The First Ladies' Ski Club Schools Indoor Ski Racing Championships

Milton Keynes Snozone, 602, Marlborough Gate, Milton Keynes, MK9 3XS

DATE: Sunday 15th September 2019

Race Entry Details

This event is organised by the Ladies Ski Club. We would like to thank our Sponsors: Ski Racing Supplies, Visions in Education, Milton Keynes Snozone, Ski Barletts, Land & Wave Outdoor Adventure Centre, MPI Insurance Brokers and Mr & Mrs Jani.

The Races are open to young female Racers of school age as individuals or as part of a School Team. The event will take place between 07.30 to 14.30 on Sunday 15th September 2019.

Teams will be made up of 3 student per team and schools can enter a maximum of 4 teams plus any individuals who wish to take part. Age groups will be U19, U16 & U14 1st January 2020. There will also be a dual slalom knockout for teams of 3 for an exciting finish to the day.

Draw and start order.

* Schools A Teams, B Teams, C Teams and D Teams followed by individuals.

* Every school will have nominated the order of Racers within each team category.

* Individual Racers are drawn in one group.

*The first Racer from each A team will complete the first run, until all schools have run their first nominated Racer. They will be followed by the second A Team nominated Racer until all schools have run their second nominated Racers – ditto third Racer.

*B Team Racers will start their first run when all A Team Racers have completed their first run. Continue as above with C & D Teams.

*The individuals will Race after all D teams have finished their first run.

*Second run: Reverse order of schools in each category. Disqualified or DNF Racers will race in their normal team position. Individual Racers will Race their second run according to their time in the first run. Best time Races first, second best time Races second, etc. Disqualified or DNF individual Racers will race at the back, in reverse bib order i.e. disqualified bib 145 will race before disqualified bib 120.

* There will be 27 Teams in total 13 'A' Teams, 8 'B' Teams, 4'C' Teams & 2 'D' Teams (81 Racers) and 69 Individual Racers. Total Racers: 150 representing 20 different schools

THE DRAW WILL BE MADE ELECTRONICALLY ON THE NIGHT BEFORE THE EVENT BY STEPHEN METHERINGHAM CHAIRMAN OF THE MILTON KEYNES SKI RACING CLUB. THE START LISTS WILL BE PUBLISHED ON www.gbski.com AND ON THE OFFICIAL NOTICEBOARD ON THE MORNING OF THE EVENT.

PROGRAMME

All Teams & Individuals Provisional Timetable

07.15	Race Officials Meeting in Race Office
07.30-8.30	Team & Individuals Registration and Bib collection (Foyer)
07.30 – 08.30	Open Practice
08.30-– 09.00	Course inspection for 1st Run
09.15	1st Run
10.30	Inspection for 2nd Run
11.00	2nd run
12.30	Dual Slalom
13.45	Raffle Draw & Prize Giving
14.30	Event Ends

Individual skiers need to return their Bibs after their 2nd run to the adult responsible for them or to an official wearing a pink T Shirt. Any missing Bibs will be charged at £30 per individual so please make sure they are returned.

Every effort will be made to keep to the above programme, but the organisers retain the right to vary it if necessary.

Awards

Slalom	Awards
Individual U14	1st Cup & Medal 2nd & 3rd (Medals)
Individual U16	1st Cup & Medal 2nd & 3rd (Medals)
Individual U19	1st Cup & Medal 2nd & 3rd (Medals)
Team Prizes	1st CUP & Medals 2nd 3rd (Medals)
Dual Slalom Team Knockout	
Teams Prizes	1st Cup & Medal 2nd & 3rd (Medals)
There will be a prize for the Best A, B&C Teams	

CUPS AND MEDALS HAVE BEEN SPONSORD BY MR & MRS JANI

RACE OFFICE:

The Race Office will be the Race Secretaries address until Sunday 15th September when it will move to the first floor of the Snozone Milton Keynes.

For any queries before or on the day please contact the Race Secretary Sue Jenkins either at the event or beforehand at:

Danluda, Churchmere Road, Sutton Counrtenay, OX14 4AQ

Mob: 07885437454 email events@ladiesclub.org SJJenkins33@aol.com

RACE OFFICIALS:

Chief of Race: Ingrid Christopherson

Race Secretary/Child Welfare Officer/Safeguarding Officer: Sue Jenkins

Announcer: Maud Instone

Starter: Martin Arlott (Ski MK Race Team)

Timing: Stephen Metheringham (Ski MK Race Team)

Course Setting: (Glen Greener Ski MK Race Team & Gravity Snowsports)

Gate Judges: Sue Mead + 3

Start Official: Caroline Simmonds

Finish Official: Marguerite Nice

Other Officials: Pene Cairns + ?

GENERAL NOTES

- **Registration will be at the entrance to the Snozone area from 7.30-8.30am**

- **Lockers** are provided in the changing area (refundable £1 deposit) The Snozone accepts no responsibility for valuables or equipment left unattended. Please do not leave skis on the snow, they should be stored in the racks provided in the changing area. Any skis left in unauthorised areas will be removed.

- **REFRESHMENTS PLEASE NOTE**: No food or drinks not purchased within the Snozone facilities is allowed to be consumed in Snozone and their Café/Viewing area. There are areas outside the Snozone where food brought with you can be consumed.

- **Race Trainers/Coaches** who accompany their racers must be qualified and carry the relevant accreditation issued by the race office on the day of the race. This includes accompanying their racers during course inspection. Please let the Race Secretary know if you need accreditation at least a week before the Races. Coach Accreditations will not be issued to new applicants on race day

- **Race Rules/Health & Safety** will be run in accordance with FIS rules as published in the BACR. Please see www.gbski.com for BACR rules.

- During Inspection racers need to wear or carry their bib so that it is visible, this is to show that they are entitled to be in the course area. Racers without a bib will be asked to leave the slope.

- **Inspection** on foot by racers is not permissible.

- **Helmets** must always be worn by anyone on skis whilst on the slope.

- **GLOVES** and long-sleeved garments which also covers the midriff must always be worn whilst on the slope, including during open practice, course inspection and the race itself.

- **Athletes Accreditation Forms**. Each athlete must have an accreditation form signed by a parent or person in loco parentus which should be handed in at registration.

FIRST AID AND HEALTH & SAFETY

First Aid will be provided by Milton Keynes Ski Centre
Schools should ensure that medical consent forms have been completed and are available for all racers at the race.

T-SHIRTS

If you wold like to order T shirts for your team, please fill in the attached form by the 1st September

RAFFLE TICKETS

Raffle tickets will be on sale at the event for £1 per ticket, £5 a book.
Prizes to include: A pair of Racing Skis, Ski Racing Helmets, Voucher for Ski Clothing, Tobogganing session for 2 at the Milton Keynes Snozone, Sandbanks Paddle Boarding Experience for 4 people.

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During the event Raffle tickets will be on sale for £1 per ticket, £5 per book

1st Prize – A pair of Racing Skies - Donated by Ski Racing Supplies

3x2nd Prizes- Ski Racing Helmets – Donated by Milton Snozone & Visions in Education, Ski Bartlett's

4th Prize- A Voucher – Donated by Ski Bartlett's

5th Prize – Sandbanks Paddle Board Experience for 4 – Land & Wave Outdoor Adventure Centre

6th Prize – Toboggining Voucher – Donated by Milton Keynes Snozone