



Cairngorm Biathlon & Nordic Ski Club
Ten Lap Time Trial (3.3km)
Saturday, 18th June 2016 (registration at 10
am racing commences at 11 am)
10am - 4pm, at Glenmore Lodge

ENTRY FORM

NAME	
ADDRESS:	
POSTCODE:	
EMAIL:	

Age is the age of the skier on 31st Dec 2015

Name	M/F	Under 18s Date of Birth	Under 18s Age at 31/12/15	Over 40s Date of Birth	Over 40s Age at 31/12/15	Race Entered Sen/U18/U14/Novice

Sat 18th June – COST £10.00 (adult) £5.00 (under 16 or in full-time education)

Rules:

Entry £10 adults/£5 under 18. Skiers will be grouped according to equipment and ability at the discretion of the race organisation.

Please note Racers may only use the following type of roller ski : MARWE barrel wheel, MARWE 610 or equivalent (eg: SRB, Barnet), START combi or Skate. No Rockets or their equivalent will be permitted. Skiers should supply their own roller skis, boots and poles. All equipment must meet and conform to FIS roller ski rules.

Racing will commence at 11 am. For safety reasons skiers will be started in groups of six at 15 sec intervals.

All skiers must be competent to handle downhills and sharp corners.

Skiers must wear helmet, gloves and glasses and have knee and elbow covering.

Overtaking skiers have right of way. Skiers being passed must move to the left and double pole. Disqualification will follow deliberate infringement of rules.

All competitors enter at their own risk. Racers must ensure that they have Liability Insurance which they will have if they are a member of a member of a Snowsport England/Scotland affiliated club. By entering the race and signing this form you confirm that this is in place.

The organisers reserve the right to adjust the programme to suit entries and conditions.

Please sign below to show that you have read and accept the above Rules
Parent/Guardian/Carer to sign for any U16.

Signature Dated

Print Name

Please make cheques payable to CBNSC and return with entry forms to:-

**Matt Dare
Glenmore lodge
Aviemore
Invernesshire
PH22 1QU**