

# Bill Koch Mid-Atlantic Festival!

## March 21st-22nd, Sat/Sun, 2009



### Friday, March 20th:

6-7pm Coaches meeting at the Mackenzie Intervale Ski Jumps Baselodge,  
2nd Floor

### Saturday, March 21st:

**8am: Coaches Meeting/ (Same info as Friday night)**

8:30-9 Mackenzie Ski Jumps: Athlete Bib pick-up and Course review

**9:30:** Skate Sprints, Interval starts followed by Heats (4)

**12:00-1 Lunch/ Refreshments**

**12:30** Paint Ball Biathlon, Interval Starts

**2:30** K6/ K4 Ski Jumping (XC skis OK) followed by

K18 (alpine skis or ski jumping skis only)

**7:00 Awards and Ice Cream Social at Ski Jumps Baselodge!**

### Sunday, March 22nd

**9:30-10** Mackenzie Ski Jumps Athlete Bib Pick up, watch K48 Competition  
and Paintball open training

**11:00** Skate Individual Race, Lollipop 1/2 k, J6 1k, J5 2k, J4 3k, J3 3k

1pm Awards

# Bill Koch Mid-A Festival Fact Sheet!



The **Bill Koch Mid-A Festival** will be a fun-filled weekend of Cross-Country Skiing, Biathlon PaintBall, Ski Jumping.

## J5-J3 Athletes- \$35

Entry fee will include all competitions, Awards Ceremony, Ice Cream Dessert and a Bill Koch Mid-A Festival T-shirt

## Lollipop skiers- \$20

The Lollipop option will include a skate sprint on Saturday morning (no heats), the option for a 1/2 km skate race for younger Lollipop kids or a 1 km skate race for J6/older Lollipop kids on Sunday morning, awards and t-shirt. The paintball biathlon and ski jumping will be exhibition events for the J6/Lollipop kids

## Questions?

**Matt Cook** [mattc@nysef.org](mailto:mattc@nysef.org)

