



"Since 1927" Omineca Ski Club, Box 1008, Burns Lake, BC, V0J 1E0

OMINECA Team Sprints

December 11, 2011

Race Notice

Free Technique, Team Sprints

Name of Event: Omineca Open

Date: Sunday, December 11, 2011

Time: Start Time: 10:00 a.m.

Race Location: Omineca Ski Club, Hwy 35, Burns Lake

Hosting Club: Omineca Ski Club

Information: Race Secretary: Aubrey Ingram, 250-692-7554

Rules: CCC Rules and Regulations

Eligibility: **Open to all skiers**

Race Entries: BY MAIL: Omineca Ski Club
c/o Aubrey Ingram, Race Secretary
Box 169
Burns Lake, BC
V0J 1E0
Cheques payable to Omineca Ski Club

BY PHONE: (250) 692-7554

BY EMAIL: aubs_9@hotmail.com

Please have all the following information ready:
NAME, CLUB, DATE OF BIRTH, CORRECT CATEGORY (and CCC LICENCE, if applicable)
Racers who have valid CCC licences will be drawn and seeded together.

Entry Deadline: Friday, December 7th, 7PM

Bib pickup: Sunday, December 11th, 8:00 a.m. to 9:00 a.m. at the ski lodge

Awards: Participation awards will be presented to all Atoms. In all other categories medals will be awarded to the top three finishers.

Course: Course will be marked the evening before the race. Maps are available – please email Aubrey at aubs_9@hotmail.com to have one sent.



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RACE CATEGORIES, DISTANCES and FEES Team Sprints

Free Technique, Mass Start Team Sprints

Race Setup: *Two Racers/Team ■ Each racer per team will ski a total of two times per heat ■ Total of two heats ■ Last heat will have the top four finalist.*

Category	Age	Birth Year	Distance	Registration Fee
Atom Boys	Under 9	2003 and Later	100m	\$6.00
Pee Wee Boys	9,10,11,12	2002, 2001,2000,1999	100m	\$10.00
Midget Boys	13, 14	1998, 1997	150m	\$10.00
Juvenile Boys	15	1996	300m	\$15.00
Junior Boys	16,17	1995, 1994	400m	\$15.00
Junior Men	18, 19,	1993, 1992	500m	\$15.00
Open Men*	20 and over	1991 and earlier	500m	\$15.00
Atom Girls				
Atom Girls	Under 9	2003 and Later	100m	\$6.00
Pee Wee Girls	9, 10, 11	2002, 2001, 2000	100m	\$10.00
Midget Girls	12, 13	1999, 1998	150m	\$10.00
Juvenile Girls	14, 15	1997, 1996	300m	\$15.00
Junior Girls	16, 17	1995, 1994	400m	\$15.00
Junior Female	18, 19	1993,1992	500m	\$15.00
Open Women*	20 and over	1991 and earlier	500m	\$15.00

***Participants in Open Men's and Women's age categories (Ages: 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70+) will be awarded for the top three finishers within their age category.**

Birthrate as of December 31, 2011

Entry Fees include soup, bun and a drink for all racers, in addition to race refreshments.

A concession will be provided.



**Race Entry Form
Omineca Team Sprints
December 11, 2011
Burns Lake**

BIB
NUMBER

NAME: _____ CCC LICENCE #: _____

ADDRESS: _____

PHONE: _____ DATE OF BIRTH _____
Month Day Year

CLUB: _____ CATEGORY: _____ SEX: _____

ENTRY FEE: _____

PAID: _____

PARTICIPANT WAIVER 2011

IN CONSIDERATION OF Cross Country Canada (hereinafter called CCC), Cross Country BC (hereinafter called CCBC) and Omineca Ski Club accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, CCC, CCBC, and Omineca Ski Club, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of the CCC, CCBC and Omineca Ski Club, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourse which I may now or hereinafter have resulting from any decisions of CCC, CCBC and Omineca Ski Club. In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and am instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by the CCC, CCBC and Omineca Ski Club of any materials containing my name or picture, and I release to the CCC, CCBC and Omineca Ski Club and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by the CCC, CCBC and Omineca Ski Club, and to follow the instructions of the officials during the event.

Adult Participant Release and Waiver

As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Signature: _____ Date: _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the legal age of 19, I have read and understand the contents and intent of this waiver and accept it's terms and conditions on behalf of the above named.

Name of Parent/Guardian: _____ Date: _____

Signature of Parent/Guardian: _____