LONDON SCHOOLS SKI RACE

24 JUNE 2023 (PRIMARY), 25 JUNE 2023 (SECONDARY)

GOSLING SKI CENTRE, WELWYN

Race Pack

London Schools Ski Race is back. It is open to all schools in London and the surrounding area. Over the years, London Schools Ski Race has been the entry point for schools starting a ski team and we always welcome new schools. If you are interested in entering a team for the first time, please reach out to us using the details below, we are always happy to offer help and guidance.

Who can enter: Any school in the London and surrounding areas can enter. 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. We reserve the right to refuse a racer for safety reasons. Team members must be from the same school.

Schedule:

LSSR Primary:	**8.00 – 13.30 Saturday 24 June 2023**	**Categories Y2-4, Y5-6**
LSSR Secondary:	**8.00 – 13.30 Sunday 25 June 2023**	**Categories Y7-8, Y9-11, Y11-13**

Single Slalom: Teams are of three or four racers. For a team of three racers, all three racers' times in both runs will be aggregated. For a team of four racers, the fastest three times in each run are aggregated to arrive at the team time for each run, and then the two run times are aggregated to give the overall time for the team. In the primary competition teams can be any combination of male and female racers. New for 2023 the senior competition runs as three separate events, one for male teams, one for female teams, and a new 'mixed' category designed to facilitate entry for schools new to ski racing with insufficient skiers to enter an all-male or all-female team. We ask that in the interests of fairness, where schools can enter all-male or all-female teams they do so first. If you then wish to enter one additional team please ensure selection such that the mixed team is the least-experienced of your teams.

Individual Entries are also welcome at a reduced price of £20 per athlete. Please note that if 3 individuals from the same school enter independently, they will be considered as a team competing in the age group of the oldest racer.

Dual Slalom (Relay): Teams must be of four racers, any combination of male/female for both primary and senior categories. The dual slalom is a head-to-head knockout competition where two teams ski on parallel courses on the same hill at the same time. The start list drawn at random. At the end of each relay race the winning team goes through to the next round.

Prizes: There are 1st, 2nd and 3rd medals for teams in all categories.

How to enter: Complete and return the entry form(s) by **26 May 2023**. We will need racer details by **9 June 2023**.

Payment: The race entry fee is £50 per team. Payment should be made by bank transfer to LSERSA, Lloyds, Sort code 30-96-26 Account number 1619 4560 with your school name as reference.

Officials: The London Schools Ski Race is run entirely by volunteers. We ask each school to provide one volunteer official per team entered. No previous experience is necessary. We will provide briefing.

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

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The Single Slalom race will consist of 2 timed runs through a slalom course. 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.

The Dual Slalom race will consist of two parallel slalom courses, with teams of four racers skiing in relay. Dual Slalom Teams can be any combination of male and female racers.

Competitors may be part of a team in an older age group, if this makes it easier to form a team.

All competitors will be allowed to inspect the course before the race. For safety reasons, racers must not ski the course during inspection.

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. The organisers reserve the right to refuse to allow racers to ski the course if they are not safe to do so.

All competitors must wear helmets, gloves, long sleeves and trousers. Helmets should be free of camera mounts.

Under SE safety rules, competitors must either use the slope's ski sticks, or ensure that their own ones have tip protectors (rubber bungs).

Age groups are Y2-4, Y5-6, Y7-8, Y9-11, Y12-13. Teams can be of mixed ages but the oldest racer determines the year group for the team. Years 2-6 will ski through a stubbies pole course and all older racers will ski through full poles.

Venue: Gosling Ski Centre, Stanborough Road, Welwyn Garden City, Herts AL8 6XE

Parking: There is ample Pay & Display parking available on site.

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

Equipment: Limited amounts of equipment are available to hire from Gosling Ski Centre. However, equipment must be requested in advance of the race. Only pre-booked equipment will be available on the day. Team managers can book equipment with Jessica Caswell by email to Jessica.Caswell@gll.org

Training: Training is available in the Summer term leading up to the race.

Welwyn: Fridays 5.30-7.00. Book through James Bennett at Kandahar https://www.kandaharracing.com/welwyn-fridays

Chatham: by arrangement. Book through Andrew Atkinson ajatkinson123@gmail.com

Brentwood: by arrangement. Book through Steve Cis on 01277 211 994 or info@brentwoodskicentre.co.uk

LSSR Contacts:

Race Director: David Burns, davidburns.uk@icloud.com 07914 396 999

Race Secretary: Holly Stevens, hollybell.stevens@gmail.com 07976 154060

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