

The Castle Mountain Resort Ski Mountaineering Race Briefing

Friday, January 6th, 2023 - Vertical Race

Saturday, January 7th, 2023 - Sprint Race

Sunday, January 8th, 2023 - Individual Race

Presented By:



All Races - Rules



International Ski
Mountaineering
Federation

<http://www.ismf-ski.org/webpages/official-texts/sport-regulations/>



Vertical Race

Elevation Gain - 556m (1830ft)

Divisions

Adult (18+), Junior (under 18), Masters (35+)

Start Time

Friday at 4:00pm

Bag Drop & Start Line instructions

3:15-3:45pm



SKIMO CANADA



Sprint Race

Divisions

Adult (18+)

Junior (under 18)

Masters (35+)

Start Time

Saturday at 1:00pm (multiple heats)

Details

Total elevation gain & loss: 150 ft/45.72 m

Two uphill skinning, one bootpack section

One DH slalom section

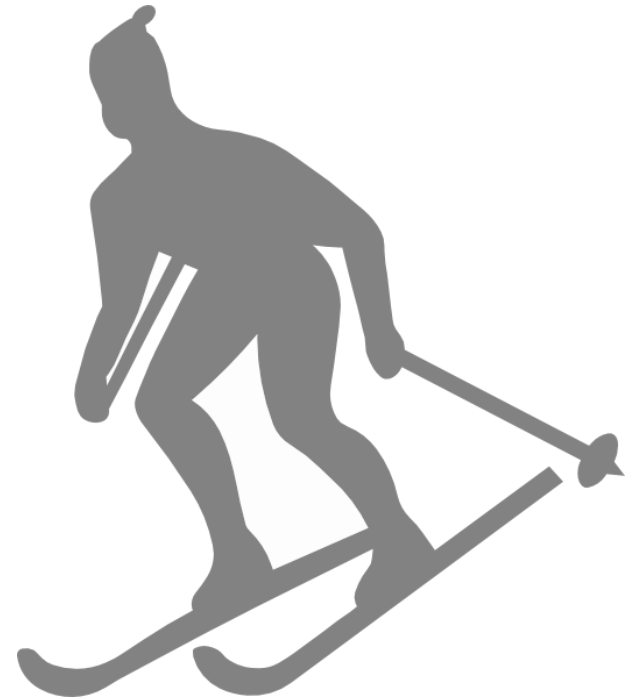
Weather review at start



SKIMO CANADA

Sprint Race Material

- **Skins**
- **Skis or Splitboard with bindings**
- **Poles**
- **Boots**
- **Rucksac (minimum 20L)**
- **Helmet**
- **Gloves (must cover whole hand all the way to the wrist)**
- **Hat, toque, or similar**
- **Warm layers for in between heats**



Sprint Instructions

- Race number must be secured to right thigh
- Be at the start corral prior to 1:00pm (course will be available for warm up prior to race)

