



2013 Summer Race Series

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Race Bulletin

Race Dates and Venues

Sunday 5 th May 2013	Bowles
Sunday 26 th May 2013	Aldershot
Sunday 30 th June 2013	Brentwood Park
Sunday 7 th July 2013	Welwyn Garden
Sunday 21 st July 2013	Bromley

Race Format

Individual Slalom

Races will be of 3 timed runs through the same special slalom course and the combined total time of the best result from runs 1 & 2 added to the time of run 3 to count. All 3 runs will be in reverse bib number order.

Dual Slalom

Club Team Event - Clubs may enter teams of 5 racers, which can be a club member of any gender or age. Club teams must be entered before start of third run

Team Event - Racers not included in club teams will be computer selected from their best run slalom time and computed into teams of near equal ability.

Timetable

08.00	Race office opens for bib issue / Open Practice
09.00	Course Setting
09.20	Course Inspection
9.45	Start 3 Run Special Slalom Race
	Competitor's Lunch Break
PM	Team races
	Prize Giving

Officials :

Assistance is required on race days to ensure the races run smoothly and safely. Those prepared to help as officials should indicate the race(s) they would be available for on the entry form. Volunteers will be contacted prior to the race to discuss how they could help.

If each club provides two officials the races will be much easier to run.

Race entries

The entry fee for each Race is £13.50 but a discounted rate of £55.00 is available if all 5 races are paid for prior to the first race.

All Race entries must be sent to the race secretary by 19.00 hours on the Wednesday prior to a race. This is required to ensure there is sufficient time for pre-race organisation and preparation of start lists to get the race underway promptly.

Entries should be made to the secretary, preferably by post or email , phone entries will be accepted (leave answer phone message if necessary) if the other methods are not available to you, Where possible the entry fee should accompany it. If not then the entry fee must be made on the day of the race to validate the entry.

Entries are welcome from any racer, regardless of which region they may be affiliated, they will also be eligible for both race, team and series awards

Age Groups

Age Group	Year(s) of birth
1	2005 or Later
2	2003 & 2004
3	2001 & 2002
4	1999 & 2000
5	1997 & 1998
6	1995 & 1996
7	1984 to 1994
8	1969 to 1983
9	1968 & earlier

Entries from skiers in Age Group 1 must be countersigned by their coach to signify they are competent to race.

There will be a special category in each race for skiers with disabilities.

Prizes

Each race

Medals will be awarded to 1st, 2nd & 3rd in all age groups for both male and female racers.

Medals will also be awarded to 1st, 2nd and 3rd for both male and female skiers with a disability.

Team events

Medals will be awarded to 1st, 2nd & 3rd Teams in both the club race and the fun race

Series

Trophies / medals will be awarded to the 1st, 2nd & 3rd placed skiers in each age group for both male and female, and also to the overall 1st, 2nd & 3rd, male and female.

Full details of calculations for awards and format of races can be found on our website (Isera.org)

Winners

Race and Series winners will be expected to show due courtesy to the organisers by attending the prize giving. Those who do not attend without good reason may lose their claim to an award.

Race Rules (for a more detailed explanation of rules please see SSE guide to the rules of Ski racing on website)

Racers will be required to wear a helmet, gloves, long trousers and a long sleeved garment, which also covers the midriff, to reduce the risk of injury during the race. In addition Ski poles with a diameter of less than 15mm must be fitted with suitable tip protectors to increase the tip diameter to 15mm.

Yellow cable pulling Gunk (wax) is NOT permitted at Welwyn

BBQ's and any other form of camp cooking equipment is not permitted at ANY slope due to Fire Safety regulations