

London & South East Regional Ski Association



2005 Race Series Sponsored by **BARTLETTS** of Hillingdon



Race Bulletin

Race Dates and Venues

Sunday 17 th April	Chatham
Sunday 12 th June	Bromley
Sunday 24 th July	Aldershot
Sunday 28 th August	Brentwood Park
Sunday 2 nd October	Wycombe Summit

Race Format

Individual Slalom - Revised race format for 2005

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.

The course for the race at Bromley on the 12th June will be adapted to allow snowboarders to take part.

Dual Slalom (As last year)

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 best run slalom time and computed into teams of near equal ability.

For the Bromley Race snowboarders will be allowed to race in this event with their best run time being used as a criteria of their ability.

Timetable

Please note that race office will now open 30 minutes earlier for ALL races which means racer registration and open practice will start 08.30 am.

08.30	Race office opens for bib issue / Open Practice
09.30	Course Setting
09.50 – 10.10	Course Inspection
10.15	Special Slalom Race start
PM	Team races start

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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 by 13th April 2005.

All Race entries must be received by 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. Where late entries cannot be avoided then a total cost of £20 for each race entry will be required. Entries can be made to the race secretary by post, by telephone (leave answer phone message if necessary), or by email and 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.

Age Groups

Age Group	Year(s) of birth
1	1996 or Later
2	1995 & 1994
3	1993 & 1992
4	1991 & 1990
5	1989 & 1988
6	1987 & 1986
7	1985 to 1970
8	1969 & 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.

There will be special category in the Bromley Race for Snowboarders.

Prizes

Each race

Medals will be awarded to both 1st, 2nd and 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.

Medals will be awarded to 1st, 2nd and 3rd for both male and female Snowboarders at the Bromley Race.

Series

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

Group placings will be calculated by adding the points from the 3 best races of the series, with a minimum of two placings required. Points are awarded on the following basis for each race: 1st = 15pts, 2nd = 10 pts, 3rd = 8pts, 4th = 6pts, 5th = 5pts, 6th = 4pts, 7th = 3pts, 8th = 2pts, 9th = 1 pt.

The overall placings will be calculated by working out a percentage figure based on time difference from the winner for each race and averaging the 3 best races of the series, with a minimum of three placings required.

More details of these calculations can be found with the race results.

Race Rules

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.

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Race Entry

2005 Ski Race Series

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BARTLETTS

Of Hillingdon

Surname _____ Forename(s) _____
Club/Sch/Uni _____ Disability _____ Yes/No
Snowboarder _____ Yes/No (Bromley Race)
Address _____
Post Code _____ Tel No _____
Year Of Birth _____ SSE Reg No. _____ (If you have one)

Signature of Coach if Age Group 1 _____

Date	Venue	Registration	Entry Fee	Tick Race(s) Entered
Sunday 17 th April 2005	Chatham	08:30 am	£13.50	
Sunday 12 th June 2005	Bromley	08:30 am	£13.50	
Sunday 24 th July 2005	Aldershot	08:30 am	£13.50	
Sunday 28 th August 2005	Brentwood Park	08:30 am	£13.50	
Sunday 2 nd October 2005	Wycombe Summit	08:30 am	£13.50	

I wish to enter for the Races ticked above	I enclose a fee of	£
	I enclose the Series Discount Fee of	£55

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
Email rod.woods@btinternet.com

Please Photocopy and distribute this entry form if required



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London and South East Regional Ski Association 2005

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, 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.

These requirements are compulsory for all 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.

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.

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.	Name of competitor
	Signed
	(By Responsible Adult if under 18 years)
	Date