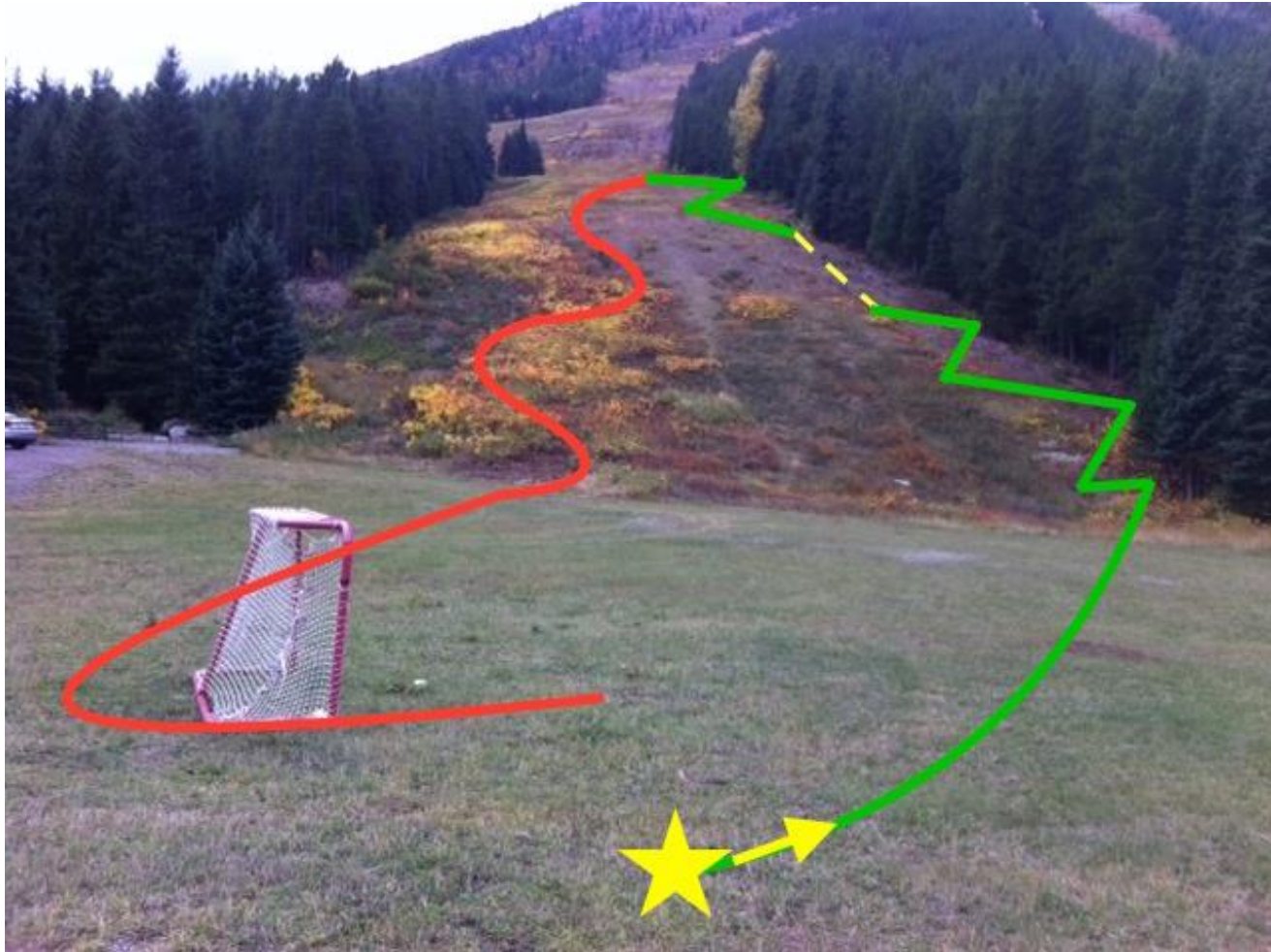
Note:

- *Skis on rucksac at all boot pack sections*
- *Helmets are mandatory*
- *Poles flat on ground during transitions*
- *Follow instructions of volunteers at all transition areas.*
- *Green flags denote 'Up' tracks, Red flags denote 'down' tracks, Yellow flags denote boot pack.*

Sprint Race

- **10:00am - 12:00pm**
 - Sprint course access open to athletes
 - Uphill lift ticket, bib assignments & waivers in Day Lodge
- **1:00pm**
 - Racers to start corral
- **1:00pm - 3:00pm**
 - Sprint Race on Whiskey Jack
 - Qualifying, multiple heats, multiple racers per heat

Sprint Race Map





Individual Race

Divisions

Adult (18+) – Long and Short
Junior (under 18)

Masters (35+)

Start Time:

