



**SNOW  
CAMP**

Snowsports Youth Charity



15 - 18 APRIL 2023

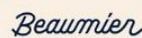


# 3 VALLEY RALLY

LES 3 VALLÉES,  
FRANCE



**6** SNOWSPORTS  
CHALLENGES  
OVER 2 DAYS



# Event Rules

15th - 18th April 2023

# The AJ Bell 3 Valley Rally 2023 Rules!

The AJ Bell 3 Valley Rally in support of Snow Camp is fast approaching, and we are all looking forward to the big event to kick off Snow Camp's 20 Year anniversary celebrations. Please find below the rules and details your team will need to take part. A short briefing will also be given in resort on the Saturday evening, but as time is limited at the dinner, all participants must read the rules in advance. These will also be included in your welcome pack on arrival.

## Overview of the Event

Teams of 4 compete in 6 separate snow sports disciplines over 2 days, collecting points for their performance in each discipline to determine their final position - and the overall winner of the 3 Valley Rally. Points are added up as the event progresses and teams will see a mid-point leaderboard after Day 1. We have 24 awesome teams taking part. Thank you all.

WhatsApp groups will be set up for each team ahead of the event. This will be the main way we will communicate with each team once the event is live.

The disciplines will be split over the 2 days of the event as follows:

### **Day 1: Sunday 16th April**

- Orienteering
- Snow Shoe Hike
- Biathlon
- Zip wire challenge

### **Day 2: Monday 17th April**

- Team Distance Challenge
- Team Parallel Slalom Race

The event starts at 9.00am sharp on Sunday with a Le Mans start for all teams from outside the Hotel. Teams must drop off their walking boots / sturdy trainers with Snow Camp staff outside the Hotel before the launch of the event. These will be taken to the start of the Snow Shoe Hike Challenge for you and returned to the Hotel later.

## Orienteering

The orienteering challenge runs throughout Day 1, starting from the moment the Le Mans start kicks off the event, and until check in time back at the Hotel between 4.30pm and 5pm that same day. Every team must check back in by 5pm at the latest or receive a 5 point penalty. Checkpoints will be set up across the entire ski area of Val Thorens and teams must collect as many checkpoints as possible during the day by taking a photo with all 4 team members and the checkpoint sign clearly in shot. Selfies are allowed, so long as they meet these criteria.

You will receive a full list of checkpoints and locations, and a photo of each checkpoint in its location, at the briefing on Saturday night. For obvious reasons, whilst taking part, please do not move or remove any checkpoints! If the checkpoint sign is removed for any reason, teams can still claim the checkpoint by taking the photo in the correct location. All photos must be submitted via WhatsApp by 6pm on Sunday evening .

Teams will receive 1 point per correct checkpoint photo submitted.

### **Biathlon, Snow Shoe Hike and Zip Wire Challenge Intro**

Each team must complete the biathlon, snow shoe hike and zip wire challenge during their allotted time slots during Day 1. Time slots for these challenges will be drawn at random by teams at the Saturday evening briefing. Once time slots have been allocated, they cannot be changed or swapped. Completing these challenges in the timeslot selected must be built into any strategy whilst also collecting as many checkpoints as possible during the day.

### **Snow Shoe Hike**

The Snow Shoe Hike location will be clearly explained during the briefing. You wear your normal hiking / snow boots and attach them to the snowshoes provided. You will have dropped your shoes off with Snow Camp staff in the morning – so your teams' shoes will be awaiting you in a clearly marked bag at the start of the course. The hike will be around a 1km course, both uphill and downhill and through trees. Teams will be timed from the moment they start until the last team member crosses the finish line. You need walking boots / shoes with decent tread and Snow Camp staff will be present for any questions.

Teams will receive points based on their final position. 24 points for the fastest team, 1 point for the slowest team. Please ideally arrive 5-10 minutes before your slot - and you may not be able to complete your challenge if you are late.

### **Biathlon**

The biathlon location will also be clearly explained during the briefing. As you approach you will see a clearly marked course. Snow Camp staff will welcome you and be present throughout to answer any questions.

All team members will start together, and complete one lap of the flat course on their skis before approaching the shooting area. Each team member will then have 5 targets to hit with their rifle. For each target missed, 10 seconds will be added to the overall time. When each team member has fired their 5 shots, they complete the course by running over the crossing the finishing line. Chemmy Alcott will be on hand to cheer you on!

Each team will be timed from the moment the team crosses the start line until the last team member crosses the finish line. Time penalties for missed shots will then be added to give a final time.

