:15 1st Racer Start
- 12:30 2nd run start – First Forerunner
- 12:35 1st Racer Start of 2nd run
- 1:45 Course set/redress- Race 2 (Jury inspection to follow with set)
- 1:50- 2:15 Course inspection - Race 2
- 2:00 Gatekeepers at start
- 2:30 1st run start – First Forerunner
- 2:35 1st Racer Start
- 3: 55 2nd run start - Race 2 – First Forerunner
- 4:00 1st Racer start 2nd run
- Team captains meeting – Upstairs RTC**



Alyeska Cup and U16/U19 Alaska State Championships

Monday, February 10, 2020

U12 – U14 GS

- 9:15** Coaches, officials (TD, Chief of Race, Chief of Course, Referees) course crew and setters meeting – Upstairs RTC
- 9:45** Coaches, officials, course crew and setters load – Early load credentials required
- 9:55-10:25 Course set - Race 1
- 9:45** Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
- 10:15 Jury inspection – Race 1
- 10:15** Athletes Load - Bibs must be worn and clearly visible to load lift
- 10:25-10:55 Course inspection - Race 1
- 10:45 Gatekeepers at start
- 11:10 1st run start – First Forerunner
- 11:15 1st Racer Start
- 12:10 2nd run start – First Forerunner
- 12:15 1st Racer Start of 2nd run
- 13:10 Course set - Race 2 (Jury inspection to follow with set)
- 1:55 - 2:25 Course inspection - Race 2
- 2:15 Gatekeepers at start
- 2:40 1st run start – First Forerunner
- 2:45 1st Racer Start
- 3:40 2nd run start – First Forerunner
- 3:45 1st Racer Start – 2nd Run
- Team captains meeting – Upstairs RTC**



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Tuesday, February 11, 2020

U12/U14 Super G Training

9:15		Coaches, Course Crew, Officials, Starter Meeting – RTC Upstairs	
9:45		Course Crew, Coaches Load Lift	
10:30		Athletes Load Lift	
10:05	-	10:35	Course Set - Jury to Follow
10:45	-	11:15	Course Inspection
11:35			Course Freeze - Coaches in Position
11:45			First Training Run #1 Start - 45 sec intervals
1:45			Mandatory Course Prep/Slip (all athletes)
1:50			Course Freeze - Coaches in Position
2:00			Second Training Run #2 Start - 45 sec intervals
			Team Captains Meeting
3:40	-	5:00	U16/U19 SG Training Lower Bowl (coach directed)



Alyeska Cup and U16/U19 Alaska State Championships

Wednesday, February 12, 2020

U12/U14 2-Super G

9:15		Coaches, Course Crew, Officials Meeting - Upstairs RTC
9:45		Course Crew, Coaches Load Lift
10:00		Athletes Load Lift
10:05	-	10:30 Athlete training on Race Trail
10:15		Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
10:45	-	11:15 Course Inspection
11:00		Gate Keepers at the Start
11:25		Course Freeze - Coaches in Position, Gatekeepers in Place
11:30		First Race Forerunner
11:35		First Race Start - 45 sec intervals
1:15		Second Race Forerunner
1:20		Second Race Start - 45 sec intervals
3:00	-	5:00 FIS/USSA GS Training Lower Bowl (coach directed)
		AWARDS and Team Captains Meeting



Alyeska Cup and U16/U19 Alaska State Championships

Thursday, February 13, 2020

U16 - SR 2-Super G

9:15		Coaches, Course Crew, Officials Meeting - Upstairs RTC
9:45		Course Crew, Coaches Load Lift
10:00		Athletes Load Lift
10:05	- 10:30	Athletes Warm Up - Race Trail Only (Steilhung Access Only)
10:10	- 10:40	Course Set, Jury Inspection
10:30		Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
10:50	- 11:40	Course Inspection
11:30		Gatekeepers at Start
11:40		Course Freeze - Coaches in Position, Gatekeepers in Place
11:45		First Forerunner
11:50		SG Race #1 Women's Start, Men to Follow
12:50		First Forerunner
12:55		SG Race Race #2 Start - 45 sec intervals, Men to Follow
2:00	- 3:45	SG Training – SG Venue
		Team captains meeting – Upstairs RTC



Alyeska Cup and U16/U19 Alaska State Championships

Friday, February 14, 2020

U16 - SR GS

- 9:00** ASC coaches, officials (TD, Chief of Race, Chief of Course, Referees) course crew and setters meeting – Upstairs RTC
- 9:45** Coaches, course crew and setters load – Early load credentials required
- 9:50-10:20 Course set - Race 1
- 10:00 Jury inspection – Race 1
- 9:45** Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
- 10:00** Athletes Load - Bibs must be worn and clearly visible to load lift
- 10:10-10:40 Course inspection - Race 1
- 10:30 Gatekeepers at start
- 10:55 1st run start – First Forerunner
- 11:00 1st Racer Start
- 11:40 2nd run start – First Forerunner
- 11:45 1st Racer Start of 2nd run
- 12:30 Course set - Race 2 (Jury inspection to follow with set)
- 1:00 - 1:30 Course inspection - Race 2
- 1:20 Gatekeepers at start
- 1:45 1st run start – First Forerunner
- 1:50 1st Racer Start
- 2:35 2nd run start – First Forerunner
- 2:40 1st Racer Start – 2nd Run
- Team captains meeting – Upstairs RTC**



Alyeska Cup and U16/U19 Alaska State Championships

Saturday, February 15, 2020

U16-SR SL

- 9:00** ASC coaches, officials (TD, Chief of Race, Chief of Course, Referees) course crew and setters meeting – Upstairs RTC
- 9:45** Coaches, course crew and setters load – Early load credentials required
- 9:50-10:20 Course set - Race 1
- 10:00 Jury inspection – Race 1
- 9:45** Gate judges, timing room, hand timers, starters meeting – Upstairs RTC
- 10:00** Athletes Load - Bibs must be worn and clearly visible to load lift
- 10:10-10:40 Course inspection - Race 1
- 10:30 Gatekeepers at start
- 10:55 1st run start – First Forerunner
- 11:00 1st Racer Start
- 11:25 2nd run start – First Forerunner
- 11:30 1st Racer Start of 2nd run
- 11:55 Course set - Race 2 (Jury inspection to follow with set)
- 12:35 - 1:05 Course inspection - Race 2
- 1:00 Gatekeepers at start
- 1:20 1st run start – First Forerunner
- 1:25 1st Racer Start
- 1:50 2nd run start - Race 2 – First Forerunner
- 1:55 1st Racer start 2nd run
- AWARDS**