

+ VOLUNTEERS

**JEFF AMOS, NICHOLE MCDONALD,
PATRICK GALL, CAROLE POIRIER, JON
AMOS, CHRISTINE FIRTH, VICKY ALEXIE**



**MAHSI CHO
THANK YOU
QUYANAINNI
MERCII**



SNOWSHOE TRIALS

INUVIK | DEC. 13-17

**WELCOME ATHLETES,
COACHES, & VOLUNTEERS!**

WHAT'S INSIDE
Host Letter, Race Schedule, Travel
Itinerary, Organizer Contact Info

FOR MORE INFORMATION:
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WELCOME TO THE 2024 AWG SNOWSHOE TRIALS

Welcome, athletes, coaches, parents and chaperones to the 2024 AWG Snowshoe Trials from December 13th to 17th, 2023 in downtown Inuvik. We're looking forward to hosting you in our town! This year, we have athletes, coaches, and chaperones from Yellowknife, Ft. McPherson, and Inuvik.



The forecast is for temps near -25 to -30 C with winds. Please dress in layers and be prepared to compete in colder temperatures. You must be dressed appropriately for the conditions in order to compete!



In the event that the weather is too cold to compete outdoors (cut-off for a race is -25C with windchill), we will run an indoor competition at the East Three School.

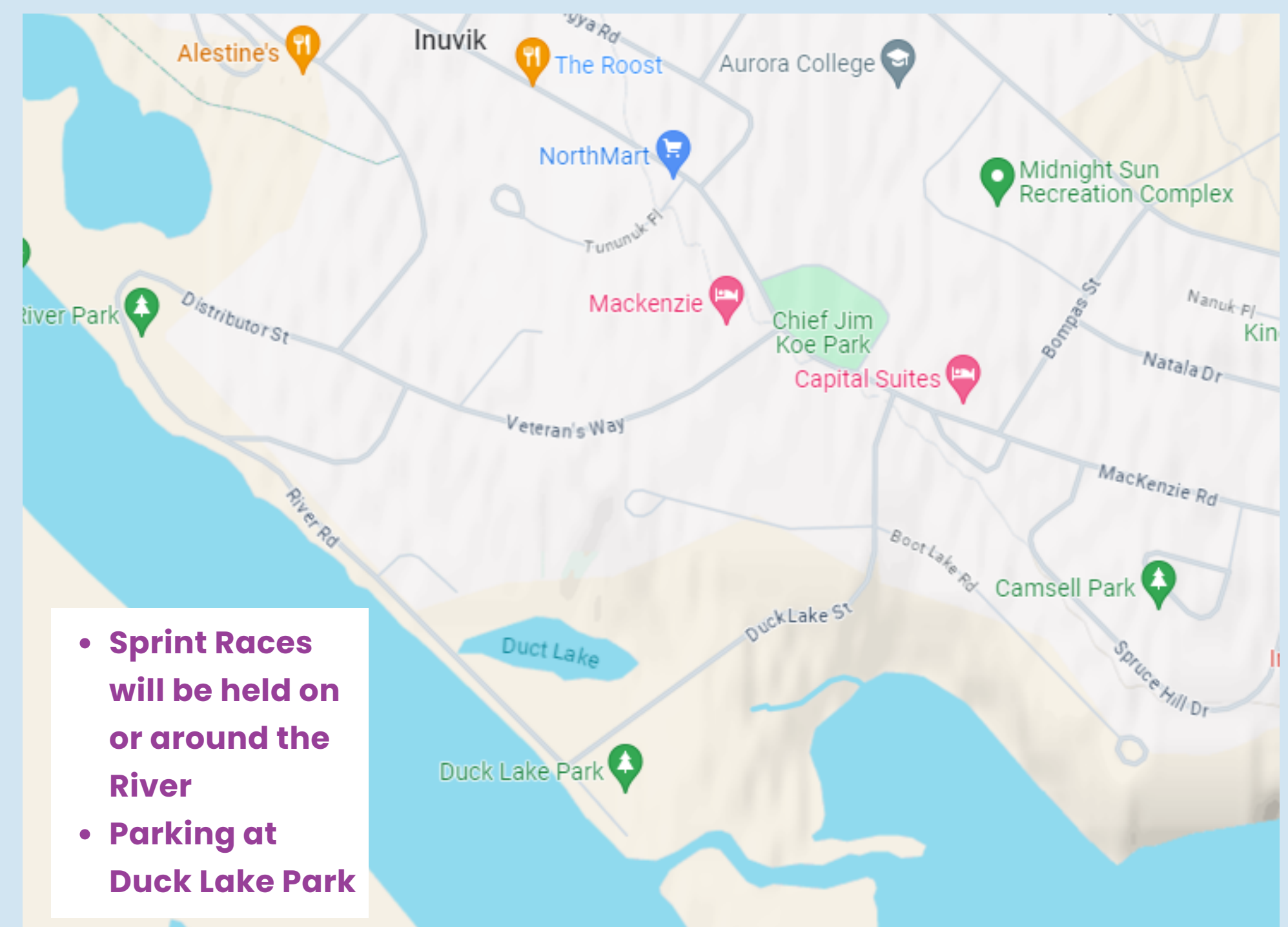


Thursday and Friday evening will be busy at the gym with Arctic Sport competitions, however, you will have free time on most evenings for homework, shopping, community events, visiting, and REST!

Feel free to email, call, or text us with your questions!

- Jeffery Amos, Chief of Competition: 867-678-5562
- Holly Jones, Volunteer Organizer: 705-380-9152
- Nicole McDonald, Head Coach: 867-620-0473

GOOD LUCK, ATHLETES!



SCHEDULE

*activities, races, and locations subject to change with weather

Wednesday, December 13

(times subject to change depending on arrival of participants)

- **2:30pm** athletes arrive (check in to accommodations)
