



SPRING FLING 2016

On Snow Training Camp / XCross Sprints

- DATE:** May 12-15th, 2016
- LOCATION:** Sovereign Lake Nordic Centre
- INFO:** Troy Hudson (General Manager)
troy@sovereignlake.com
<http://www.sovereignlake.com/spring-fling-camp-2016/>
- ELIGIBILITY:** This camp is designed as a training opportunity for athletes Midgets through Masters. All participants are welcome with the XCross Sprints on Saturday open to Juvenile through Masters.
- REGISTRATION:** All registrants are required to purchase passes online through Zone 4. There are NO EXCEPTIONS. Credit Card or VISA Debit Payment is Required at time of booking. Check the Zone4 confirmation list once registered to ensure that you are registered correctly. Should the event be cancelled due to lack of snow or low participation numbers a full refund minus a \$6 Admin Fee will be issued to all participants. **Register online [here](#).**
- DEADLINE:** All entries must be received by May 8th at 11:59pm. Late Registration Fees will apply after May 4th. ***No late entries will be accepted.***

CAMP SCHEDULE:

May 12th	7am-2pm	On Snow Skiing
	3pm-6pm	Gym Open at ATC
May 13th	7am-2pm	On Snow Skiing
	3pm-6pm	Gym Open at ATC
	7pm-9pm	Evening Guest Speakers @ ATC
May 14th	7am-2pm	On Snow Skiing
	9am-1pm	Industry Demos
	9am-11am	<i>XCross Super Sprints</i>
	3pm-6pm	Gym Open at ATC
	7pm-9pm	Saturday Night Movie @ ATC
May 15th	7am-2pm	On Snow Skiing
	9am-1pm	Industry Demos

VENUE: All skiing will be taking place at SLNC for the duration of the camp. The lodge and wax building will be open daily from 7am to 2pm. The gate will be locked at 2:30pm. There will be a minimum of 8km of trails available to ski daily with the intent to maintain 10-12 km throughout the 4 day camp. There is ample parking for all participants. Gym Training will be available at the Altitude Training Centre at SilverStar Mountain Resort in the afternoons.

COST*:	\$70	4 All Access Pass
	\$35	GUEST Weekend Pass
	\$25	SLNC Weekend Pass
	\$18	Single Day Pass

**all fees increase after May 4th, 2016*

[**Register online at Zone4**](#)