NORTH WEST SKI FEDERATION

OF SNOWSPORT ENGLAND

NW SCHOOL CHAMPIONSHIPS – Saturday 30th March 2019

VENUE: Pendle Ski Club, Clitheroe Road, SABDEN Lancs. BB7 9HN

PROGRAMME:
Registration: 8.50am to 9.30am
Practice: 9.00am to 10.00am
Timed runs: 10.10am to 12.00pm
Head to head course setting and practice 12.00 to 1pm
Fun head to head team races 1.00 to 3.00pm
Prize Giving: 3.30pm
Note: the timetable may be altered, particularly if the number of entries is high.

COURSE: Single slalom course – racers ski the same course twice, with the best time to count.
Fun race – Racers are allocated in to mixed ability teams of 4 and race in a knock out head to head race. See details for more information.

CATEGORIES: **Girls & Boys in each of the following - Infant (R, Y1, Y2), Juniors' (Y3-6), Lower Senior (Y7-9) Upper Senior (Y10, 11) and Sixth Form (Y12, 13)**
Competitors must be under 19 and attend a school/college full time.
Racers enter as an individual to compete for age group prizes
If there are 3 or more competitors from one school then they can also enter for the team awards**.** Teams should consist of 3 or 4 racers from the same age category. If a school does not have 3 or 4 racers from one age category then they can make a team up by adding racers from a younger age category to race in the team. These racers will nevertheless continue to ski as individuals in their respective age categories.
Using the times from the individual runs the best 3 times of the 4 skiers will count towards the team awards.

TROPHIES: Individual 1st, 2nd & 3rd Boy & Girl, 1st & 2nd Novice in each age category.
A Novice is classed as being in his/her first year of racing.
Certificates will be awarded for team prizes to the best Boys team, Girls team and Mixed team at each age category.
Teams from North West Schools can also be awarded the NWSF Trophies for the fastest team from a Junior School and the fastest from a Senior School.
A certificate will be presented to each skier competing.
A token prize will be awarded to the winners of the Fun Team Dual Slalom event.

ENTRIES: Entries to be sent no later than Friday 15th March to:
Mrs J. Corr, Maybank, Withnell Fold, Chorley. Lancashire PR6 8BA.
E-mail enquiries to: - pendleskiraces@live.co.uk
Telephone enquiries to: - Jenni Corr 01254831022

Receipt and acceptance of entries will be acknowledged by email. Entries cannot be accepted without payment. You will be informed if your entry has not been accepted owing to numbers exceeding 150.

ENTRY FEE: Race Fee is £15 per skier. Equipment hire £4 Please note hire skis are of recreational standard. Please try to borrow skis and helmets before you come as we cannot guarantee the correct length. Cheques payable to NWSF, should be sent with the entry form.(bank transfer – contact me and I will give details and ref number)

NO ENTRY ON THE DAY

PRACTICE SESSIONS £8 per session

One practice session with ski equipment hire

Practice session to include use of main slope at Pendle with a course similar to the course that will be set at the schools race.

There will be supervision and helpful tips but not teaching of the racers.

Skiers must be able to ski on the main slope, stop and turn safely.

The practice session **must be pre-booked on the entry form** via Jenni Corr 01254831022 or pendleskiraces@live.co.uk as numbers are limited each session. Ring up to check there is availability on the required session if not bookled on entry form .

Please book these early as they get booked up.

Practice Session dates – arrive early to get changed.

Thursday 14th March 4.15 – 5.15 and 5.30 – 6.30

Wednesday 20th March 4.15 – 5.15 and 5.30 – 6.30

IMPORTANT NOTE: ALL SKIERS MUST WEAR A HELMET, GLOVES & LONG SLEEVED CLOTHING. SOME HELMETS ARE AVAILABLE IF NEEDED.
PLEASE MAKE SURE YOUR POLES HAVE BUNGS ON THEM.

Ski Racing Supplies will have bungs available for sale on the day together with other items and be on hand to provide equipment sale advice and guidance

Ski Racing Supplies

The race entry and practice session fee must be paid before the practice session takes place. If a racer pulls out of the race on the night of the practice because they feel they cannot ski safely then a refund of £10 will be made.

