



Norfolk Ski Club Race Team

INVITES ALL ERSa RACERS TO THE

5th RACE

of the

EASTERN REGION SUMMER LEAGUE

on

SUNDAY 12th July 2009



Programme

08:15 **REGISTRATION.** Practice opens

09:00 Race Managers Meeting

09:00 Practice ends. Course setting.

REGISTRATION CLOSSES.

09:20 Course Inspection.

10:00 **INDIVIDUAL SLALOM. (3RUNS)**

14:00 Course setting-Dual Slalom

14:30 **DUAL SLALOM**

16:00 **PRESENTATION OF AWARDS**

These times may need to be changed according to circumstances.

Race rules and cost will be as agreed for **ERSa Summer League 2009**

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

**N.B ALL RACERS MUST WEAR A HELMET WHILST TRAINING, RACING AND COURSE INSPECTION
ALL SKI POLES MUST BE FITTED WITH RUBBER BUNGS (STOPPERS)
NO YELLOW GELS**

If any further information is required please contact: Norfolk Ski Club

Telephone: 01603662781

Email: info@norfolkskiclub.org.uk

WE HOPE YOU HAVE AN ENJOYABLE DAY