



Registration Form

SURNAME:		
FIRST NAME:		
ADDRESS:		
POST CODE:		
EMAIL:		
AGE:	CLUB:	

Age on 31st Dec 2008

CATEGORY	Veteran >40	Senior	Youth U18	Youth U16	U14	U12	Novice
Please tick							
Male							
Female							

Races: Please Tick the races you wish to enter. Experienced skiers enter novice & hill races:

Sat 30th May – £8.00 (adult) £5.00 (under 16 or in full-time education)

Sun 31st May – £8.00 (adult) £5.00 (under 16 or in full-time education)

Both days - £15.00 (adult) £8.00 (under 16 or in full-time education)

(+£3.00 each day for 3rd party insurance cover if you are not a member of an SNSC/SSE affiliated club).

Huntly Sprints (GB1 / Scots 1) – Sat 30 th May (all races free technique) All ages allowed. Races start 10:15am.			Clashindarroch Hill Climb – (Scots 2) Sun 31 st May (Minimum age 11 years)	
Novice 655m Sprint (Flat course)	Elite 1135m Sprint (Hill course)	Knock-out Sprints (please circle race)	8.05km 202m climb Classic	4.85km 133m climb Classic

- There are two competitions to be decided today:
 - Race 1 of the GB & Scots Rollerski Series** will be decided by combining times from the Flat Course & Hill Course Time Trials in the morning.
 - HNSC Short-Course Championships** decided by the knock-out (head-to-head) races in the afternoon.
- Skiers will be seeded for knock-out races from Time Trial times.
- Roller skiing is a potentially dangerous sport. You enter these races at your own risk.**
- Minimum safety equipment:** helmet and glasses. Gloves and knee/elbow pads are optional.
- Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used for all races. Skiers will be issued with rollerskis from kit pool at start of race.
- Races are covered by Snowsport Scotland Liability Insurance.
- Overtaking: faster skier shouts “track” slower skier moves to inside line, double-poling. Overtaking skier will be deemed guilty party if there is a collision.
- Slower skier does not have to give way on the one steep downhill, they may keep their line until past marker. Faster skiers may only overtake on this downhill if there is clearly sufficient space, if not they must control their speed until past marker.
- All skiers must ski in a safe manner. Marshals may warn reckless skiers & disqualification may result.
- Huntly Sprints - HNSC barrel wheeled Marwe rollerskis with 6S6 wheels will be used by all skiers.**
- Clashindarroch Hill Climb – Classic technique. Skiers use their own classic skis. FIS rules apply. One wheel of each ski must have a ratchet.**
- All competitors agree to the Race Committee being the final arbitrators of any dispute.

Please sign below to show that you have read and accept this. (Guardians need to sign for any U16's).

.....(If sent by email we will ask you to sign a disclaimer on the day).

Further information from: Peter Thorn, Huntly Nordic Ski Club
 West Craigton Cottage, Kennethmont, Huntly, Aberdeenshire AB54 4QP.
 Tel: 01464 831429 Email: huntlynordicsc@yahoo.co.uk

ENTRY: £8.00 seniors / £5.00 juniors for each day or £15 / £8 for both days

(+£3.00 each day if not members of an SNSC/SSE or equivalent club)

Sat 30th May – Huntly Sprints (GB Seris 1 & Scots Series1)

GENERAL POINTS. Registration from 9am. Races start 10:15am.

- There are two circuits that will be raced.
 - The Novice Race on Flat Course (655m) & this is fairly flat & suitable for all abilities. Novice & experienced skiers will do time trials over this course.
 - The Elite Race on the Hill Course (1135m) is for experienced skiers only who are competent to ski one steeper downhill section.
- There are two competitions to be decided today.
 - Race 1 of the GB Rollerski Series (Scots 1)** will be decided by combining times from the Flat Course & Hill Course Time Trials in the morning. Novice racers who do not do the Hill course will be ranked according to their Flat Course time & placed behind skiers with combined times.
 - The **HNSC Short-Course Championships** which will be decided by the knock-out (head-to-head) races in the afternoon. There will be 4 knock-out competitions: Elite Men (for top 15 men); Elite women; Shield Men & Novice
- See maps for course descriptions.
- After completing the times trials in the morning skiers will be seeded into heats of three skiers for the knock-out races in afternoon. Novice skiers will ski the same Flat Course & the elite/plate competitions the Hill Course.
- Knock-out heats will initially be “open” events with no age categories. Later on skiers will be seeded into age group finals based on their individual time trials in the morning.

EQUIPMENT.

- Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used for all races. **Competitors will be issued with rollerskis from the equipment pool at the start of each race. They may not use their own skis to race but should bring them for practising.**
- Rollerskis with Salomon Profil & Rottefella NNN bindings will be available for people to race on.
- Cycle safety hats & glasses **MUST** be worn at all times while on roller skis – even when not racing (the glasses are optional when not racing).
- Gloves should be worn & skiers may wish to wear knee/elbow protectors.

RACING RULES.

- All skiers are requested to ski in a safe & considerate manner, especially around the younger skiers.
- The track is fairly narrow. To enable safe overtaking the faster skier should shout “track”, on hearing this the slower skier should move to one side (generally the inside), double pole or restrict their skate action to leave enough space for overtaking skier.
- It is the responsibility of the faster, overtaking skier to avoid contact with the slower skier. Likewise the slower must not obstruct the overtaking skier.
- Slower skiers do not have to give way on the one steep downhill, they may maintain their racing line until past marker. Faster skiers may overtake on this hill if there is clearly sufficient space, if not they must control their speed until past marker.
- Any skiers seen to be skiing in a reckless manner will be warned &, if necessary, disqualified. Marshals will stop dangerous skiing.
- Please follow instructions from the marshals.
- Skiers / spectators must be aware of & keep clear of racing skiers. **Please keep off tarmac track.**
- Individual Time Trials: A group of 5-8 skiers will be started with 10sec intervals between skiers. Once a group of skiers finishes their loop the next group of skiers will be set off.
- Head-to-head races will comprise 3-4 skiers with the fastest 1-2 skiers moving on to next round.

Sun 31st May – Clashindarroch Hill Climb (Scots Series 2)

- Rollerski Hill Climb on the A941 Rhynie to Clashindarroch Forest road.
- Please register for race on Saturday in Huntly.
- Meet in Rhynie from 10:00am. Races start 11:00am.
- Skiers will use their own classic rollerskis. Must have ratchet on one wheel & conform to FIS rules.

FINAL POINTS.

- It would help organisers if you let them know that you plan to attend.
- Further information on getting to venue & accommodation is available from organisers.