



## Norfolk Race Team

Invite all ERSA racers to compete at the  
**4<sup>th</sup> ERSA Summer League Race**

**On Sunday 11<sup>th</sup> July 2010**

[www.norfolkskiclub.co.uk](http://www.norfolkskiclub.co.uk)

Whitlingham Lane, Trowse, Norwich, Norfolk

NR14 8TW

Telephone Reception: 01603 662781

**Please contact your Race Manager to enter the race. Race Entry Fee: £9 per racer**

### Programme

8.15 am	Registration and open practice	Delicious BBQ and light refreshments will be available during the day.
9.00 am	Race Managers meeting, registration closes	No BBQ's are permitted on the patio area. No waxing other than in allotted area.
9.15 am	Open practice ends Course setting	ERSA Race rules apply
9.30 am	Course Inspection	All 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> age group winners (male and female) will receive a medal.
10.00 am	Individual Slalom (3 runs)	
2.00 pm	Dual Slalom (Rainbows and team events)	All ski poles must be fitted with rubber bungs. <b>No yellow 77.</b> Clear and blue lubricants are allowed.
3.30 pm	Prize giving	

These times may need to change according to the conditions on the day so please listen to the PA announcements.

**Directions** Leave the Southern By-Pass at the A146 exit, turn left and then turn right at the lights. Follow the ring road until you reach a round-about. Take the fourth exit signposted 'Trowse'. Follow the road for approximately ¼ mile then take a left turning signposted 'Ski Slope'. Norfolk Ski slope is just down on the right.



