Eastern Region Snowsports Association
Schools Artificial Ski Slope Championships Race
Sunday 30th April 2017
at Norfolk Snowsports Club

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

This race is organized to encourage young skiers to try skiing as a competitive sport, while representing their school. As such no previous racing experience is required, although a minimum level of skiing ability is required. It can be a step on the ladder to higher levels of racing at Regional and National levels 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.

Team or Individual: We encourage team entries, as this means those new to ski racing will be able to join their more able fellow pupils. However, we also recognise that 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 school is unable to find enough competitors to make up a team they can enter racer in the Individual category.

Prizes: There are prizes for both the team and individual events in all age groups. All winning team members also receive a medal to compliment 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 or look for your nearest slope on the website www.ersa.co.uk/schools-race

How to enter

Complete and return the entry form(s) by 20th April 2017
If possible please scan and email the form to schools@ersa.co.uk

Cheques payable to "ERSA"and post to:
ERSA,
c/o Jo Ogden
2 Skinners Lane, Wroxham
Norfolk NR12 8SJ

Late entries may be accepted at the discretion of the organisers. If your entry is likely to be late, please call/email with names and approximate number of entries. This will help us plan the race schedules and would be greatly appreciated.

NO TEAM ENTRIES WILL BE ACCEPTED ON THE DAY.

Entry Fees: ERSA aims to run this event 'at cost'. 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

£30 per team entry (up to 4) **£10 individual entry**

Rules

The race will be run under FIS rules modified by ERSA, which are in summary:

- **The race will consist of 2 timed runs through a slalom course.**
- **Individuals: the best time of the 2 runs will count.**
- **Teams will consist of a minimum of 3 and a maximum of 4 skiers. On each run, 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 should preferably be either all male or all female, although mixed male/female team entries will also be accepted.**
- **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.**
- **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 sticks, or ensure that their own ones have tip protectors.**
- **Age groups are U19; U16; U14; U12; U10** *(*All based on the School year as at 1st September 2016)
  - **Years 2, 3, 4 (U10)**
  - **Years 5, 6 (U12)**
  - **Years 7, 8 (U14)**
  - **Years 9, 10 (U16)**
  - **Year 11+ (U19)**
- **Years 3,4,5,6 will ski through stubbie pole and all older racers will ski through full poles.**
- **Years 3,4,5,6 will ski in the morning with prize giving held at the end of the morning's racing followed by the older racers in the afternoon.**
- **No racer from years 2-6 can ski up into the Secondary teams**
- **If schools in the U10/U12 category cannot make up a team (min of 3 racers) then they can still enter as individuals so no one is excluded from racing.**
- **Teams can be of mixed ages but the oldest racer determines the age category for the team.**

Venue Information

The race will be held at the Norfolk Snowsports Club

Venue:
Norfolk Snowports Club
Whitlingham Lane
Trowse
Norwich
NR14 8TW
Tel: 01603 662781

http://www.norfolksnowsports.com/

Leave the Southern By-Pass at the A146 exit, turn left and then turn right at the lights. Follow the ring road until you reach a round-about. 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 just down on the right.

Parking: There is ample free parking available on site, please follow the signs and marshal's directions on arrival.

Catering: Catering will be available on the day. There will be a tea/coffee/soft drink and cake stall, as well as a stall selling hot food. You are also welcome to bring a picnic if you prefer.

Equipment: Limited amounts of equipment are available to hire. However, equipment must be requested in advance of the race. Only pre-booked equipment will be available on the day.