- **3:30pm** athlete registration at East Three School
 - coaches, athletes, parents / chaperones meeting
- **4:00pm** depart to race site (volunteer vehicles)
 - outside afternoon training session (relay tag offs, passing, equipment check)
- **~6:00pm** supper @ East Three School

Thursday, December 14

- **9:00am** breakfast @ East Three School
- **10:00am** walk-through alt. race site @ East Three School gym / hallways
 - dryland training session (mukluk check, lampwick tying, running technique, race clothing, etc.)
- **12:00pm** lunch @ Inuvik Native Band (*Courtesy of INB's Jordan's Principle Program*)
- **2:00pm** depart to race site (volunteer vehicles)
 - middle distance races @ Inuvik Ski Club's Red Trail
 - 2.5 k (Jv. F/M)
 - 5k (Jr. F/M)
- **6:00pm** supper @ East Three School



Friday, December 15

- **9:00am** breakfast @ East Three School
- **10:00am** dryland training session (mental skills, training plans, nutrition)
- **12:00pm** lunch – on your own
- **2:00pm** depart to race site (volunteer vehicles)
 - sprint distance races @ Duck Lake Park
 - 100m (Jr M, Jr F, Jv M, Jv F)
 - 400m (Jr M, Jr F, Jv M, Jv F)
 - 800m (Jv M/F)
 - 1500m (Jr M/F)
- **6:00pm** supper @ East Three School

Saturday, December 16

- **9:00am** breakfast at East Three School (volunteer cooks)
- **12:00pm** lunch – on your own
- **2:00pm** depart to race site (volunteer vehicles)
 - Exhibition team relays (4 x 200m, mixed gender)
- **4:00pm** awards at East Three School
 - announcement of TeamNT, photos, team clothing sizing, passport applications/photos
- **6:00pm** supper @ East Three School

Sunday, December 17

- **9:00am** breakfast at East Three School
- **12:00pm** athletes/chaperones pack-up, depart to airport
- **1:55pm** Sport North Charter scheduled departure