



## Suffolk Vikings

Invite all ERSA racers to the  
4<sup>th</sup> race of the  
**Eastern Region Summer League**  
on Sunday 21<sup>st</sup> June 2009



### Programme

08:15 **REGISTRATION.** Practice opens  
 09:00 Race Managers Meeting  
 09:00 Practice ends. Course setting.  
**REGISTRATION CLOSES.**  
 09:20 Course Inspection.  
 10:00 **INDIVIDUAL SLALOM. (3RUNS)**  
 14:00 Course setting-Dual Slalom  
 14:30 **DUAL SLALOM**  
 16:00 **PRESENTATION OF AWARDS**

**These times may need to be changed according to circumstances.**  
 Race rules and cost will be as agreed for **ERSA Summer League 2009.**  
 BBQ and drinks will be available.  
 Cake Stall run by Club  
 Clear lubricant only- **no coloured lubricant.**  
**Entrance as directed by staff.**

**Suffolk Ski Centre 01473 602 347    Bourne Hill, Wherstead, Ipswich, IP2 8NQ**

<b>Age Groups 2009</b>		
Mini's	Born 2003 & after	Medals will be awarded to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in all age groups. Female separate from males. All Mini's and those persons racing for the first time irrespective of age group will/can be led through the race course before the start of the individual slalom.
Boys & Girls 1	2001-2002	
Boys & Girls 2	1999-2000	
Children 1	1997-1998	
Children 2	1995-1996	
Junior 1	1993-1994	<b>CLUB TEAM EVENT and FUN RAINBOW TEAM EVENT.</b> Children's team: CH2 and below. Open Teams: All racers, no restriction to age group. Seniors/Masters Team: Senior and above. <b>ALL CLUB TEAMS MUST BE OF MIXED SEX.</b> Rainbow Teams: no restriction to age or sex.
Junior 2	1990-1991-1992	
Senior	1980-1989	
Masters 1	1970-1979	
Masters 2	1960-1969	
Masters 3	Born 1959 & before	
<b>N.B ALL RACERS MUST WEAR A HELMET WHILST TRAINING, RACING AND COURSE INSPECTION.            ALL SKI POLES MUST BE FITTED WITH RUBBER BUNGS (STOPPERS)</b>		