



2024 AJ Bell 3 Valley Rally Rules

Welcome to the 2024 AJ Bell 3 Valley Rally for Snow Camp!

To ensure you and your team have the best possible experience with us in Val Thorens, please ensure every team member has read this full set of rules and top tips in advance of arriving at Le Fitz Roy. Don't worry about bringing a printed copy as these will be included in your welcome pack on arrival.

Event Overview

Teams of 4 compete in 6 separate snowsport challenges over 2 days, collecting points for their performance in each challenge to determine their final position in the 3 Valley Rally. Points are added up as the event progresses and teams will see a mid-point leaderboard heading into Day 2 of the event.

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 over the event duration.

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

Day 1: Sunday 14th April

- Orienteering all day across the whole Val Thorens valley, including Orelle and Les Menuires!
- Snow Shoe Hike (allocated time slot for your team)
- Biathlon (allocated time slot for your team)
- Zip Wire challenge (allocated time slot for your team)

Day 2: Monday 15th April

- Team Distance Challenge (AM)
- Team Parallel Slalom (PM)

The event starts at 9am sharp on Sunday with a Le Mans start for all teams outside Hotel Le Fitz Roy. Please be outside by 8.45am latest. Teams must drop off their walking boots / sturdy trainers with the Snow Camp team before the launch of the event. These will be taken to the start of the snow shoe hike for you, and returned to the Hotel later.

Orienteering (Day 1)

The orienteering challenge runs throughout all of Day 1 from 09:00 – 17:00

The event begins with the Le Mans start at 9am, finishing back at Le Fitz Roy no later than 5pm. Teams are welcome to finish earlier, but there will be a 5-point penalty given to any team who arrives after 5pm.

Checkpoints will be set up across the entire ski area of Val Thorens, Orelle and Les Menuires, 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 & locations, and a photo of each checkpoint in its location, at the welcome dinner on Saturday evening. For obvious reasons, please do not move or remove any checkpoints whilst taking part! 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 your team's WhatsApp group by 6pm on Sunday evening. Feel free to submit them during the day as you wish.

Teams will receive 1 point per correct checkpoint photo submitted.

Biathlon, Snow Shoe Hike and Zip Wire (Day 1)

Each team must complete the biathlon, snow shoe hike and zip wire challenge during their allotted time slots during Day 1.

20-minute time slots for these challenges will be drawn by teams at random at the welcome dinner on Saturday evening. Once time slots have been allocated, they cannot be changed or swapped. Completing these challenges within your team's timeslot must be built into any strategy whilst also collecting as many checkpoints as possible during the day.

All 3 of these challenges are positioned in very favourable locations to suit any orienteering strategy your team come up with – clearly explained during at the welcome dinner. All teams will also receive a map clearly showing the location of each challenge.

New this year, we are delighted to bring you The Snow Camp Hub positioned on the Espace Junior piste, offering a selection of 'Grab & Go' hot food & refreshments open from 12pm- 3pm. Look out for the Snow Camp flags - we look forward to seeing you there!

Snow Shoe Hike

For the snow shoe hike, you wear your normal hiking boots / sturdy shoes and attach them to the snowshoes provided. You will have dropped your boots / shoes off with Snow Camp staff in the morning – so your teams' boots / shoes will be awaiting you in a clearly marked bag at the start of the course.



The hike will be around a 1km course. 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 finishing time; 18 points for fastest team, 1 point for the slowest team. Please aim to arrive 5 minutes before your slot. You may not be able to complete your challenge if you are late!

Biathlon

The exact location for the biathlon 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 to answer any questions.

After a 3, 2, 1 countdown, the clock starts and all 4 team members ski off to complete their first lap of the flat course on normal skis, before approaching the shooting area. Each team member will then remove their ski's and position themselves in a shooting bay where a rifle with a box of pellets will be waiting for them. Each team member then has 5 attempts to hit the targets.

Once your 5 shots are complete, you put your skis back on to repeat the same again – one lap of the marked course followed by another 5 shots.

For each target missed, 5 seconds will be added to the overall time. When each team member has fired their final 5 shots, they complete the course by running over the finishing line. The clock stops when the last team member has crossed the finishing line. The Snow Camp team will be cheering you on!

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. 18 points for the fastest & most accurate team, 1 point for the slowest & least accurate team. Please aim to arrive 5 minutes before your slot. You may not be able to complete your challenge if you are late!

Zip Wire Challenge

The start of 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. The descent is split into 3 sections.

Everyone receives a briefing from the zip wire team. You then take off in 2's to complete the Zip Wire 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 aim to arrive 5 minutes before your slot. 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 to Le Fitz Roy. Checkpoints can be collected for as long as lifts are open, but remember you must check-in between 4.30pm 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, otherwise one of the Snow Camp team will be at the Fitz Roy when you arrive to receive your photos.

The 80's apres-ski then kicks on Le Fitz Roy terrace until 7pm!

Team Distance Challenge (Day 2)

The first event of Day 2 will be the Team Distance Challenge, running from 9.30am to 11.30am.

After breakfast, each team must collect a GPS tracker from the Snow Camp team 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. You may only use the same piste a maximum of 3 times during the Team Distance Challenge – we'll be watching! Please ski safely and within your limits at all times.

Trackers will all automatically stop tracking at 11.30am, after 2 hours from the start of the challenge. The event finishes at 'The Snow Camp Paddock' at the bottom of the Stade. Look out for the Stade and Snow Camp flags on the lower half of the Plein Sud blue run, accessible from the top of the Plein Sud or Pionniers Chairlift. Please check your map or ask the Snow Camp team to confirm the location as needed.

Teams must return trackers within 15 minutes of the end of the Challenge (11.45am latest) at the Snow Camp stand in the 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.

Despite only having one tracker, 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, during the challenge, every team must send back (to their WhatsApp group) 3 separate photos, at least 30 minutes apart, with all 4 team members present and a public clock clearly visible in each photo. Your own watches/phones etc are not acceptable.

Teams will receive points based on their final position based on distance travelled. 18 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 delicious BBQ lunch at the race paddock - in Graham Bell's own words last year, 'the best food I've ever eaten on the piste'.

Team Parallel Slalom (Day 2)

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. Jenny Jones and Tim Warwood will be commentating throughout so make sure you bring your A game!

Based on the standings from Day 1, teams will be seeded and split between an even number of pools to give us our running order for the Team Slalom. This ensures the highest placed teams from Day 1 won't face each other in the early rounds of the slalom, nor will the lowest placed team from Day 1 be in a pool with 2 of the highest placed teams from Day 1 for example.

We will have 6 pools, each with 3 teams. Each team will therefore race twice during the heats, and each race will be timed. The winning team from each pool will advance to the quarter finals, along with the two fastest losers across all pools. Teams then progress into the semi-finals and final. The two losing semi-finalists will then be awarded 3rd or 4th position based on their time in the semi-finals.

To ensure the smooth running of the event, please make your way back up to the start of the slalom course as soon as you have finished your first heat. After your second heat, only teams progressing to the knock-out stages need to head back up to the start of the course. If you get knocked-out during the quarter or semi finals, there is no need to return to the top of the course.

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 automatically.

For the teams who don't progress to the knock-out stages, final placings will be based on your fastest time in any of your heats. Teams will receive points based on their final position – 18 points for the winning team, 1 point for the slowest team.

End of Day 2

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

Thank you and good luck!

