

From: Birkebeiner Nordic Ski Club secretary@birkebeiner.org.au
Subject: Birke News Bulletin – 12th July 2022
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To: Paul L'Huillier paulhuillier@bigpond.com



News Bulletin

12 July 2022

Mid-Season Dinner - Thursday 28th July

- **When:** Thursday 28th July 2022.
- **Where:** Roi's Diner, 179 Kiewa Valley Highway, Tawonga.
- **Time:** 6:30 pm for a 7:00 pm meal.
- **Cost:** The meal is partly subsidised by the club (\$15). Members & guests pay for two courses – \$35.00. You pay for your own drinks. Numbers are limited so be sure to RSVP early so you don't miss out!

Please **RSVP** with any dietary requirements by **Sunday, 24th July** to Social Secretary **Mary Hall**. Email: anmhall@yahoo.com, mobile: 0492 960 885 or text.

Note – This function will also acknowledge the **26th Anniversary of the opening of the Clubhouse in June 1996** with a slide presentation, a 10-minute video of the construction and opening, and a short talk by Jim Crebbin, the construction manager.

To read an article taken from the *Birkebeiner Bulletin – June 1996* written by **Phil Evans** on the opening of the clubhouse, click or tap [\[HERE\]](#).

As a courtesy to Roi and Sue, who need to know in advance of any special dietary requirements, please let Mary know ASAP.

Cheers
Mary Hall



The Birkebeiner Clubhouse

Race Entry Registrations

Victorian Junior Championships – Falls Creek

Register for the sprint on **Sat 16th July** and distance race on **Sun 17th July**. Follow this link:

<<https://www.alpinetiming.com.au/registrations/rg319/>>

Age Groups – U10, U12, U14, U16, U18, U20.

Payment for this registration will be made via Stripe with a **credit card**, The payment will appear on your statement as [alpinetiming.com.au](https://www.alpinetiming.com.au)

Organised by VIC XC on behalf of Snow Australia.

PLEASE NOTE THE "NO FLUORO" PROTOCOL that is explained below.

Falls Creek Schools Nordic Day – Friday 22nd July

To find out more details and to register follow this link <<https://www.snow.org.au/events/142758/>>

The Falls Creek Schools Nordic Day includes a **Cross Country**

Freestyle race open to schools. An optional **Biathlon** event will follow the Cross Country Freestyle event, organised by the Australian Biathlon Association and Biathlon East Australia.

If you are entering the biathlon race, training on the laser biathlon system will be available at the end of the XC race and before the biathlon race begins. It is recommended that participants attend the training before the biathlon race.

Each competitor will receive an event race bib. There will be an Awards Ceremony for both events immediately after completion, which will recognise the top 3 individual skiers in each Interschools division.

Birkebeiner Classic – Sunday 24th July

For more information and to register click or tap [\[HERE\]](#)

Ski de Femme – Saturday 13th August

For more information and to register click or tap [\[HERE\]](#).

Kangaroo Hoppet – Saturday 27th August

For more information and to register click or tap [\[HERE\]](#). Enter before 13th August to get the cheapest entry price.

Click or tap [\[HERE\]](#) for more information and to register for the **2022 Virtual Hoppet**.

The Merino Muster Challenge – A virtual event organized by the

The Merino Muster Challenge – A **virtual event** organized by the Merino Muster Worldloppet - New Zealand. Click or tap this link for more information and to register <<https://alpinetiming.com.au/rg296>>.

Birkebeiner Classic





Falls Creek
Sunday 24th July 2022, 10.30am
 Organised by Birkebeiner Nordic Ski Club



Distances
 2.5km 5km 10km

	Junior	(Under 12)	M	W	\$10	
	Junior	(Under 14)	M	W	\$10	
	Junior	(Under 18)	M	W	\$10	
	Open	(18 - 49)	M	W	\$25	
	Masters	(50+)	M	W	\$25	

Age as at December 31st 2022
Maximum family entry \$50.00

Prizes: You may select any distance, but prizes will only be given (following the race, at the Nordic Bowl) to the winners of

*2.5km: U/12 M & W, U/14 M & W *5km: U/18 M & W, Open M & W, Masters M & W
 *10km: Open M & W, and Masters M & W

Enter online <https://alpinetiming.com.au/rg305>
 More information: 0427 006 246





For more information and to register click or tap [\[HERE\]](#)



Snow Australia
Cross Country Committee (SAXC)



NO FLUORO WAXING POLICY 2022 – ALL CALENDAR EVENTS



In line with the decision by the International Ski Federation (FIS) to ban the use of all fluorinated waxes for the 2022-2023 and beyond, Snow Australia Cross Country Committee (SAXC) is bringing in a **no-fluoro policy for the 2022 Australian winter**. This prospect was flagged in 2021.

