

VICTORIAN XC SKIING



JUNIOR CHAMPIONSHIPS

18-19 July 2015

First Name:..... Surname:.....

D.O.B (d/m/y)..... GENDER: M / F (please circle)

ADDRESS:

..... State: Post Code.....

AH: Mobile:..... Email:.....

CLUB Race License #.....

I WISH TO ENTER THE VICTORIAN JUNIOR CROSS COUNTRY SKIING CHAMPIONSHIPS IN THE FOLLOWING AGE GROUP: (PLEASE CIRCLE)

| | Classic Sprint | | | | | |
|-----------------------------|----------------|-----|--|-----|--|-----|
| 9:30am Sat 18 th | | U12 | | U16 | | U20 |

| | Freestyle Distance | | | | | |
|---------------------------|--------------------|-----|-----|-----|-----|-----|
| 10am Sun 19 th | U10 | U12 | U14 | U16 | U18 | U20 |

Age is calculated from 31st December, 2015.

THE RACE ENTRY FEE IS: \$15 for a single event or \$25 for both events. Family entry fee will be a maximum \$30 for a single event and \$50 for both events.

Declaration:

I agree to enter the 2015 Victorian Cross Country Skiing Junior Championships and to abide by the Rules of the Competition as set out in the International Ski Federation (FIS) Competition Rules.

I declare that the details on my entry form are true and correct. By entering this event I will not hold responsible the Wangaratta Ski Club, or VSSA, or Ski and Snowboard Australia for any accident or injuries that may occur to me or my child and I absolve these bodies from any liabilities. I understand that it is my responsibility to ascertain my (my child's) fitness to compete.

Entrant's Signature Date

Parent/Guardian's signature (if under 18 years)

Organised by the Wangaratta Ski Club on behalf of VSSA and Ski and Snowboard Australia

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RACE PROGRAM

| | | |
|---|--------------------------------------|-----------------|
| Date | Saturday 18th July | |
| Technique | Classic | |
| Format | Sprint | |
| Start times for individual time trial: | | |
| | Age Class | Distance |
| 9:30am | WU 12, MU12 | 400m |
| 9:40 | WU 16, WU 20, MU 16, MU20 | 800m |
| <p>On completion of the individual time trial, athletes will be ranked according to times. Seeded heats based on the FIS International Competition Rules for Sprints. Size of heats and finals will be determined by the number of participants in each age class.</p> <p>Start times for heats will be advised in the detailed race program, available on the day prior to the event. Race organisers will make every effort to minimise the time between the individual time trial and the heats and finals.</p> <p>Course details will be available on the day prior to the event.</p> | | |

| | | |
|--|------------------------------------|-----------------|
| Date | Sunday 19th July | |
| Technique | Free | |
| Format | Mass Start Distance | |
| Start Time | Age Class | Distance |
| 10:00am | WU10 | 1.0km |
| 10:05 | MU10 | 1.0km |
| 10:10 | WU 12 | 2.5km |
| 10:15 | MU 12 | 2.5km |
| 10:20 | WU 14 | 2.5km |
| 10:25 | MU 14 | 2.5km |
| 10:30 | MU 16 | 5.0km |
| 10:35 | WU 16, WU 18, WU20 | 5.0km |
| 10:40 | MU 18, MU 20 | 10.0km |
| <p>Course details will be available on the day prior to the event.</p> | | |