

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 31 July 2021

Family Name			
First Name(s)			
Address			Postcode:
E-mail address	<input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email		
Telephone	Work	Home	Mobile

Birth year _____ (Entrants must be at least 14 years old)	Gender Male <input type="checkbox"/> Female <input type="checkbox"/>
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Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/> Name of club: _____
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Team Entry (Optional) (must have 3 people per team)	Fancy dress <input type="checkbox"/>	Family <input type="checkbox"/>	Club <input type="checkbox"/>	ADF Service <input type="checkbox"/>
Team name				
Names of other team members	1. _____		2. _____	

<p>Conditions of Entry</p> <p>The Entrant, by entering and starting agrees to:</p> <ul style="list-style-type: none"> be at least 14 years old, be responsible for their fitness and ability to take part in the event, have adequate clothing, food & drink before, during and after the event, carry a small pack during the tour if weather conditions require, containing warm/wet weather clothing, snacks and drink report to the nearest official if withdrawing from the event, & absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur. 	<p>Canberra Cross-Country Ski Club (CCCSC) reserves the right to:</p> <ul style="list-style-type: none"> vary or cancel any race arrangements to suit weather or snow conditions, post variation or cancellation notices on cccsc.asn.au and at race office, refund the entry fee paid less expenses if the race is cancelled before 30 July, make no refund if the race is varied or cancelled on or after 30 July, make no refund, credit or exchange if the Entrant withdraws before starting, close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, refuse entry or participation to any Entrant,
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Technique: Classic <input type="checkbox"/> Freestyle <input type="checkbox"/>	
Standard Entry Fee (Received by Friday 30 July)	\$20
Race Day Entry Fee* (To 8:45 am Saturday 31 July)	\$30

Sign here	(Signature of Entrant or Parent/Guardian if Competitor is under 18 years of age)
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THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from the Perisher Nordic shelter and follow a course that may include Prussian flat, the Porcupine, Johnnies Plain or the Kosciuszko Road. The race will finish at the Perisher Nordic Shelter. The total distance will be around 18km.

Changes - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

Tracks - A classic track and freestyle track will be set and marked with flags where possible.

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start 15 minutes after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

If the weather conditions are poor, entrants may be required to carry a small pack of safety equipment including an all-weather jacket, extra clothing, and drink and food.

There will be drink stations on the course, but it is recommended that entrants carry additional water especially if the weather is mild and sunny.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

TIME

Open for late entries	7:45am to 8:45am
Pick up bibs and ankle transponders	9:00am to 9:30am

START

TIME

Pre-race briefing at Nordic shelter	9:45 am
Race Start	10:00am to 10:15am

RACING - This is a tour race so there is no calling of "track" – please go around slower skiers.

FIRST AID/DRINK STATIONS –drink stations on the course and at the Nordic shelter.

SAFETY - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that the course does not follow the regular groomed trails and snow conditions can range from ice, deep snow or slush. Natural hazards include rocks, bare patches and vegetation. Other skiers also use these trails. Skiers must ensure that they ski in control at all times to minimise risk of collisions and injury. In sunny weather use sunscreen, sunglasses and carry sufficient water.

If the weather deteriorates ski together and help each other as much as possible. If you come across another entrant in difficulty or distress, assist and/or report to the nearest official on skidoo or at a first aid/drink station, giving a bib number, problem outline and location.

Bibs/transponders will be accounted for at the Finish and a missing bib/transponder may initiate a search at your expense. If you withdraw from the Tour report to the nearest official and hand in your bib and transponder.

Presentation

Entry includes a BBQ lunch at the Nordic shelter after the race. A short awards ceremony will be held at the shelter when the results are finalised.

Covid-19

The race organisers will work with local stakeholders and authorities to ensure the Kosciuszko Tour is safe for all officials and participants

All changes and procedures that will take place at our events will follow a COVID-safe plan that will reflect the government requirements in place at the time to ensure we deliver a safe event.

To assist us in this

- Online entry is preferred. This avoids congestion on race day and allows us to contact entrants to keep them updated on any developments
- All participants must provide their own food/snacks to consume while racing
- Participants must be aware of any Covid19 restrictions in place on the date of the event and abide by them.

Check the NSW Government Covid-19 website at <https://www.nsw.gov.au/covid-19> for the latest updates