Teams will receive points based on their final time and position. 24 points for the fastest / most accurate team, 1 point for the slowest / least accurate team. Please ideally arrive 5-10 minutes before your slot - and you may not be able to complete your challenge if you are late.

### **Zip Wire Challenge**

The Zip wire challenge is located at the top of the Moutière chairlift, at 2,500m, and finishes in the heart of Val Thorens village, at the Place Caron, after a descent in three sections.

Everyone receives a briefing from the zip wire team. You then take off in 2's to complete the course and finish back in Val Thorens village. Your skis or snowboard will be on your back, so you can set straight off, James Bond style, and continue your orienteering as soon as you land.

3 points for every individual team member who successfully completes the Zip Wire, maximum 12 points per team. Snow Camp staff will be present and will confirm all participants who have completed the course, for the purpose of allocating the points. Please ideally arrive 5-10 minutes before your slot - and you may not be able to complete your challenge if you are late.

### **End of Day 1**

Day 1 concludes for each team when the lifts close and teams make their way back down to resort. Checkpoints can be collected for as long as lifts are open but remember you must check in between 4.30 and 5pm at the Hotel.

Please make sure you have sent all your checkpoint photos via the WhatsApp groups before 6pm. You are welcome to send them over as you get them throughout the day if this suits you, or if you want to use Airdrop, Dan Keeley will be at the Fitz Roy when you return to receive your photos. Evening activities commence as per itinerary, with 80's apres-ski at the Hotel kicking off from 4.30pm.

### **Day 2**

#### **Team Distance Challenge**

The first event of Day 2 of the 3 Valley Rally will be the Team Distance Challenge.

Each team must collect a GPS tracker from the Snow Camp stand in the Hotel, and Marco, our GPS expert from TracTrac will give a final briefing and ensure everything is working. There will then be a Le Mans start at 9.30am from outside the Hotel to launch the 2-hour challenge, to ski as far as you possibly can, always as a team. The trackers measure up and down, so lifts are counted, and you can use whatever means you like to gain distance so long as you are all together and on ski's, on foot or on lifts. Please note, you may only use the same piste 3 times maximum during the Team Distance Challenge. Please ski safely and within your limits at all times.

Trackers will all automatically stop tracking after 2 hours from the start of the challenge at 11.30am. The event finishes at the race paddock area at the bottom of the Pionniers Chairlift.

Teams must return trackers within 15 minutes of the end of the Challenge (11.45am latest) at the Snow Camp stand in the race paddock. If you are late, 2km will be deducted for each 5-minute period after the 15 minutes is up! The event can be watched live on the link at [TracTrac.com](http://TracTrac.com).

You must always ski together as a team; Snow Camp staff, young people and VIP's will be out around the resort and making sure everyone is skiing as a team! Furthermore, every team must send back (to their WhatsApp group) a picture of all 4 team members together between 10:30 and 11:00 with a blue token provided to all teams clearly in shot.

Teams will receive points based on their final position based on distance travelled. (24 points for the team that travelled the furthest distance, 1 point for the team that travelled the least). The TracTrac league table is final!

After the Team Distance Challenge finishes, teams enjoy a BBQ lunch at the race paddock, plus deserts and sweet treats provided by the team at Huski!

### **Team Parallel Slalom**

The final event of the 3 Valley Rally will be the Team Parallel Slalom, set by Thibault and his team at Club des Sports.

Snow Camp staff will brief everyone around 12.45pm at the race paddock, the Team Parallel Slalom will start shortly afterwards.

In Team Parallel Slalom, two teams compete against each other at the same time, with team members riding their course one after another, relay style, on two identical slalom courses set next to each other on the same slope. Graham Bell and Jenny Jones will be commentating throughout so make sure you bring your A game!

During the briefing on Saturday evening, teams will pick out of a hat the pool they will be part of. There will be 8 pools, each of 3 teams. Each team will race twice during the heats and each team will be timed. The winning team from each pool will advance to the quarter finals, with the winner progressing to the semi-finals and into a final. The two losing semi-finalists will then race for 3<sup>rd</sup> position. This will give us placings 1,2,3 and 4.

It's possible in the pool round that each team wins one race. In this case, the team with the fastest time in either of their races, will advance. For the remaining sixteen teams, final placings will be based on your fastest time in any of your heats. Teams will receive points based on their final position. (24 points for the winning team, 1 point for the slowest team)

The Team Parallel Slalom will be finished by 3.30pm on Day 2 – when teams head straight to Folie Douce for our private apres ski party! After this, all teams head back to the resort and hotel and prepare for the awards ceremony dinner to close the event.

**Thank you and good luck!**

