

Rollerski Sprints 2007.

GB Series Race No.1

Sat 2nd June – Huntly Nordic & Outdoor Centre

Organisers: Huntly Nordic Ski Club. Supported by Aberdeenshire Council.

Registration Form

SURNAME:							
FIRST NAME:							
ADDRESS:							
POST CODE:							
EMAIL:							
AGE:	CLUB:						

Age on 1st May

CATEGORY Please tick	Veteran >40	Senior	Youth U18	Youth U16	U14	U12	Novice
Male							
Female							

Races: Please Tick the races you wish to enter. Experienced skiers may enter novice & hill races:

Sat 2nd June – COST £6.00 (adult) £3.00 (under 16 or in full-time education)

Elite 1135m Sprint Time Trial (Hill course)	Novice 655m Sprint Time Trial (Flat course)	Knock-out Sprints (please circle race)	Seeded Relays or other fun race if time
		Elite / Novice	

NOTES:

- There are two competitions to be decided today:
 - Race 1 of the GB Rollerski Series** will be decided by combining times from the Flat Course & Hill Course Time Trials in the morning. Novice racers who do not do the Hill course will be ranked according to their Flat Course time & placed behind skiers with combined times.
 - HNSC Short-Course Championships** decided by the knock-out (head-to-head) races in the afternoon.
- Skiers will be seeded for knock-out races from Time Trial times.
- Open Knockout Sprints will be head-to-head races with all age categories racing each other (3 skiers per heat). There will be age group finals.
- Roller skiing is a potentially dangerous sport. You enter these races at your own risk. All skiers entering GB Series Races must sign an Athletes Declaration.**
- Minimum safety equipment:** helmet and glasses. Gloves and knee/elbow pads are optional.
- Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used for all races. Skis must be checked by Equipment Jury & marked before being allowed in race.
- Races are covered by Snowsport Scotland Liability Insurance.
- Overtaking: faster skier shouts “track” slower skier moves to inside line, double-poling. Overtaking skier will be deemed guilty party if there is a collision.
- Slower skier does not have to give way on the one steep downhill, they may keep their line until past marker. Faster skiers may only overtake on this downhill if there is clearly sufficient space, if not they must control their speed until past marker.
- All skiers must ski in a safe manner. Marshals may warn reckless skiers & disqualification may result.
- All competitors agree to the Race Committee being the final arbitrators of any dispute.

Please sign below to show that you have read and accept this. (Guardians need to sign for any U16's).

.....(If sent by email we will ask you to sign a disclaimer on the day).

Further information from: Peter Thorn, Huntly Nordic Ski Club
West Craigton Cottage, Kennethmont, Huntly, Aberdeenshire AB54 4QP.
Tel: 01464 831429 Email: peter@thornp.freeserve.co.uk

HUNTLY ROLLERSKI SPRINTS

2nd June 2007

RACE RULES / INSTRUCTIONS.

ENTRY FEES: £6.00 seniors / £3.00 juniors

GENERAL POINTS.

- There are two circuits that will be raced on today.
 - The Novice Race on Flat Course (655m) & this is fairly flat & suitable for all abilities. Novice & experienced skiers will do time trials over this course.
 - The Elite Race on the Hill Course (1135m) is for experienced skiers only who are competent to ski one steeper downhill section.
- There are two competitions to be decided today.
 - Race 1 of the GB Rollerski Series** will be decided by combining times from the Flat Course & Hill Course Time Trials in the morning. Novice racers who do not do the Hill course will be ranked according to their Flat Course time & placed behind skiers with combined times.
 - The **HNSC Short-Course Championships** which will be decided by the knock-out (head-to-head) races in the afternoon.
- See maps for course descriptions.
- After completing the times trials in the morning skiers will be seeded into heats of three skiers for the knock-out races in afternoon. Novice skiers will ski the same Flat Course & the elite/experienced skiers the Hill Course.
- Knock-out heats will initially be “open” events with no age categories. Later on skiers will be seeded into age group finals based on their individual time trials in the morning.

EQUIPMENT.

- Marwe barrel wheel rollerskis with 6S6 rubber wheels will be used for all races. Competitors may bring their own rollerskis but these must be checked by Equipment Jury & marked before being allowed in race. Jury will reject skis that in their opinion have unacceptably fast wheels. The Jury will be appointed from various clubs to ensure impartiality. Their decision is final.
- Rollerskis with Salomon Profil & Rottefella NNN bindings will be available for people to race on.
- Rollerskis will be checked to ensure they are comparable to the HNSC set of rollerskis.
- Cycle safety hats & glasses **MUST** be worn at all times while on roller skis – even when not racing (the glasses are optional when not racing).
- Gloves should be worn & skiers may wish to wear knee/elbow protectors.

RACING RULES.

- All skiers are requested to ski in a safe & considerate manner, especially around the younger skiers.
- The track is fairly narrow. To enable safe overtaking the faster skier should shout “track”, on hearing this the slower skier should move to one side (generally the inside), double pole or restrict their skate action to leave enough space for overtaking skier.
- It is the responsibility of the faster, overtaking skier to avoid contact with the slower skier. Likewise the slower must not obstruct the overtaking skier.
- Slower skiers do not have to give way on the one steep downhill, they may maintain their racing line until past marker. Faster skiers may overtake on this hill if there is clearly sufficient space, if not they must control their speed until past marker.
- Any skiers seen to be skiing in a reckless manner will be warned &, if necessary, disqualified. Marshals will stop dangerous skiing.
- Please follow instructions from the marshals.
- Skiers / spectators must be aware of & keep clear of racing skiers. **Please keep off tarmac track.**
- Individual Time Trials: A group of 5-8 skiers will be started with 10sec intervals between skiers. Once a group of skiers finishes their loop the next group of skiers will be set off.
- Head-to-head races will comprise 3-4 skiers with the fastest 1-2 skiers moving on to next round. The actual numbers will depend on number of competitors.
- The competition is an open event where all ages / categories will race against each other. After the Open Finals there will be a series of age group / category finals.