



Norfolk Ski Club



Club National with Minis and Masters

Venue: Norfolk Ski Club, Trowse, Norwich

Date: Saturday, 3rd May 2008

RACE INVITATION

Organisation

This event is being organised by Norfolk Ski Club on behalf of Snowsport England.

Entry Criteria

The Club National is a special slalom of 3 runs down the same course and is open to registered racers in the following categories: Children 1, Children II, Junior I, Junior II, Senior and Masters. Racers with no seed points are given priority over those with seed points. The Minis race follows the same format, and is open to registered racers born in 1998-2001.

If under-subscribed, the race will also be open to unregistered racers on completion of the special entry form and payment of the additional fee of £10.00.

Closing date for entries is **Friday, 25th April 2008**. There is no guarantee that late entries will be accepted so it is recommended to ensure your entry is received prior to the closing date either by postal or online entry.

Programme

08.30	Bib Issue and registration
08.30 - 09.30	Open practice
09.00	Race Officials' Meeting
09.30 - 10.00	Course Setting
10.00 - 10.30	Course Inspection
10.35 - 11.50	First run (Girls, Boys, Females, Males in reverse bib order)
12.00 - 13.15	Second run (same order as first run)
13.15	Lunch Break
14.30 - 17.00	Third run (Girls, Boys, Females, Males in reverse time order)
17.15	Prize giving

Every attempt will be made to keep to the stated times, but the organisers reserve the right to change the times if necessary. Please check the Race Notice Board on arrival and listen out for announcements over the P.A. system.

Race Rules

The race will be run under F.I.S. rules as varied by the SSE and published in the British Artificial Competition Rules (BACR) 2008. This manual is available on <http://www.gbski.com/rules.php>. Racers and race officials should also be aware of the Guide to the Rules of Ski Racing available on <http://www.britski.org/racingguide07.pdf>

The Jury has the right to refuse a racer starting if the racer does not appear on time in the start. The Start Referee will be instructed to work to FIS613.6. Start Licences may be checked.

TDs have been instructed to apply the unsportsmanlike behaviour rule to any competitor using bad language.

Competitors are reminded of the regulations requiring the use of protective 'bungs' or caps on ski pole tips, and those governing the limits on ski/binding height. These regulations are liable to be enforced during this event.

Gloves and long sleeved garments which also cover the midriff must be worn at all times whilst on the slope, including during open practice, course inspection and the race itself.

All competitors MUST wear a properly fitted and approved safety helmet on the slope throughout the event; this includes practice session, course inspection, fore runners, and the race itself. Helmets should be compliant with standard BS EN 1077:1996 Specification for helmets for alpine skiers).

It should be noted by all competitors that the use of 'Yellow 77' lubricant is not permitted at Norfolk Ski Club.

Race Format

The races will be run to the following format:

The first and second runs will be held in bib order and the better of these times will count towards the final total. The third and final run will be in reverse time order based on the best time from the first two runs and must be completed, i.e. the result will be based on the best time from the first two runs plus the time from the third. All runs will be down the same course.

Course Inspection

The course must be inspected wearing skis (or properly leashed snowblades), and bibs must be worn **correctly** throughout inspection so that the race number is clearly visible from **both** front and rear. No-racer is allowed to ski the course during inspection. Course inspection may start from any point on the course and racers must come to a complete stop between each gate when inspecting. The first 10 minutes of course inspection will be for boys and girls and females, the next 10 minutes will be for all racers, and the last 10 minutes for males.

Race trainers/coaches may accompany their racers provided they are qualified and carry the relevant accreditation issued by the race office on the day or prior to the race. This form is available for download from <http://www.britski.org/Coaches2008.pdf> No other people will be allowed to enter the race area.

Awards

Awards will be made in the following categories:-

Females	Children I	1 st / 2 nd / 3 rd	Males	Children I	1 st / 2 nd / 3 rd
	Children II	1 st / 2 nd / 3 rd		Children II	1 st / 2 nd / 3 rd
	Junior I	1 st / 2 nd / 3 rd		Junior I	1 st / 2 nd / 3 rd
	Junior II	1 st / 2 nd / 3 rd		Junior II	1 st / 2 nd / 3 rd
	Senior	1 st / 2 nd / 3 rd		Senior	1 st / 2 nd / 3 rd
	Overall	1 st / 2 nd / 3 rd		Overall	1 st / 2 nd / 3 rd
	Minis				Masters
Girls Overall		1 st / 2 nd / 3 rd	Females Overall	1 st / 2 nd / 3 rd	
Boys Overall		1 st / 2 nd / 3 rd	Males Overall	1 st / 2 nd / 3 rd	

Masters racers, please note that they are not eligible for prizes in the Senior age group. For the purposes of Club National races, Seniors and Masters are designated as separate age groups. All prize winners are expected to show courtesy to the organisers by attending the prize giving. Those who do not attend without good reason lose their claim to an award.

Doping Control

Competitors should note that the Dope Control Unit may arrive unannounced at any event and will have the complete co-operation of the organisers of this race.

There have been a number of recent amendments to the Doping Control Regulations; these changes mainly affect two groups of competitors, those who suffer from asthma and taking asthma medication and those using insulin to treat insulin-dependent diabetes. The result of these new regulations is that any competitor using these drugs must obtain certification in writing from the doctor prescribing them or from the team physician. A form on which to obtain the appropriate certification is available from the SSE Head Office. This certificate must be completed in advance of competition and returned to the SSE Medical Advisor with a SAE for Acknowledgement of Notification to be returned to you.

All competitors should note that this notification is required annually.

Acceptance

Entry fee for 2008 is **£16.00**.

Online entry is available at <https://www.freestyleweb.co.uk/compentry/index.asp>.