Sunday at 10:00am



SKIMO CANADA

Individual Race Materials

- Skins
- Skis or Splitboard with brakes/strap
- Poles
- Boots
- Transceiver (ARVA)
- Snow Shovel
- Snow Probe (minimum 2.4 m)
- Survival Blanket
- Sunglasses
- Gloves (must cover whole hand all the way to the wrist)
- Hat, toque, or similar
- Rucksac (minimum 20L)
- Helmet
- Whistle

Top Layers:

- Minimum 3 layers (*1 wind stopper required*)
- Must be long sleeved

Bottom Layers:

- Minimum 2 layers (*1 wind stopper required*)
- Must be long pants

Individual Race Instructions

- Race number must be secured to right thigh
- Deposit personal effects in bags at start area
- Obtain uphill lift ticket at 8:45 am
- Be at the start corral for 9:45 am

Note:

- Skis on rucksac at all boot pack sections
- Helmets are mandatory
- Poles flat on ground during transitions

Individual Race Instructions (2)

- It is MANDATORY for all racers to stop and provide aid to any other racer in distress.
- Follow instructions of volunteers at all transition areas.
- **Green** flags denote 'Up' tracks, **Red** flags denote 'down' tracks, **Yellow** flags denote boot pack.
- Transition zones are marked and manned by volunteers
