

La Ronge Ski Club & Ski Fit North present:

**16th ANNUAL
2012 SCHOOL SKI CHAMPIONSHIPS!!!**

WHAT: Cross Country ski races!! Either classic or freestyle technique allowed. A main event race for all students followed by Junior and Open relays, fun relays and cash sprints!

WHEN: Friday, February 10, 2012. Main race starts at 11:00 a.m. sharp!!

WHERE: Don Allen Ski Trails, 20 km north of La Ronge on Highway 102, at the Nemeiben Lake Road junction.

CLASSES & DISTANCES:

Category	Year of Birth (YOB)	Distance
Atom Girls/Boys	2003 or younger	675 m
Peewee Girls	2000, 2001, 2002	2 km
Peewee Boys	1999, 2000, 2001, 2002	2 km
Midget Girls	1998, 1999	3 km
Midget Boys	1997, 1998	5 km
Juvenile Girls	1996, 1997	5 km
Juvenile Boys	1996	5 km
Junior Girls/Boys	1994, 1995	5 km
Junior Women/Men	1992, 1993	5 km
Under 23	1989, 1990, 1991	10 km
Senior	1982 to 1988	10 km
Masters	1981 & older	10 km
Para-Nordic	TBA	TBA

Note: The School Ski Championships event focuses on school ski groups. However, the Championships is a Sask Cup event, and it is open to entries from ALL skiers regardless of age. The event will accept entries from individuals who are not part of a school ski group, and those individuals will be able to earn Sask Cup points if they are licensed racers.

RELAYS: In addition to the main race event, there will be competitive team relays. In the Junior Relay, schools are invited to field a team of 4 skiers who will each ski a 460-metre loop. A Junior Relay Team must consist of 2 girls and 2 boys from the same school in the Midget category or younger. In the Open Relay, schools are invited to field a team of 4 skiers who will each ski a 460-metre loop. An Open Team must consist of 2 girls and 2 boys from the same school. Skiers can be from any age class. Schools will be allowed to enter more than one team.

CASH SPRINTS: There will be fun, short distance cash sprints held in the stadium just prior to the awards ceremony for racers under the age of 18. \$10 for 1st and \$5 for 2nd. A good chance to win some quick cash!

AWARDS: 1st, 2nd & 3rd place ribbons and participation ribbons will be awarded in all age categories of the main event. Other good prizes too!! Gold banners will be awarded to the top schools in both a “large school” and a “small school” categories based on participation points. Banners will also be awarded to schools winning the Junior Relay and Open Relay.

FOOD: Free hot dogs, cookies & drinks will be served at the end of race.

ENTRY: Entry fee is \$5 per skier. Cost for team relays is \$10 per team.

Schools must fax a **list of skiers** showing **name, sex and date of birth** to Sid Robinson, La Ronge at fax # (306) 425-4269 or e-mailing this information to Sid Robinson at sid.robinson@sasktel.net **no later than Tuesday, February 7, 2012, at 4:00 p.m.** Signed registration/waivers (see attached) and race fees must be received at Don Allen Trails by 10:00 a.m. on race day. Bibs are to be picked up by school coaches/chaperones at 10:00 a.m.

Schools entering a team in the Junior Relay or Open Relay must do so by faxing or e-mailing team information to Sid Robinson **no later than Wednesday, February 9, at 4:00 p.m.** Team information shall include a list of team members showing name, sex and date of birth for each. Entry fee for the relays is **\$10 per team**. Teams **must be registered in advance** to compete, but substitutions can be made up until 10:00 a.m. on race day.

INFO: Contact Sid Robinson at (306) 425-4507 (work) or (306) 425-2502 (home).

**Saskatchewan School Ski Championships
Friday, February 10, 2012, at La Ronge**

REGISTRATION FORM

NAME: _____ SEX: _____

D.O.B. _____ PARENT/GUARDIAN: _____

ADDRESS: _____

HOME PHONE: _____ E-MAIL: _____

SCHOOL: _____

**CROSS COUNTRY CANADA
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

By signing this document, you will assume certain risks. **Please read carefully.**

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of Cross Country Canada and Canadian Snowsports Association (hereinafter called CCC/CSA), Saskatchewan Division (hereinafter called the “Division”) and **La Ronge Ski Club Inc.**, which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing , road cycling, running and hiking (hereinafter called the Activities), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the Parties), acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the Activities. In consideration of the Participant’s participation in the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the Activities, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;

- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of Activities; and
- l) other risks normally associated with participation in the Activities.

3. Furthermore, the Parties are aware:

- a) that injuries sustained may be severe, paralyzing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of CCC/CSA, the Division and the Club;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- d) that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of CCC/CSA, the Division and the Club accepting the Participant's application for membership in the Club or allowing the Participant to participate, the Parties agree that CCC/CSA, the Division and the Club and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, caused by the risks, dangers and hazards associated with the Activities.

Acknowledgement

5. The Parties confirm that:

- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of CCC/CSA, the Division and the Club;
- b) they have been provided sufficient information about Activities and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) the Participant agrees to abide by the Rules and Regulations imposed by CCC/CSA, the Division and the Club, in association with the Activities, and to follow the instructions of the officials during the Activities; and
- d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and

representatives.

6. In addition, the Parties:

a) authorize CCC/CSA, the Division and the Club to collect and use personal information about the Parties which relates in any way to the Activities, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the CCC/CSA, the Division and the Club websites;

b) grant permission to CCC/CSA, the Division and the Club to photograph and/or record the Parties image and/or voice, and to use this material to promote CCC/CSA, the Division and the Club through any form of and agree that the audio/visual material and copyright will remain the sole property of CCC/CSA, the Division and the Club and waive any claim to remuneration for use of audio/visual materials used for these purposes; and

c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

We do not sell or distribute your personal information to any other third party not listed herein.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: _____

Signature: _____ Date: _____

NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.

Name of Parent/Guardian: _____

Parent/Guardian

Signature: _____ Date: _____

NOTE: All Informed Consent and Assumption of Risk Agreements are to remain with the Club Executive for a minimum of three years. DO NOT submit these forms to CCC/CSA or the Division Office