



## U14 GS Camp and Race | February 1-4, 2024

Hello Everyone,

We are hosting a Zone GS Camp (Feb 1-3) and GS Race (Feb 4). This is an extra exciting opportunity given we have not had the chance to train much GS this year. We will aim to include speed elements, depending on space and conditions.

Here is a breakdown of Training Days and Registration:

### **Thursday, February 1**

Optional Zone GS Training Day

All athletes who choose to participate **MUST register in advance** before the **DEADLINE of Thursday, January 25 at 5pm**. Athletes in the Extended Program *do not* need to register.

[Register HERE for the Extra Day](#)

### **Friday, February 2**

Optional Zone GS Training Day

All athletes who choose to participate **MUST register in advance** before the **DEADLINE of Thursday, January 25 at 5pm**. Athletes in the Extended Program and Core Plus Programs *do not* need to register.

[Register HERE for the Extra Day](#)

### **Saturday, February 3**

Mandatory Zone GS Training Day

All athletes must participate in this training day to race the next day. This training day is part of each program (Extended, Core Plus, and Core) and at no extra cost to the athletes. *It is included in the race registration.*

### **Sunday, February 4**

Zone GS Race Day

All athletes **MUST register in advance** before the **DEADLINE of Thursday, January 25 at 5pm**.

[Register HERE for the Zone GS Race \(Saturday training included\)](#)

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**IMPORTANT NOTE RE: EXTRA TRAINING DAYS:** For the purpose of the Zone GS Camp registration, the Extra Training Day registration deadline for February 1 to February 3 has moved to **Thursday, January 25 at 5pm** rather than the regular Sunday deadline.

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