- Racers must adhere to the Alpine Responsibility Code at all times.
- Anyone unable to complete the race must report to any transition volunteer and the finish area.

Individual Race Day

9:45am

- Report to start area below the Green Chair at the base of Castle Mountain Village
- Beacon check & pre-race instructions, including route changes and cut off times

10:00am

- Race starts for all divisions
- Finish area: Base of the 'Whiskey Jack' run south of the mountain safety operations.
- Racer bags will be moved from start to finish by volunteers.

2:00pm

- Provisional results and appeal period
- Awards Ceremony outdoors (weather permitting)
- Food and beverages will be provided for athletes and volunteers

Individual Race

Route Information - Competitive/Masters

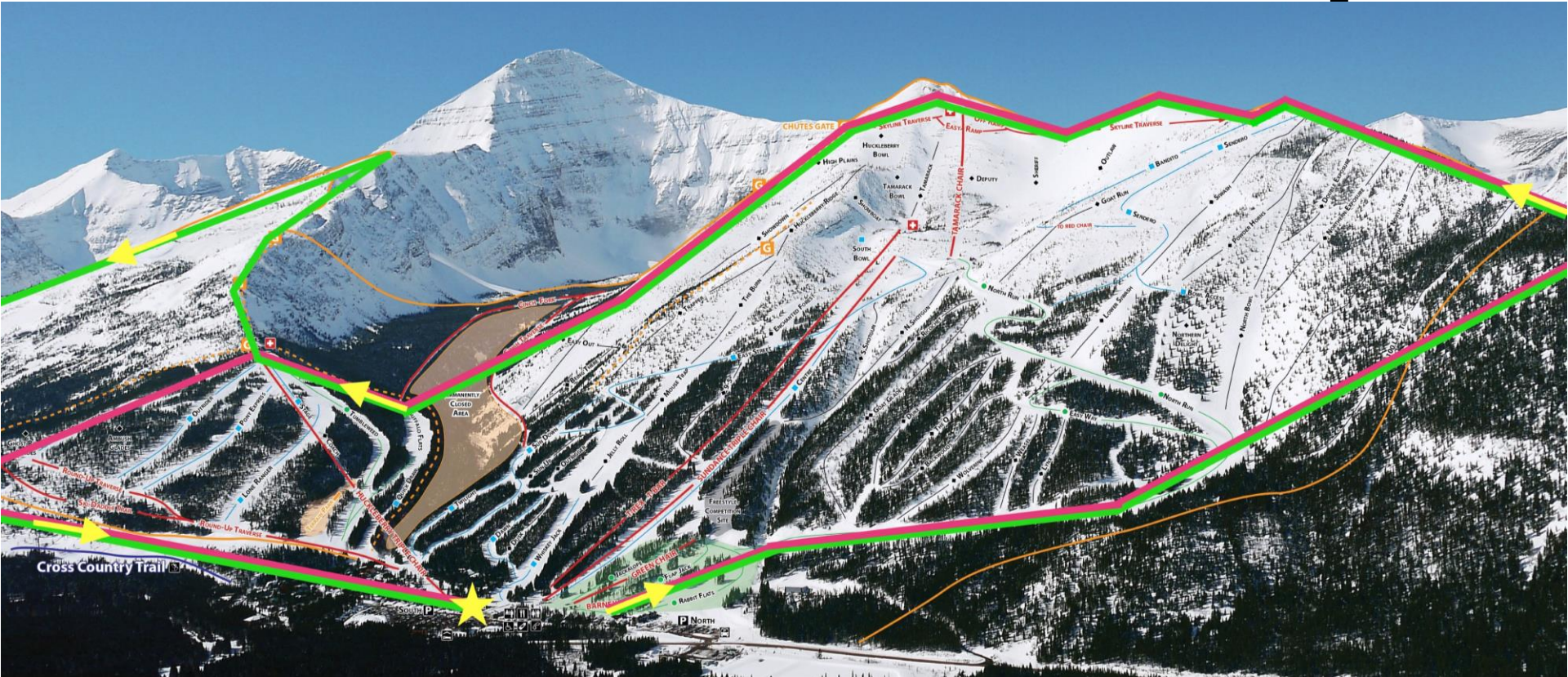
- Leg one elevation gain 2933 ft/893.98 m
- Leg two elevation loss 220 ft/67.06 m
- Leg three elevation gain 220 ft/67.06 m
- Leg four elevation loss 2533 ft/772.06 m
- Leg five elevation gain 1784 ft/543.76 m
- Leg six elevation loss 2184 ft/665.68 m
- **Total elevation gain: 4937 ft/1504.8 m**
- **Total elevation loss: 4937 ft/1504.8 m**

