

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 18 August 2018

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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Technique: Classic <input type="checkbox"/> Freestyle <input type="checkbox"/>

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 18 August, • make no refund if the race is varied or cancelled on or after 18 August, • 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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Early Bird Entry Fee (received by Friday 30 June)	\$20	Sign here
Standard Entry Fee (received by Monday 13 August)	\$30	
Late Entry Fee* (to 8:45 am Saturday 19 August)	\$40	
Please send completed entry form and payment (cheque or money order) to: KT Race Secretary, CCCSC, PO Box 6234, O'Connor, ACT 2602		or enter online (Visa/Mastercard/PayPal) at Register Now https://www.registernow.com.au/secure/Register.aspx?E=25263

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and follow alongside the Kosciuszko Road to the lookout at the top of Charlotte Pass. It will then cross Johnnies Plain before climbing the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 20 km.

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	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 at Charlotte Pass, Porcupine and Perisher

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.

FINISH: Outside Perisher Cross Country Ski Centre (Nordic Shelter)

	TIME
Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm

PRESENTATION: Smiggins

	TIME
Presentation	2:30pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the Presentation, on the web page and emailed	
Survey forms should be completed and placed in the box at the Presentation	