



London & South East Regional Snowsports Association

"Superstars" Competition 2007

Again this year the race series will include free entry into a "Superstars" Fitness Competition. Due to race day time constraints, entry will be based on a first come first served basis.

The aim of the competition is to promote fitness within the ski racing community.

Points system and protocol is based on Snowsport GB Fitness Tests.

Schedule: -

Bromley - Crunchies (Reps)

Aldershot - Pull ups (Reps)

Brentwood Park - TBA

Welwyn - 5 Jumps (Distance)

Bromley - Box Jumps (Reps)

Prizes Sponsored by: -