Individual Race

Route Information - Recreational/Junior/Masters

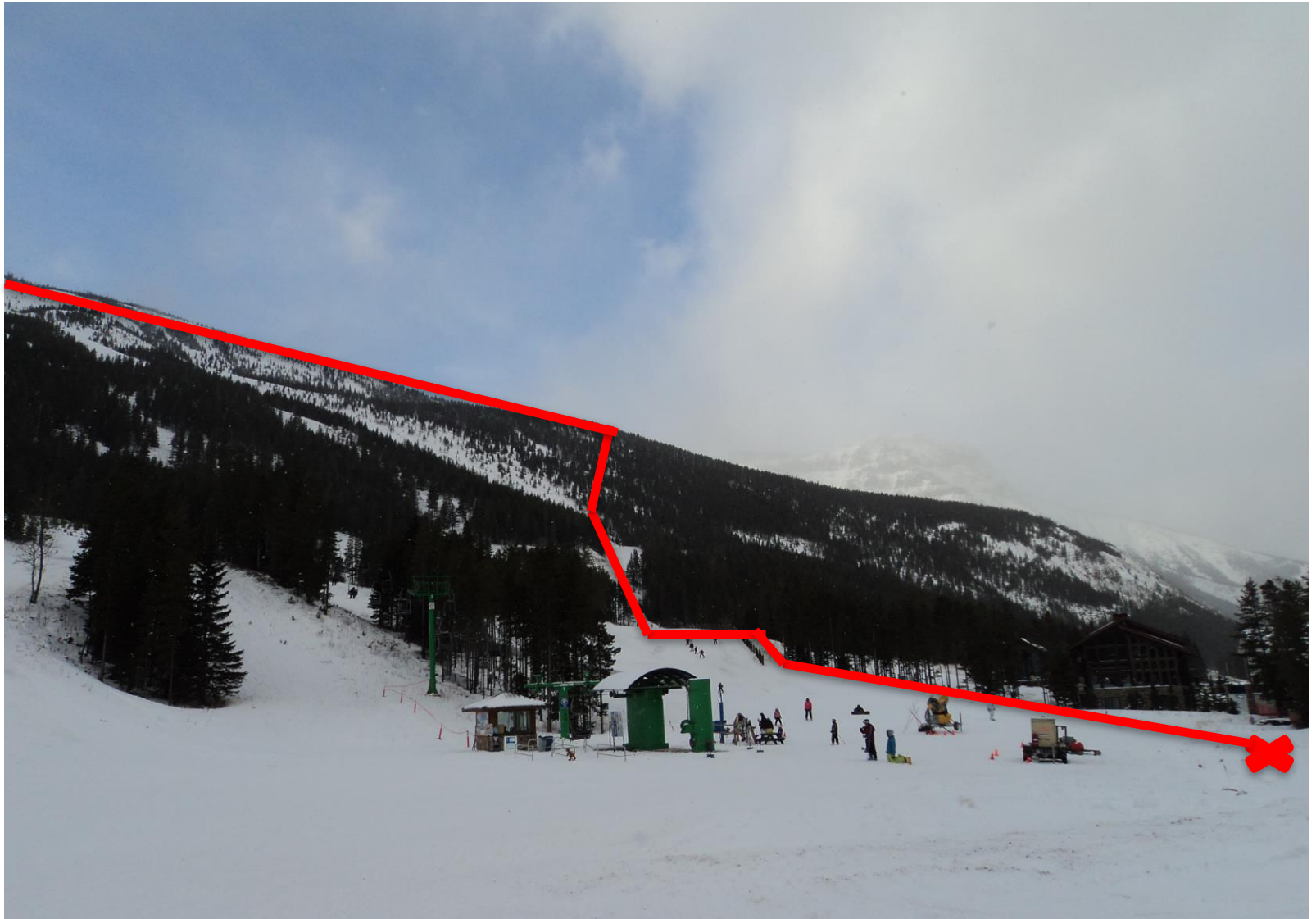
- Leg one elevation gain 2933 ft/893.98 m
- Leg two elevation loss 220 ft/67.06 m
- Leg three elevation gain 220 ft/67.06 m
- Leg four elevation loss 2533 ft/772.06 m
- Leg five elevation gain 684 ft/208.48 m
- Leg six elevation loss 1084 ft/330.4 m
- **Total elevation gain: 3837 ft/1169.52 m**
- **Total elevation loss: 3837 ft/1169.52 m**

Individual Race Map



Competitive in **Green**
Recreational in **Red**

Individual Race Route Start & Leg One



Individual Race Route Summit North Peak & Boot Pack Descent



Individual Race Route

Leg Four: 'High Rustler' Descent

- Top of Red chair to Chutes gate
- Descend 'High Rustler' to Valley bottom
- Watch for banner and right turn to 'Cinch Fork' trail
- Follow 'Cinch Fork' trail to transition area
- Ski to skin transition
- Skin to boot pack transition



Individual Race Route

Leg Five

- Skins on - Ascend to Haig Ridge
- Competitive: Continue ascent on Haig Ridge cat road to cat ski boundary
- Cut off time 12:30 pm
- Recreational: Descend from Haig Ridge to base area for finish line
- **Recreational Race is Complete!**

Individual Race Route

Leg Six: Competitive

- Skins off at cat skiing boundary
- Descend and follow 'Round Up Traverse' to finish line
- **Competitive Race is Complete!**

SKI AREA
BOUNDARY
NOT PATROLLED

'Fist Full of Turns'





Finish Area



Thank you to Karpos as well as our other sponsors, competitors, Castle Mountain Resort & all our volunteers.



The Castle Mountain Resort Ski Mountaineering Race Awards



Vertical & Sprint Awards - Saturday 7:00-8:30pm,
Inside Day Lodge

Individual Awards - Sunday 3:00pm, Outdoors

Saturday Includes Wright Stuff Award Silent Auction