NWSF Schools Championships – Race day information

Notes to help

1. On arrival at the club find bib number from displayed lists. Fill in commentary sheet. This may be read from as you race down. Hand sheet into bib issue and you will be given a bib. This must be worn at all times on the slope including practice. At the end of the fun race hand in bib and you will be given something tasty!
2. If you have paid for ski hire then you will be given a ski hire token. Take to ski hire and say your boot size. Collect poles from tub near the door and help yourself to a helmet. You must wear a helmet for racing.
3. Practice. You may practice the course from 9.00 until 10.00 when you will be expected to be ready for the race.
4. Skiers will be timed twice on the course. They will race in bib order from 1 upwards and this will then be repeated for the second run.
5. Skiers must be ready for their run. They must get themselves up near the start about 10 racers before their number and will then be called into the start area with about 4 racers to go. If racers are not ready they may miss their race.
6. After the 2 timed runs a head to head course will be put on the slope.
This is 2 parallel courses, a red and a blue course which are the same.
Two teams will race against each other. The 1st racer is set off by the starter at the same time. When the racer crosses the finish line a horn will sound and traffic lights show green signalling that the next team member may start. The team to get all racers completing the course correctly and crossing the finish line 1st is the winner.
7. Practice on these courses from 12.00 till 1pm
8. During this time look at the team lists.
9. Each racer will be put in a mixed ability team. E.g. if there were 80 racers, these will be ranked from the fastest to the slowest. Racers ranked 1, 40, 41 and 80 will be put in one team, then 2, 39, 42 and 79 etc.
10. A knock out tournament will then take place. If your team wins you will go through to the next round.
11. Hand in bibs and skis as soon as you are knocked out.
12. Prize giving will take place as soon as the Fun event is over.

Please note

- There is a snack bar selling hot and cold drinks and sweets.
  - There will be a BBQ operating selling burgers, bacon butts and sausage barms.
- If it is raining there is little place to shelter so water proofs are advisable.
- Take care parking in the car park or on the road, cars going past travel very fast.
- Rossendale Mountain Rescue will provide First aid cover for the day.

NORTH WEST SKI FEDERATION ENTRY FORM

MARCH 30TH 2019

Name of School ……..

Address…….

Name of Team of manager ……Contact tel. number ……

Email …… (Essential for race details and results)

Name/s of volunteers on the day (one per team entry, not essential if individual entry. Each volunteer will be allocated a task that will not take all the day but essential if the race is to run. PLEASE CHECK FINAL DETAILS WHEN SENT OUT AS **YOU WILL HAVE BEEN ALLOCATED A TASK**)

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Notes to help

1. Team, please allocate and call them A, B, C etc. A racer can be part of an older team but will still race in their age category in the individual race.
2. A novice is someone who has not done the schools race before and has only entered a race for the first time since April 2018.
3. Please try and bring your own/borrowed equipment if possible as Pendle have limited amounts. We cannot guarantee any length of ski or boot size on the day. If you can borrow a helmet at least that would be helpful.
4. Practice sessions. If you can come to an early one then it will be quieter and you will be guaranteed a spot, the later one gets booked up and then we have to turn folks away.
5. *** IF INDIVIDUAL ENTRANTS PROVIDE AN EMAIL THEY WILL GET RACE DAY INFORMATION SENT TO THEM AS WELL AS RESULTS

Name and email ***	M/F	Novice	Date of birth	School year	Team	Race entry £15	Equipment Hire £4	Practice fee £8	Practice 14/3/19 4.15-5.15	Practice 14/3/19 5.30-6.30	Practice 20/3/19 4.15-5.15	Practice 20/3/19 5.30-6.30

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Payment details

……..racers at £15 = …… ……Equipment hire at £4 = …… ……..Practice sessions at £8=…….

Total……. Cheques paid to NWSF (if you wish to do a bank transfer then please contact me and I will give you the details and a reference number) and sent with entry to

Mrs J Corr, Maybank, Withnell Fold, Chorley, Lancs PR6 8BA by Friday March 15th. (**No payments on the day**)