

Huntly Nordic Ski Club
HUNTLY ROLLERSKI CHAMPIONSHIPS 2012
GB Series 09 (Scots Series 5)

Race sponsored by:



Sat 08th Sept – Huntly Nordic & Outdoor Centre

Organisers: Huntly Nordic Ski Club. Supported by Aberdeenshire Council.

Huntly Rollerski Championships 2012 – GB Series 09 (Scots Series 5)
Sat 08th Sept – Huntly Nordic & Outdoor Centre
RACE RULES / INSTRUCTIONS.

Registration Form

SURNAME:	
FIRST NAME:	
ADDRESS:	
POST CODE:	
EMAIL:	
AGE (on 31/12/11):	CLUB:

Age on 31st Dec 2011 determines your age category.

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

Races: Please Tick the races you wish to enter. Only experienced skiers should ski hill course:

Huntly Rollerski Champs – Sat 08 th Sept (all races free technique) All ages allowed				
~7.1km (10 laps) Vet / Sen	~5.1km (7 laps) U18 / U16	~3.7km (5 laps) U14 / U12	Novice: all ages (flat course, 3 laps)	Relays

Sat 08th Sept – £10.00 (adult) £6.00 (under 16 or in full-time education)

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

NOTES:

- **Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used.** Pairs with Profil & NNN bindings will be available for people to race on. Skiers should still bring their own rollerskis for practice.
- Main races will follow laps of the hill loop – all skiers must be competent to handle downhill.
- There will be a novice race following the flat outer loop for less experienced & younger rollerskiers.
- **Roller skiing is a potentially dangerous sport. You enter these races at your own risk. All skiers entering GB Series Races must sign an Athletes Declaration.**
- **Minimum safety equipment:** helmet and glasses. Gloves and knee/elbow pads are optional.
- Races are covered by Snowsport Scotland Liability Insurance.
- All competitors agree to the Race Committee being the final arbitrators of any dispute.
- The organisers reserve the right to adjust programme to suit entries & conditions.

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

Huntly Nordic Ski Club

GENERAL POINTS.

- Registration from 9am Sat 08th Sept.
- Track open for practise on the evening Fri 7th Sept & from 9am Sat 08th Sept.
- Races start 10:30am Sat 08th Sept with the U14/U12 Time Trials followed by U18/U16 then Seniors.
- The main races will have age categories for Vet (40 & over), Senior, U18/U16 & U14/U12. The cut off date for each age category is 31st Dec 2011.
- Skiers entered into the main races should be competent to handle the downhill section. If not they should enter the novice races which follow a flat course. The novice race results will be placed behind the main race results for GB Series points allocation.

EQUIPMENT.

- **Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used.** Pairs with Profil & NNN bindings will be available for people to race on. Skiers should still bring their own rollerskis for practice.
- Rollerskis will be checked by Equipment Jury & placed in a pool for random issue for each race. **Skiers will not be allowed to use their own rollerskis for racing but must use the pool skis.**
- All rollerskis must be returned to pool immediately after race.
- 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 are recommended & skiers may wish to wear knee/elbow protectors.

RACES.

- Races start/finish by Ski Centre building.
- Main races follow laps clockwise around the “Hill” course. There is a flat course for novice & younger skiers.
- Races will be in a Time Trial format with skiers starting at 15sec intervals.
- Races will be divided into heats so that there are no more than 15 skiers in each heat. The number of heats will be determined by number of entrants on the day.

RELAYS.

- In the afternoon there will be Club relays using the flat course.
- Relay teams will comprise 4 skiers.
- The plan is to run the relays in two races: U14 (M/F) & U18/Sen/Vet (M/F). Ad hoc teams will be allowed but it is hoped that clubs/groups will enter teams.

LOCAL RACING RULES.

- All skiers are requested to ski in a safe & considerate manner, especially around the younger skiers.
- The track is 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 & leaving 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 within the marked zone. Faster skiers may overtake on this hill if there is clearly sufficient space, if not they must control their speed until past marker.
- Please follow instructions from the marshals. Any skiers seen to be skiing in a reckless manner will be warned &, if necessary, disqualified. Marshals will stop dangerous skiing.
- Skiers / spectators must be aware of, & keep clear of racing skiers. **Please keep off tarmac track.**

Sun 09th Sept – Cairngorm Classic Hill Climb – British Rollerski Championships
 Organised by Highland Nordic Ski Club

- On Sun 09th Sept there will be a Hill Climb in classic technique on the Ski Road, Aviemore.
- Skiers will use their own classic rollerskis. Must have ratchet on one wheel & wheels must be a minimum 28mm wide.

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.