



West Mt. Racing

Welcome to West Mountain and the Mud Sweat 'N Gears U14 Super-G Training + Race Event Series hosted by West Mountain Racing

March 6-7, 2021

Registration is available at adminskiracing.com

Registration is limited to 100 athletes (MTN and ADK Councils only) and closes March 5 (must be current with USSS and NYSSRA to register and participate)

Online registration only. We will not accept any same-day registrations or registrations after registration closes.

Please make sure to fill out the health check screenings from [adminskiracing](http://adminskiracing.com) (at least 24 hours before the event) and the day-of screening you will receive from RA Margaret Godsil via a Google Form via email

Please read over West Mountain's health and safety guidelines [available here](#) before attending the event

Pre-Event Questions: Sara Montgomery sara@westmountain.com

RA: Margaret Godsil margaret@westmountain.com

Team Captain's Meeting 7pm

Friday, March 5 7pm

Join Zoom Meeting

<https://zoom.us/j/92899589998?pwd=ay93b21WRHByQ2xLM1BaYUpyRjVZUT09>

Meeting ID: 928 9958 9998

Passcode: pEu4J6

WMR U14 SG Training Day

Saturday, March 6, 2021

7:30	Lift Opens for Course Setters
8:00 - 8:15	Registration in Tent next to Base Lodge – Coaches Pick Up Bibs. Athletes keep the bibs for both days
8:15	Coaches Course Assignments will be distributed near fire pit.
8:30	Lifts Open for Athletes & Coaches
8:30 - 9:15	Warm Up & Inspection of SG Elements
9:30-11:30	Training for the Elements of Super-G (1/2 hour per element)
11:30-12:00	Free-Skiing Run on SG Trail (Cure/Mackerel/GnarWall/Face) (30 second intervals)
12:00-12:30	LUNCH
12:30	Load Lifts for Training Runs (2)
12:45- 1:15	Inspection of SG
1:30- 3:30	SG Training Runs (2 runs, time permitting) (45 second intervals)

Elements of Super-G:

All Elements are on the *Face* (lower lift)

Station #1: Tucking: Speed Trap for Tucking.

Station #2: Jump: Stepped Starts for Riding a Jump

Station #3: Rolls: Absorbing Camel Bumps

Station #4: Tuck Turns: Lane of 30 m Turns.

Team Captain's Meeting 7pm

Saturday, March 5 7pm

Join Zoom Meeting

<https://zoom.us/j/92123183856?pwd=TGxqYVAXS0FVaTRPclovT21qSC9kZz09>

Meeting ID: 921 2318 3856

Passcode: VOHJKK

WMR U14 SG Race Day

Sunday, March 7, 2021

7:30	Lift Opens for Course Setters
8:00- 8:15	Registration in Tent: Open for questions. Use same bib as Saturday.
8:15	Coaches Course Assignments will be distributed near fire pit.
8:30	Lifts Open for Athletes & Coaches
8:45- 9:45	Inspection of SG Course
10:00-11:00	Training Run on Racecourse
11:15-11:45	Re-Inspection of SG Course
11:45-12:30	LUNCH
1:00- 2:30	Race Start.
2:30- 3:00	Pick Up all Gates.

Race Trail: Lower Cure/Gnarwall/Face; located adjacent to the new Quad Face Lift directly behind the Main Lodge.

Spectating: As per NYSSRA and USSS, spectating is prohibited.

Results: All results will be listed [HERE](#). Top finisher announcements will be made following the race.

Parent/Sibling tickets: Due to capacity restrictions, all parent/sibling discounted tickets (\$35) must be purchased in advance at westmountain.com.

Timing: The race can be viewed on Live timing. Please remember results on Live timing are not official.

Protests: Must be submitted in writing at the finish building within 15 minutes of the posting of the referee's report on live timing, accompanied by a \$75 protest fee. Jury meetings will be in the timing room above the Race Building.

Officials Check-In/Tickets: Will be distributed under the Tent

Coaches Check-In Tickets: Will be distributed under the Tent

Volunteer Check in/Tickets: Will be distributed under the Tent

Dining: The West Express Cafe in the Main Lodge will be open Saturday and Sunday at 7:30 AM and offers coffee, delicious breakfast sandwiches and more! Due to indoor capacity restrictions this season, a limited menu will be available in the restaurant. Only those purchasing food and warming up will be able to use the tables indoors and under the tents for up to 30 minutes. All those bringing their own food can use our outdoor picnic areas (more details available in our health and safety document at the top of the page).

Ski Tuning: Race tuning with quick turn-around time? No problem. We have a Montana tuning machine in our West Mountain Sports Shop, located across the courtyard from the Main Lodge.

West Mountain Racing: Interested in learning more about West Mountain Racing. Please visit westmtracing.com.

Thank you to our Title Sponsor!

