***Huntly Rollerski Sprints 2019*** *– Sat 25th May*

***Clashindarroch Hill*** *Climb - Sun 26th May (by Rhynie)*

 Organisers: Huntly Nordic Ski Club.

# Registration Form

|  |  |
| --- | --- |
| SURNAME: |  |
| FIRST NAME: |  |
| ADDRESS: |  |
| POST CODE: |  |
| EMAIL: |  |
| Age/ Year born: |  **/** | CLUB: |  |
| EMERGENCY CONTACT (name/tel/relationship): |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CATEGORYPlease tick | Veteran>60 | Veteran>40 | Senior | YouthU18 | YouthU16 | Jnr YthU14 | Jnr YthU12 | Novice |
| Year born = | ← 1958 | 1959-78 | 1979-00 | 2001/02 | 2003/04 | 2005/06 | 2007 → |  |
| Male |  |  |  |  |  |  |  |  |
| Female |  |  |  |  |  |  |  |  |

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

**Sat 25th May – £10.00 (adult) £5.00 (under 16 or in full-time education)**

**Sun 26th May - £10.00 (adult) £5.00 (under 16 or in full-time education)**

|  |  |
| --- | --- |
| Sat 25th MayHuntly Sprints – (all races free technique)All ages allowed. Races start 10:15am. | Sun 26th May – 09:45am startClashindarroch Hill Climb – Classic technique(Minimum age 11 years)**Race not suitable for novices** |
| Novice 600m Sprint (Flat course) | Elite 1135m Sprint (Hill course) | Knock-out Sprints | 8.05km202m climbClassic | 4.85km133m climbClassic |
|  |  |  |  |  |

* There are two competitions to be decided on Saturday:
1. **Rollerski Series’ races** decided by combined times from Flat Course & Hill Course Time Trials.
2. **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.**

You (or guardian for U16’s) must sign this form.

* **Minimum safety equipment**: helmet and glasses. Gloves and knee/elbow pads are optional.
* Races are covered by Snowsport Scotland Liability Insurance.
* Overtaking: faster skier shouts “track” slower skier moves to inside line, double-poling.
* 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 Marwe 610 rollerskis with 6S6 wheels will be used however Marwe barrel wheel rollerskis will be available for those who prefer to use them.**
* **Clashindarroch Hill Climb – Classic technique. Skiers use their own classic skis. FIS rules apply (Min length axle-axle = 530mm, max wheel diam 100mm). One wheel of each ski must have a ratchet.**
* All competitors agree to the Race Committee being the final arbitrators of any dispute.

**PLEASE REGISTER IN ADVANCE – NO ENTRIES ON ACCEPTED ON SUNDAY**

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 this disclaimer on the da

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

RACE RULES / INSTRUCTIONS.

## ENTRY: £10.00 seniors / £5.00 juniors for each day

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

**HUNTLY ROLLERSKI SPRINTS – Sat 25th May**

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

* There are two circuits that will be raced.
1. The Novice Race on Flat Course (600m) & this is fairly flat & suitable for all abilities. Novice & experienced skiers will do time trials over this course.
2. 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 on Saturday.

1. **Rollerski Series’ races** 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.

 2. The **HNSC Short-Course Championships** which will be decided by the knock-out (head-to-head) races in the afternoon. There are 4 knock-out competitions: Elite Men (for top 15 men); Elite Women;

 Shield Men; Novice. Shorter courses will be used for K.O. races.

* After completing the times trials in the morning skiers will be seeded into heats of three skiers for the knock-out races in afternoon.
* Knock-out heats will initially be “open” events with no age categories.

EQUIPMENT.

* Marwe 610 rollerskis with 6S6 rubber wheels will be used for all races (Marwe barrel rollerski will be available for those who prefer). **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.
* Correctly fitted cycle safety hats & glasses **MUST** be worn at all times while on roller skis – even 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.

CLASHINDARROCH HILL CLIMB – Sun 26th May

* Rollerski Hill Climb on the A941 Rhynie to Clashindarroch Forest road.
* **Race not suitable for novices.**
* Please register for race on Saturday in Huntly or by email. **No registrations accepted on the Sunday**.
* Meet in Rhynie from 08:30am. Races start 09:45am.
* 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.