E.S.SKI.A

NATIONAL CHAMPIONSHIPS 2024 **AREA QUALIFYING RACE**

Gosling Ski and Snowboard Centre, Stanborough Road, Welwyn Garden City, AL8 6XE

Sunday 21st September 2025

Thank you for your Team Entry Form. I look forward to seeing you at Welwyn area qualifiers.

PROGRAMME

From 8.30am Collection of equipment – only for racers who have pre ordered equipment from Welwyn

09.00 Bib issue/registration (By the Lodge on the patio area)
09.45 Managers' Meeting, (By the Lodge on the patio area)
09.30 - 10.30 Racers' Practice. Only Racers wearing bibs will be allowed on the slope

10.30 Course Setting
10.45 Course Inspection for under 12 (stubbies)
11.00 Course Inspection for Under 14/16 and Under 19 teams (full gates)
11.20 End of Course Inspection.
11.30 . Start of First Run

The Second Run will follow immediately after the First.

Equipment:
ONLY skis, boots, helmets and poles ordered through ESSKIA will be available initially; the slope will **not** accept any direct requests. Those who have not pre-ordered will have to wait until all prepared kit has been issued and see what is left. Kit can be collected on arrival.
A reminder – SKI HELMETS are compulsory. Bartlett ski and snowboard shop will be at the race if you need to purchase helmets and chin guards. Please contact me if there is a problem and we will do our best to help.

START LISTS will be sent out the day before the race and will also be available at Welwyn. The start order, which is the same for both runs, is determined by draw; each team's skiers race in a block of 3 for primary teams and 4 for secondary teams.
RACE OFFICIALS - the list of those required to officiate and their duties will be emailed. Instructions and briefings will be given to all officials.

The race will be run according to F.I.S. Rules as modified by E.S.SKI A. Please note:
1. Substitutions (because of illness etc.) must be notified at the Managers' Meeting. **Names and dates of birth must be provided.** Changes in running order from the nominated teams are not permitted.
2. Each TEAM must provide a Race Official. Should a team's Official not report for the designated duty the team will not be allowed to start. In very exceptional circumstances the Race Jury may provide a substitute.
3. Course Inspection will be as determined by the Race Jury. Only Racers wearing bibs with the numbers clearly visible will be allowed on the slope.
4. It is the racer's own responsibility to be at the start in good time.
5. It is the Team Manager's responsibility to check equipment.
N.B. Coming out of bindings at the start does NOT give grounds for a re-start.
Racers MUST wear long trousers, long sleeves, gloves/mitts and a **proper ski helmet (with no camera or mountings)**.
Racers using their own ski sticks MUST have suitable bungs on the point. This is a very strict rule of the slope management and the duty manager on the day will be the sole arbiter of bungs' suitability.
6. Protocol for both runs will be posted at the end of the second run. Any protest arising should be made to the Jury in writing by the designated Team Manager, accompanied by the fee of £25.

8 There is a grassy area by the slope where gazebos can be erected. There will be teas and coffees to purchase at the slope and a BBQ kindly put on by Kate Hawks of STAHS/Welwyn ski club. The tennis Centre next door has a good café for hot food and drinks. Please remember to pay your parking when you arrive. Ski Bartlett will be at the race.

Code of conduct. We wish to remind all racers, coaches, parents and spectators that appropriate personal conduct is expected at all ESSKIA events. Whilst a competitive atmosphere is to be encouraged, inappropriate or

unsportsmanlike behaviour will not be tolerated and can ultimately lead to sanctions, including suspension from ESSKIA.

Please see the Gosling Ski centres website for the risk assessment.
First aid is kindly supplied by the Gosling ski centre.