



## **Eastern Region Snowsports Association Schools Artificial Ski Slope Championships Race Sunday 22nd April 2012 at Gosling Sports Centre, Welwyn Garden City**

*Eastern Region Snowsports Association (ERSA) is one of several regions in the country affiliated with the national governing body SnowSport England, SSE. The emphasis of the region is to encourage participation in snowsports through fun and enjoyment at the grass roots level.*

*Our aim is to encourage young skiers to represent their school and try skiing as a competitive sport, as well as a holiday, school trip or recreational activity. It is a step on the ladder to higher levels Regional, National and beyond for those who want to.*

**Who can enter:** *Anyone who attends a school in the ERSA region. We do not require any previous competition experience, but must insist, for reasons of safety, that all competitors can use the lift and ski in control from the top of the slope. Team members must be from the same school. Please ensure you have notified the school you are representing them at the race.*

**Team or Individual:** *We wish to encourage team entries, as this means those new to ski racing will be able to join their more experienced fellow pupils. We also recognise that racers and schools may not be able to find enough competitors to form single sex teams so mixed teams and individuals can also enter the event. Teams must consist of 3 or 4 racers. If a racer is unable to find enough competitors to make up a team they can also enter the race as an individual.*

**Prizes:** *There are prizes for both the team and individual events in all age groups. The winning team members also receive a medal to complement the team's prize. There are also male/female/team overall prizes.*

*Need some pre-race training? If you haven't skied through a course before, one hour could make all the difference. Contact your local ski slope and you will find they should be able offer your team some coaching. For further advice contact [schools@ersa.co.uk](mailto:schools@ersa.co.uk) or look for your nearest slope on the website [www.ersa.co.uk/schools-champs](http://www.ersa.co.uk/schools-champs)*

**How to enter  
Closing Date: Friday 13<sup>th</sup> April 2012  
Cheques payable to 'ERSA' and post that and entry form to**

**ERSA Race Secretary,  
c/o 55 The Street,  
Surlingham,  
NR14 7AJ**

**You can download an entry form from here <http://www.ersa.co.uk/schools-champs>**

**If you have any problems or questions about your entry please contact the Race Secretary at [schools@ersa.co.uk](mailto:schools@ersa.co.uk). NO TEAM ENTRIES WILL BE ACCEPTED ON THE DAY.**

**Entry Fees: £20 per team entry (up to 4)                      £8 individual entry**

**All organisers are un-paid volunteers. We are pleased to acknowledge the help and support of many individuals, but in particular the event's sponsors who have helped to run this event.**

## **Rules**

**The race will be run according to the FIS rules modified by ERSA, which are, in summary:**

- ❖ **The race will consist of 2 timed runs through a slalom course.**
- ❖ **Individuals: the total time for the 2 runs will count.**
- ❖ **Teams will consist of 3 or 4 skiers. On each run, only the fastest 3 times will count toward the team score. A 3-member team could therefore score as highly as a full team of 4.**
- ❖ **All teams can be either all male or all female or mixed teams**
- ❖ **Age of competitor is based on 1st September 2011. (e.g "Under 19" means 18 or younger on that date.)**
- ❖ **Competitors may be part of a team in an older age group, if this makes it easier to form a team, but will still be judged in their correct age group for the individual event.**
- ❖ **All competitors will be allowed to inspect the course before the race. For safety reasons, racers must not ski the course.**
- ❖ **Substitutions (because of illness etc.) must be notified to the Race Secretary at Bib Collection.**
- ❖ **It is the racer's responsibility to be at the start in good time.**
- ❖ **All competitors must be able to use the lift and ski in at least a controlled snowplough and perform linked turns from the top of the slope.**
- ❖ **All competitors must wear helmets, gloves, long sleeves and trousers**
- ❖ **Under SSE safety rules, competitors must either use the slope's ski poles, or ensure that their own ones have tip protectors.**
- ❖ **Any protest arising must be made to the Jury in writing by the designated Team Manager, accompanied by the fee of £25.**
- ❖ **It is the Racers and Team Manager's responsibility to check equipment.**
- ❖ **N.B. Coming out of bindings at the start does NOT give grounds for a re-start.**

## **Age Categories**

U10	-	Years 5 and below
U12	-	Years 6 and 7
U14	-	Years 8 and 9
U16	-	Years 10 and 11
U19	-	Years 12 and 13