



**Special Olympics North Carolina  
Winter Games – Alpine Skiing & Snowboarding  
January 8-9, 2017**



**Sunday January 8**

- Lunch on your own *The Cafeteria at Appalachian Ski Mtn. can prepare special price lunches on request. Contact Carla at 828-295-7828. Be sure to specify your county.*
- 12-12:45 PM Check in @ Appalachian Ski. Mtn., Snow Cloud Room  
**Please Be On Time**
- 12:00 or 12:30 PM Coaches meeting, Snow Cloud Room. **Required for all coaches/chaperones** (Must attend one of these sessions).
- 12:45 PM Go through regular equipment check out.  
**GET BOOTS FIRST, PUT ON, THEN GET SKIS or SNOWBOARD**  
**Make sure the tape with the bib# is on boots and skis**
- 1:45 PM Opening Ceremonies
- 2:00 PM Athletes will go to color coded staging areas for grouping of classes.  
YELLOW: Meet at "Ski School" sign  
GREEN: Green flag at #1 chairlift  
BLUE: Blue flag left of #2 chairlift  
BLACK: Black flag at left of #2 chairlift  
Snowboard Group Red Flag at Base of #3 chair
- 2:15-4:15 PM Instruction for Athletes
- 2:30-3:40 PM Instruction for Coaches - Meet at the "Ski School Meets Here" Sign
- 4:00 PM Athletes' equipment and coaches' (with their own equipment) will be stored in the Special Olympics equipment room behind the video games. Coaches **renting** equipment will **return** equipment **downstairs** where it was checked out.  
  
Depart for Hotel – Hotel check in available **after** 3pm
- 6:30 PM Banquet at the Meadowbrook Inn
- 8:00-9:30 PM Dance

## Monday January 9

7:00-8:30 AM	Breakfast at hotel/check out of hotel
8:30-9:00 AM	Depart for Appalachian Ski Mtn.
9:15 AM	Head of Delegation meeting in Snow Cloud room.
9:00-9:45 AM	Equipment check-out at Appalachian Ski Mtn.  Coaches (with their own equipment) & athletes get <b>boots</b> from the equipment room behind the video games on the 2nd floor of the lodge. Pick up skis in front of the lodge at the ski corral.  Coaches renting equipment go downstairs to rental area ( <i>you must fill out a new rental form each day for your equipment.</i> )
10:00 AM- 12:30 PM	Instruction and time trials. Meet at color coded staging area on the snow.
12:30-1:45 PM	Return skis to ski corral Lunch on your own
1:45 PM	All athletes meet group at color coded staging areas on the snow.
2:00 PM	Yellow competition begins Snowboard competition begins
2:15 PM	Green competition begins
2:30 PM	Blue & Black competition begins  Awards given after each division concludes competition  <i>Athletes and coaches may continue to ski after completion of awards. Please turn in equipment to the rental department downstairs and race bibs to the French-Swiss office prior to departure.</i>
Finished Skiing	Depart for home