



London & South East
Regional Ski Association

2004

Ski Race Series

Sponsored by

BARTLETTS

Of Hillingdon

Race Dates and Venues

Race Office for all races opens at 9.00a.m.

Sunday 25th April

Bromley

NOTE Helmets to be worn by ALL racers at this event

Saturday 15th May

Brentwood Park

NOTE Helmets to be worn by ALL racers at this event

Sunday 18th July

Wycombe Summit

NOTE Helmets to be worn by ALL racers at this event

Sunday 29th August

Chatham

NOTE Helmets to be worn by ALL racers at this event

Sunday 26th September Aldershot

NOTE Helmets to be worn by ALL racers at this event

BOOK EARLY AND SAVE MONEY

Entry £13.50 per Race

But Only £60 for all 5 Races if paid by 25th April

Clubs / Schools / Universities - FOR AFFILIATION TO L&SERSA
CONTACT Sandy Telling, 82 Hazel Avenue, Guildford, Surrey GU1 1NT
Tel: 01483 827972



Race Entry

2004 Ski Race Series

Sponsored by

BARTLETTS

Of Hillingdon

Surname

Forename(s)

Club/Sch/Uni

Disability

Yes/No

Address

Post Code

Tel No

Year Of Birth

Age Group

Signature of Coach if Age Group 1

Date	Venue	Registration	Entry Fee	Tick Race(s) Entered
Sunday April 25 th 2004	Bromley	9.00am	£13.50	
Saturday May 15 th 2004	Brentwood Park	9.00am	£13.50	
Sunday July 18 th 2004	Wycombe	9.00am	£13.50	
Sunday 29 th August 2004	Chatham	9.00am	£13.50	
Sunday 26 th Sept 2004	Aldershot	9.00am	£13.50	

I wish to enter for the Races ticked above	I enclose a fee of	£
	I enclose the Series Discount Fee of	£60

Cheques to be made payable to 'L&SERSA'

Send to :- Race Secretary, Sally Woods

79 Hawbeck Road, Rainham, Kent, ME8 9UX.

Tel / Fax :- 01634 362174

Bromley:- Race Secretary, Shirley Telling

82 Hazel Road, Guildford, Surrey, GU1 1NT.

Tel / Fax :- 01483 827972

Please Photocopy and distribute this entry form if required

L&SERSA 2004

The Regional Race Series for everyone

Clubs, Schools, and Universities

(Ideal for ESSKiA, BUSC, Kings and Huskies Series racers from first time racers to full internationals)

The racing is serious but the days are fun

So why not give it a try

Age Groups		Prizes	Entry Fees
Group	Year Of Birth	Each Race Medals for 1st, 2nd & 3rd Male and Female In each Age Group	Series Discount Only £60 for all 5 Races if paid prior to 25 th April 2004
1	1995 & later	Series Trophies for 1st, 2nd & 3rd Male and Female In each Age Group	Per Race Entry £13.50 if entered for race Prior to race day
2	1993 & 1994	Series Points 1st = 15pts, 2nd = 10pts	On the day Entry will be charged £16.00 (£13.50 entry + £2.50 penalty)
3	1991 & 1992	3rd = 8 pts	
4	1989 & 1990	4th - 9th = 6pts - 1pts	
5	1987 & 1988		
6	1985 & 1986		
7	1984 – 1969		
8	1968 & Earlier		
Special Category in all races for skiers with a disability			

Entries from Skiers in Age Group 1 must be countersigned by their Coach

Age Group 8 may be sub-divided to create a Super Vets Group for Racers born 1958 and earlier

Race Formats

Races will follow the traditional format of 2 timed runs through the same special slalom course and the combined total time to count. With Racer registration and open practice starting at 9.00 am and the first run starting at approximately 11.00am.

Dual Slalom

Club Team Event

Clubs may enter up to 2 teams of 5 racers, with at least one member of the opposite sex.

Team Event

Racers not included in club teams will be computer selected from their first run slalom times and computed into teams of near equal ability.

Consent / Disclaimer

PERSONAL PROTECTIVE EQUIPMENT

Important Notice: Read thoroughly before signing

In order to encourage a proper attitude to the wearing of appropriate safety clothing and equipment all racers in L&SERSA Race Events will be required to wear a helmet, gloves, long trousers and a long sleeved garment 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.

These requirements are compulsory for racers in all groups. Many ski slopes/clubs/insurers now insist that all racers wear appropriate protective equipment when training or racing. Most ski helmets/head protection available comply with EN 1077 which is equivalent to the EN1385 required at some slopes. (EN 1385 - is the type of helmet used in canoeing/kayaking).

L&SERSA neither specifies nor recommends any particular helmet design and undertakes no responsibility or liability in connection with the requirement that helmets be utilised. It is the sole responsibility of the competitor (or in the case of minors, the parent, or other responsible adult signing the form) to select an appropriate helmet with or without face guard for accident protection in ski racing and to ensure it is properly fitted.

CAUTION: The protective qualities of all safety helmets and face guards are affected by age and use. Some older helmets and face guards that have been damaged either in racing by a fall or by other impact may no longer provide sufficient protection - even if there are no visible indications of damage. L&SERSA neither specifies nor makes warranties as to the fitness for use of any particular ski helmet or face guard nor assumes any responsibilities or duties to any competitor by requiring the use of a helmet or face guard.

<p>I confirm that I compete in the races entirely at my own risk and I release L&SERSA and its officers from any harm I may suffer whilst competing and that I am solely responsible for ensuring that I am wearing the appropriate equipment as detailed above and that it is suitable, safe, and properly fitted what ever the source of supply.</p>	<p>Name of competitor</p> <p>Signed</p> <p>(By Responsible Adult if under 18 years)</p> <p>Date</p>
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