

# Yukon Cross Country Skiing Championships

Hosted by Whitehorse Cross Country Ski Club

**Saturday, January 9, 2010 - Classic Technique**

**Saturday, January 16, 2010 - Free Technique**

(Backup date is Sunday, January 10, 2010 for classic technique; Sunday, January 17, 2010 for free technique)

**Entry deadline:** 7:00 pm., Wednesday, January 6, 2010 for Classic technique  
7:00 pm., Wednesday, January 13, 2010 for Free technique

**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

**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 Pee-Wees if temperature 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](http://www.crosscountryyukon.com) and [www.cccski.com](http://www.cccski.com).

**Awards at 2.30 pm on January 16**

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:** Afan Jones

**Technical Delegate:** Claude Chabot

**Chief of Course:** Mike Kramer

**Saturday, January 9, 2010: 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	2x2.5km
1997*	Midget 1	2x2.5km	Midget 2	2x2.5km
1996*	Midget 2	2x2.5km	Juvenile 1	2x2.5km
1995*	Juvenile 1	1x7.5km	Juvenile 2	2x2.5km
1994*	Juvenile 2	1x7.5km	Juvenile 3	2x2.5km
1993*	Juvenile 3	1x7.5km	Junior 2	2x5km
1992*	Junior 1	2x7.5km	Junior 3	2x5km
1991	Junior 2	2x7.5km	Junior 4	2x5km
1990	Junior 3	2x7.5km	Junior 5	2x5km
1989 & earlier	Open	2x7.5km	Open	2x5km

**Saturday, January 16, 2010: FREE TECHNIQUE  
 INDIVIDUAL START.  
 First Start 12:30 pm**

Year of birth	Male Category	Male Distance	Female Category	Female distance
1998 + younger	<b>Tim Hortons Skills Fest            Start 11:30 AM            Register separately</b>			
1997*	Midget 1	2x2.5km	Midget 2	2x2.5km
1996*	Midget 2	2x2.5km	Juvenile 1	2x2.5km
1995*	Juvenile 1	2x3.3km	Juvenile 2	2x2.5km
1994*	Juvenile 2	2x3.3km	Juvenile 3	2x2.5km
1993*	Juvenile 3	2x3.3km	Junior 2	2x3.3km
1992*	Junior 1	3x3.3km	Junior 3	2x3.3km
1991	Junior 2	3x3.3km	Junior 4	2x3.3km
1990	Junior 3	3x3.3km	Junior 5	2x3.3km
1980 & earlier	Open	3x3.3km	Open	2x3.3km
<b>Masters welcome but an alternate self timed Masters race may also be organized</b>				

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.



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: \_\_\_\_\_