

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 27 July 2019

Family Name			
First Name(s)			
Address			Postcode:
E-mail address			
Telephone	Work	Home	Mobile

Birth year _____ (Entrants must be at least 14 years old)	Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
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Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/>	Name of club: _____
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Technique:	Classic <input type="checkbox"/>	Freestyle <input type="checkbox"/>
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Team Entry (Optional) (must have 3 people per team)	Fancy dress <input type="checkbox"/>	Family <input type="checkbox"/>	Club <input type="checkbox"/>	ADF Service <input type="checkbox"/>
Team name				
Names of other team members	1. _____		2. _____	

The Entrant, by entering and starting agrees to:

- be at least 14 years old,
- be responsible for their fitness and ability to take part in the event,
- report to the nearest official if withdrawing from the event, &
- absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur.

Canberra Cross-Country Ski Club (CCCSC) reserves the right to:

- vary or cancel any race arrangements to suit weather or snow conditions,
- post variation or cancellation notices on cccsc.asn.au and at the race office,
- refund the entry fee paid less expenses if the race is cancelled before 27 July,
- make no refund if the race is varied or cancelled on or after 27 July,
- make no refund, credit or exchange if the Entrant withdraws before starting,
- close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results,
- refuse entry or participation to any Entrant,

Signature of Entrant (or parent/guardian if entrant under 18 years of age)

Standard Entry Fee (received by Wednesday 24 July)	\$30
Late Entry Fee (to 8:45 am Saturday 27 July)	\$40
Enter online (Visa/Mastercard) through https://www.skiandsnowboard.org.au/events/	Or send completed entry form and payment (cheque) to: CCCSC Race Secretary 33 Brunswick Circuit KALEEN ACT 2617

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and use the XC trail network to the Porcupine and return for 18km. This makes it a great warm-up event for Perisher XC week and the Kangaroo Hoppet.

Changes - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

Tracks - A classic track and freestyle track will be set and marked with flags where necessary.

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start 15 minutes after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

There will be drink stations on the course, but it is recommended that entrants carry additional water and snacks.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

	TIME
Open for late entries	7:45am to 8:45am
Pick up bibs and ankle transponders	9:00am to 9:30am

START

	TIME
Pre-race briefing	9:45 am
Race Start	10:00am to 10:15am

RACING - This is a tour race so there is no calling of "track" – please go around slower skiers.

FIRST AID/DRINK STATIONS – drink station(s) on course and at Perisher Cross Country (Nordic) shelter after finish line.

SAFETY - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that snow conditions can range from ice, deep snow or slush. Natural hazards include rocks, bare patches and vegetation. Other skiers also use these trails. Skiers must ensure that they ski in control at all times to minimise risk of collisions and injury. In sunny weather use sunscreen, sunglasses and carry sufficient water.

If the weather deteriorates ski together and help each other as much as possible. If you come across another entrant in difficulty or distress, assist and/or report to the nearest official on skidoo or at a first aid/drink station, giving a bib number, problem outline and location.

Bibs/transponders will be accounted for at the Finish and a missing bib/transponder may initiate a search at your expense.

If you withdraw from the Tour report to the nearest official and hand in your bib and transponder.

FINISH: Outside Perisher Cross Country Ski Centre (Nordic Shelter)

	TIME
Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm

PRESENTATION: Altitude the Lodge, Smiggins

	TIME
Presentation (includes food, tea and coffee – drinks can be purchased at bar)	2:15pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the presentation and posted on the PXC events web page and emailed	