



GREY MOUNTAIN LIONS CLUB

YUKON RACE SERIES # 1 & 2
DON SUMANIK MEMORIAL RACES
(Arctic Winter Games Trials)

Hosted by Whitehorse Cross Country Ski Club

November 28, 2009 – Free Technique

December 05, 2009 - Classic Technique

(Backup date is Dec. 06, 2009 for free technique
followed by Dec. 19, 20 for one or both races)

Entry deadline: 7:00 pm., Wednesday, November 25, 2009 for Free technique
7:00 pm., Wednesday, December 2, 2009 for Classic

Draw dates: Friday night before each race. (start list will be posted in the wax room)

Entry Fees: Juvenile Category and younger \$ 10.00 per race
Open Category \$ 15.00 per race

AWG Trials registrants will be separately charged \$10 to go to Sport Yukon for the Trials

Rules: CCY rules and regulations.

Temperature cutoff: -15C for Atoms and Pee Wees; -20 C for Midget and older

An alternate event is planned for Atoms and Peewees if temp is colder than -15.

Race categories conform to Cross Country Canada's revised Competition Model.

Information on the Competition Model and its relationship to Long Term Athlete

Development guidelines can be found at www.crosscountryyukon.com and

www.cccski.com.

Awards at 2.30 pm on Dec. 05

❖ Ribbons for top 3 finishers in Atom, Pee Wee, Midget, Juvenile, and Junior Categories

Facilities: Change rooms, showers, saunas, waxing & social areas are available downstairs in the Mt-McIntyre Recreation Centre.

Chief of Race: Dan Lindsey

Technical Delegate: Claude Chabot

Chief of Course: Bill Greer

GREY MOUNTAIN LIONS CLUB #1-2 – DON SUMANIK MEMORIAL

**November 28: FREE TECHNIQUE
INDIVIDUAL START.
First Start 12:30 pm**

Year of birth	Male Category	Male Distance	Female Category	Female distance
1998 + younger	Tim Hortons Skills Fest Start 11:30 AM Register separately			
1997*	Midget 1	1x2.5km	Midget 2	2x2.5km
1996*	Midget 2	1x2.5km	Juvenile 1	2x2.5km
1995*	Juvenile 1	3x2.5km	Juvenile 2	2x2.5km
1994*	Juvenile 2	3x2.5km	Juvenile 3	2x2.5km
1993*	Juvenile 3	3x2.5km	Junior 2	2x2.5km
1992*	Junior 1	3x2.5km	Junior 3	2x2.5km
1991	Junior 2	3x2.5km	Junior 4	2x2.5km
1990	Junior 3	3x2.5km	Junior 5	2x2.5km
1989 & earlier	Open	3x2.5km	Open	2x2.5km
Masters welcome but an alternate self timed Masters race may also be organized				

* Eligible for Arctic Winter Games Trials

**December 05: CLASSIC TECHNIQUE
MASS START (grouped by Category).
First Start 12:30 pm.**

Year of birth	Male Category	Male Distance	Female Category	Female distance
2004	Atom	1x1km	Atom	1x1km
2003	Atom	1x1km	Atom	1x1km
2002	Atom	1x1km	Atom	1x1km
2001	Atom	1x1km	Pee-Wee	2x1km
2000	Pee-Wee	2x1km	Pee-Wee	2x1km
1999	Pee-Wee	2x1km	Pee-Wee	2x1km
1998	Pee-Wee	2x1km	Midget 1	1x3.75km
1997*	Midget 1	1x3.75km	Midget 2	1x3.75km
1996*	Midget 2	1x3.75km	Juvenile 1	1x3.75km
1995*	Juvenile 1	1x5km	Juvenile 2	1x3.75km
1994*	Juvenile 2	1x5km	Juvenile 3	1x3.75km
1993*	Juvenile 3	1x5km	Junior 2	2x3.75km
1992*	Junior 1	2x5km	Junior 3	2x3.75km
1991	Junior 2	2x5km	Junior 4	2x3.75km
1990	Junior 3	2x5km	Junior 5	2x3.75km
1989 & earlier	Open	2x5km	Open	2x3.75km

* Eligible for Arctic Winter Games Trials

Maps will be posted in the wax room prior to the event. It is the responsibility of the skiers to make sure they know each race course and the stadium layout prior to the start of the race.

GREY MOUNTAIN LIONS CLUB
YUKON RACE SERIES ENTRY FORM

LAST NAME: _____ GIVEN NAME: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____

CATEGORY: _____ SEX: F M

ENTER ME FOR: FREE TECHNIQUE _____ CLASSIC TECHNIQUE _____

AWG TRIALS _____ (1997-1992 YOB only)

PAYMENT: FREESTYLE \$ _____ CLASSIC \$ _____ TOTAL \$ _____

Entry fees must be received with race entry form at the Ski Base; Visa/MasterCard/Debit payment accepted or make cheques payable to Whitehorse Cross Country Ski Club. Cheques can be mailed to WCCSC, #200 - 1 Sumanik Drive, Whitehorse, Yukon Y1A 6J6.

PARTICIPANT WAIVER FORM

Name of Event: **Don Sumanik Memorial Ski Races**

Event Date(s): **November 28, 2009 and December 05, 2009**

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Yukon** (hereinafter called the **Host Division**) and Whitehorse Cross Country Ski Club (hereinafter called the **Host 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**, the **Host Division** and the **Host 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 **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host 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 is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host 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 **CCC**, the **Host Division** and the **Host 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:

Name: _____

Date: _____

Signature: _____

Witness: _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (19 in Yukon, or as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____

Name of Parent/Guardian: _____

Date: _____

Parent/Guardian Signature: _____

Witness: _____