



2010 Summer Race Series

Sponsored by  **Bartlett**
www.skibartlett.com
SUPPORTING BRITISH SKI RACING

Race Bulletin

Race Dates and Venues

Saturday 8th May 2010	Welwyn
Sunday 23rd May 2010	Bowles
Saturday 5th June 2010	Brentwood
Saturday 10th July 2010	Bromley
Sunday 3rd October 2010	Aldershot

Race Format ([see web site - lsera.org](http://lsera.org) - for more details)

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 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.

Racers will be expected to say at bib collection whether they are staying for the dual slalom or not and they MUST tell the race secretary if they change their mind, otherwise it messes up the Team Event and spoils it for others

Fitness Competition

A fitness competition will be held at each race with prizes for the highest scoring female and male at each race. The scores from each race will be added together to give a series result and the best female and male for the series overall will each be awarded a £250 voucher from the sponsors of this event, Snow and Rock.

Timetable

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 Fitness Competition to be run between end of special and start of dual slaloms
PM	Dual Slaloms

Officials :

Each club should provide two officials to ensure the smooth and safe running of the race

Those prepared to help as officials should indicate the race(s) they would be available for on the entry form. Volunteers will be contacted the race morning to discuss how they could help. **Names of persons who officiate at the races will be entered into a draw, (one entry for each time they officiate), for a FREE series race entry next year**

Race entries (**Reduction this year**)

The entry fee for each Race is £11.00 but a discounted rate of £50.00 is available if all 5 races are paid for by Wednesday 5th May 2010

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 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	2001 or Later
2	2000 & 1999
3	1998 & 1997
4	1996 & 1995
5	1994 & 1993
6	1992 & 1991
7	1990 to 1981
8	1980 to 1965
9	1964 & 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.

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.

Group placings will be calculated by adding the points from the 3 best races of the series, with a minimum of three 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 = 1pt

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.

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



2010 Summer Race Series

Race Entry Form

Surname

Forename(s)

Club/Sch/Uni

Disability Yes / No Gender Female / Male

Address

Post Code

Tel No

Year Of Birth

Email Address

Signature of Coach if Age Group 1

Date	Venue	Registration	Entry Fee	Tick Race(s) Entered	Tick if you can officiate
Saturday 8 th May 2010	Welwyn	08:30 am	£11.00		
Sunday 23 rd May 2010	Bowles	08:30 am	£11.00		
Saturday 5 th June 2010	Brentwood	08:30 am	£11.00		
Saturday 10 th July 2010	Bromley	08:30 am	£11.00		
Sunday 3 rd October 2010	Aldershot	08:30 am	£11.00		

I wish to enter for the races ticked above	I enclose a fee of	£
	I enclose the Series Discount Fee of	£50.00

Name of person prepared to assist as an Official at the race(s) indicated above

Cheques to be made payable to 'L&SERSA'

Send to :- Race Secretary, Sally Woods
79 Hawbeck Road, Rainham, Kent, ME8 9UX.
Tel:- 01634 362174
Email: sally.woods79@sky.com

Data Protection I confirm that my contact details indicated on the Race Entry Form may be passed on to the Regional sponsors of L&SERSA	Name Signed
---------------------------------------------------------------------------------------------------------------------------------------------------	--------------------

London and South East Regional Snowsports Association 2010

Consent / Disclaimer

PERSONAL PROTECTIVE EQUIPMENT/DATA PROTECTION/PHOTOGRAPHS

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.

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. For more information see: <http://www.britski.org/helmets-v2.pdf>

Photography

Athletes who do not wish to be photographed by the accredited photographer must notify the Race Organisers on the race day No other photographers will be permitted on the slope without prior accreditation by the organisers.

<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 (By Responsible Adult if under 18 years)</p> <p>Date</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------