Unlike the previous low-fluoro protocol adopted by SAXC, which was designed to reduce costs and time spent on waxing, this new no-fluoro policy endorsed by Snow Australia and FIS is based on protecting the environment in line with laws introduced in Europe and North America.

NO-FLUORO IMPLEMENTATION

- Participants in Snow Australia events will be required as a condition of race entry to sign a declaration that they will not use fluorocarbon based waxes.
- Coaches supporting club, state and national teams will also be required to sign a similar declaration.
- Information will be distributed via state / club / school networks.
- TD's & FIS race organisers are working with FIS to develop appropriate Jury guidelines for enforcing the rule, and sanctions are already included in the latest FIS rules.

In addition SAXC advocates for a **Low-\$ no powder/liquid/block protocol** for school, state and club level competitions. This follows the aims of the earlier low-fluor protocol, recognising that new high-end wax products are already on the market overseas and will soon be available in Australia.

AIMS OF LOW-\$ PROTOCOL

- Create a LEVEL PLAYING FIELD at events that demonstrate the skiing ability of participants.
- REDUCE time spent waxing so more focus can be put on preparing for competition.
- REDUCE the cost to athletes, parents and teams to compete in XC Skiing.

This is an honesty system and it is hoped that all athletes, parents and coaches will follow the principles of the protocol. The protocol is supported by all the state committees and teams operating under Snow Australia, including the NSWACT XC Team and Victorian Cross Country Team. Self-policing, education, and the cooperation of the cross country community should make these protocols viable and keep costs low to encourage increased participation in the sport.

RECOMMENDATIONS FROM STATE COACHES

- Where possible state team coaches will confer and give a recommendation of no-fluor waxes for each event, so that everyone can be on the similar waxes.



Membership is now overdue!

At the recent AGM, it was resolved to keep the fees the same as last year, i.e. Family \$75.00, Individual \$35.00, Junior or Student (not in a family membership) \$25.00 and Associate* \$25.00. Fees are payable by 30th June 2022.

**Intended for existing members who no longer ski, nor use the clubhouse, but would like to remain club members and receive correspondence and the bulletin newsletter, or for search and rescue squad members who do not require the use of club facilities.*

Click or Tap [\[HERE\]](#) to renew or join.

Thanks to *Michal Trnka*, Alpine Timing, and new membership secretary, *Stephanie Germancheva*, for all the work they put in to get our membership payment system online.

Clubhouse Supervision of Children

BNSC is committed to providing an enjoyable and safe environment for everyone.

It is in the interests of protecting everyone, BNSC committee is adopting the following policy guidelines that are underpinned by Child Safety and welfare and consideration of other adults and members using the club house.

Victoria has adopted 7 Child Safe Standards that are reflected in the recently introduced Child Safe Legislation. The BNSC Child Safe Policy (2017) provides guidelines for events and activities and the WWCC policy makes clear the obligations of the club in this regard. Ski & Snowboard Australia Limited of which BNSC is a member, does have a Member Protection Policy

With so many new families with young children, and in order to comply with the above, we ask you to observe the following.

1. Appropriate arrangements for supervision of children U12 (that includes primary and pre school age and young children and babies) by a designated person MUST be made.

The DESIGNATED person MUST be age 15+. Note that Victorian Department of DHSS states, "babies and young children are not to be left unsupervised."

2. Options for active supervision may include
- ❖ Another adult
 - ❖ Share care with another family.
 - ❖ Baby sitter aged 15+



2022 Mini Series

Falls Creek Event Dates

Date	Start Time	Technique
Sunday 07-08-2022	11:00am	Classic
Saturday 10-09-2022	11:00am	Freestyle

Note:

- Classic technique is permitted in Freestyle events
- All age classes will be mass started at various intervals
- Race registration is preferred via the following link:
<http://www.tnsc.com.au/event-registration.html>
OR from 9:15AM on the day at Windy Corner Day Shelter, Falls Creek.

Distances and Age Grouping

Under 8	.5km
Under 10	.75km
Under 12	1.0km
Under 14	1.25km
Under 16 and Under 18	2.5km
ADULT	2.5km

Entry Fee

Child \$15 per event
Adult \$20 per event

OPEN TO: All children under 18 years of age at the 31/12/2022 who are NOT members of the National X-C Ski Team. All Adults from beginners to seasoned tour skiers welcomed.

- At the last miniseries event a diploma will be awarded to all participants and a medal for those who complete both events
- **Contact/Enquiries:** Lynn-Maree Cullen – 0409592226 or lmc0511@gmail.com
www.tnsc.com.au

**SPOT
PRIZES**



AWARDS

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