There is no guarantee that late entries will be accepted. It is strongly advised that the entry form is submitted by the closing date of **Friday, 25th April 2008**.

In order to encourage a greater participation S.S.E. has agreed to allow organising clubs to accept race entries from unregistered racers, subject to the following:-

1. Entries may only be accepted if, at the closing date, the race is under subscribed from entries by registered racers. In the event of the number of unregistered entries exceed the vacancies; the organising committee will determine which entries are accepted, to bring the total entry up to no more than 180, or as decided by the organisers.
2. Entrants must complete the race entry form and pay a public liability insurance and administration fee of £5.00 in addition to any published race entry fee. They must also complete the athletes' declaration form.
3. Accepted entrants are eligible to win age group and overall medals and their results will be shown on the official results. However, they will not be allocated a registration number and their results will not be processed for seed points.

In the Minis race all entries will be drawn for start order. In the Club National race, the latest BARTS Seed List, will be used to determine start order. The top 15 females and 15 males will be drawn for start position, with the remaining seeded racers placed in reverse seed point order. Those without seed points will be drawn for start position to run before those with seed points.

Late Entries

If the race is undersubscribed at the closing date of **Friday, 25th April 2008**, the Jury will consider late entries (up to a maximum of 180 racers) received by first post **Wednesday 30th April 2008**. All late entries accepted will be drawn for start order, and will be placed on the start list to run before the entries already accepted, in the order they are received.

All late entries accepted will be subject to an additional fee of £10.00

Protests against Acceptance / Late Entries

Protests against non-acceptance must be received in writing by the Race Secretary by first post **Wednesday 30th April 2008**

Results of protests and confirmation of acceptance of late entries may be obtained by telephoning the Race Secretary, Janet Jenkins, on 01508 538084 between 8.00 p.m. and 9.00 p.m. on Wednesday 30th April 2008.

Race Office

The Race Office will be at the Race Secretary's address until the evening of Friday 2nd May 2008. It will be located in the Norfolk Ski Club Building from 8.30 a.m. on Race Day.

Notice Board

The official race notice board will be located in the changing room adjacent to Reception.

Commentator Sheets and Race Bibs

Commentator sheets must be completed and handed in when collecting a race bib. Race bibs must be returned to the Finish Marshall on completion of the third run, failure to do so will result in a charge of £25.00 for each missing bib.

Referee's Report Protests

Referee's Report protests must be made on official forms which will be available at the Race Office. These must be completed and handed in within the set time limit and accompanied by a fee of £25.00.

Refunds

Once accepted into the race, refunds will only be given to racers if a request is supported by written medical evidence.

Photography

Neil McQuoid of Racer Ready has been approved as the official photographer for the race. No other photographers will be permitted on the slope itself without prior approval by the organisers.



Racers who wish to opt out of having their photographs taken by an accredited photographer must inform the Race Secretary prior to the day of the race.

Open Practice

On Friday 2nd May, the bar will be open and the ski slope (with slalom poles) will be available for skiing (£7.00 fee for the 2 hour session), 7.00 p.m. to 9.00 p.m.

Hot meals will be available from the Clubhouse on the Friday evening between 6.00 and 9.00pm

Refreshments/Entertainment

Hot food will be available on race days in the Club house and a Barbeque will also be provided on the patio.

Portable cookers are permitted on the grass areas of Norfolk Ski Club, for health and safety reasons they are not permitted on the patio.

On the evening of the 3rd May, following the race, there will be a Barbeque at the Clubhouse.

First Aid

Qualified First Aid personnel will be in attendance at the race.

Ski Hire

Please take note that for this event, skis will **NOT** be available for hire from the Ski Club.

Officials

Please note that these events can only run successfully with sufficient race officials. If you are able to assist, please contact the Chief of Race.

Race Secretary

Janet Jenkins
55 The Street
Surlingham
Norwich
Norfolk
NR14 7AJ

Tel: 01508 538084
e-mail: janet@jenkins.gb.com

Chief of Race

Bernard Wright
Willow House
Lindsey Tye
Ipswich
Suffolk
IP7 6PP

Tel: 01449 740458
e-mail: bernard@lindseygang.co.uk

Child Welfare Officer

Dorothy Wheatman

e-mail:
dorothy.wheatman@jpaget.nhs.uk

Accommodation

If you require details of accommodation the Tourist Information Centre, The Forum, Millennium Plain, Norwich, telephone 01603 666071, after office hours 01603 761082, should be able to advise you or there is a Camping and Caravanning Club site approximately 1½ miles from the Ski Club, for more details please telephone 01603 620060 before 8.00 p.m.

There are a number of conveniently situated Travel Inns/Travelodge within 10 miles from the Ski Club.

Premier Travel Inn

Norwich Nelson City Centre	1.5mls
Norwich City Centre (Duke St)	2.5mls
Norwich Central (South)	8.8mls
Norwich Showground	8.5mls
Norwich Airport	10.1mls

Travelodge

Norwich Central	1.4mls
Norwich Cringleford	4.4mls

Holiday Inn/Holiday Inn Express

Norwich Carrow Road	1.2mls
Norwich	2.0mls
Norwich Airport	5.5mls
Norwich Sports Village (Holiday Inn Express)	5.0mls

Directions

Leave the A47 Southern By-Pass at the A146 exit, turn left at the first traffic lights towards the City Centre and then turn right at the second set of lights. Follow the ring road until you reach a roundabout. Take the fourth exit signposted 'Trowse'. Follow the road for approximately ¼ mile then take a left turning signposted 'Ski Slope'. Norfolk Ski slope is approximately 250yards on the right. The route to the ski slope is signposted by brown tourist signs.

