



HEMEL SKI RACING CLUB

INVITE ALL ERSR RACERS TO THE

2nd RACE

of the

EASTERN REGION SUMMER LEAGUE

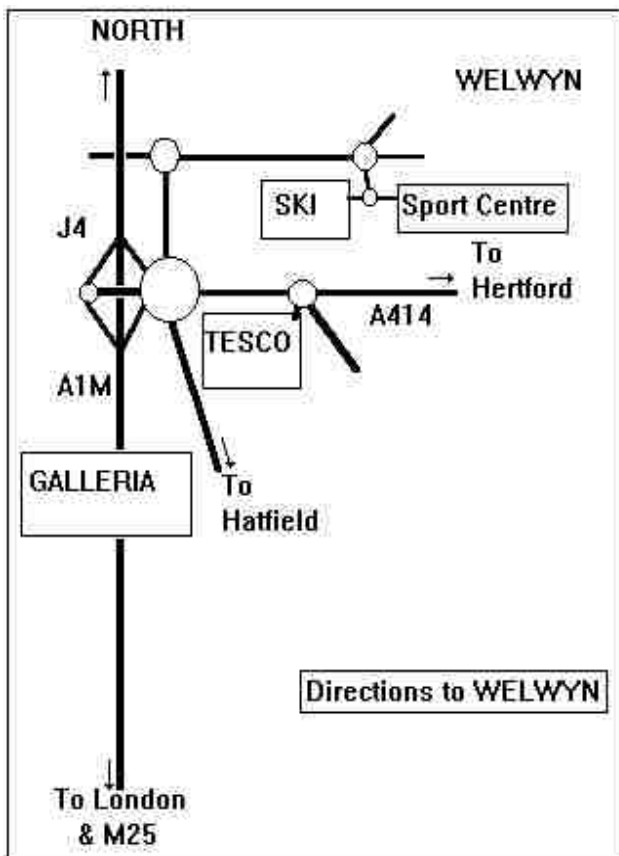
on

SUNDAY 24th May 2009

To be held at WELWYN



The Eastern Region
Ski Association



PROGRAMME

0815

Practice starts. Race office opens.

0845

REGISTRATION.

0900

Race Managers Meeting.

RACE OFFICE CLOSES

NO MORE ENTRIES ACCEPTED

0900

Practice Ends - Course Setting

0920

Course Inspection.

1000

INDIVIDUAL SLALOM. (3 RUNS)

1400

Individual Slalom ends.

1430

Course setting-Dual slalom

DUAL SLALOM (TEAM EVENT)

1600

PRESENTATION OF AWARDS

**These times may need to be changed
according to circumstances.**

Race rules and cost will be as agreed for

ERSR Summer League 2009

BBQ run by the race club plus Food and Drinks
will be available from the SPORTS CENTRE Bar
throughout the day.

**PLEASE NOTE: CLEAR LUBRICANT
ONLY (No Colour)**

AGE GROUPS 2009

(When registering please ensure you give date of birth, not age).

INDIVIDUAL SLALOM		
Mini's	born 2003 & after	Medals will be awarded to 1 st , 2 nd , and 3rd in all age groups. Females separate from males. ALL MINI'S AND THOSE PERSONS RACING FOR THE FIRST TIME IRRESPECTIVE OF AGE GROUP WILL/CAN BE LED THROUGH THE RACE COURSE BEFORE THE START OF THE INDIVIDUAL SLALOM.
Boys & Girls 1	2001 – 2002	
Boys & Girls 2	1999– 2000	
Children 1	1997 – 1998	
Children 2	1995 – 1996	
Junior 1	1993 – 1994	
Junior 2	1990 – 1991 – 1992	
Senior	1980 – 1989	
Masters 1	1970 – 1979	
Masters 2	1960 – 1969	
Masters 3	born 1959 & before	

CLUB TEAM EVENT and FUN RAINBOW TEAM EVENT.

Children's team: CH2 and below.

Open Team A & B: All racers, no restriction to age group.

Senior/Masters Team: Senior and above.

ALL CLUB TEAMS MUST BE OF MIXED SEX.

Rainbow Teams: no restriction to age or sex.

☞N.B ALL RACERS MUST WEAR A HELMET WHILST TRAINING, RACING AND COURSE INSPECTION☞

ALL SKI POLES MUST BE FITTED WITH RUBBER BUNGS (STOPPERS)

If any information is required please contact: Steve Lambert ☎ 01923 269921. Email: info@hemelskiraceclub.co.uk
If any problems on the day please telephone Steve Lambert 07771893158

**HEMEL SKI RACE CLUB WELCOME YOU TO WELWYN,
WE HOPE YOU HAVE AN ENJOYABLE DAY, NEXT YEAR REAL SNOW**