

53rd BAW BAW NORDIC RACE DAY

SUNDAY August 11th 2024

REGISTER NEAR SKIOSK by 10 a.m.

10.30AM

ST PHILLACK CUP

CROSS COUNTRY TRAIL RACE

Freestyle

APPROXIMATELY 10km - Timed Group Starts

CUPS

FIRST MAN and FIRST WOMAN 10km

FIRST FEMALE and MALE VETERAN 10km (45 & over)

10.45 AM

TULLICOUTTY CUP

CROSS COUNTRY TRAIL RACE

Freestyle

APPROXIMATELY 5km - Timed Group Starts

CUPS

FIRST MAN and FIRST WOMAN 5km

FIRST FEMALE & MALE JUNIORS 5km (under 16)

FIRST FEMALE and MALE SUPER-VET 5km (60 & over)

NO PERSON CAN WIN TWO CUPS (eg first male couldn't also win the junior's cup even if under 16)
AGE calculated as at December 31, 2024

And: MEDALS for all 14 categories for members of Mt Baw Baw Clubs,

And: BAW BAW INTERCLUB TROPHY:

5-4-3 points for placegetters in every category of St Phillack.

4-3-2 points for placegetters in every category of Tullicouty.

Points for every Finisher.

ENTRY FEES: ADULTS: 16 years and over: \$15

JUNIORS: under 16 years : \$5

PRE-RACE DAY ENQUIRIES: Paul Proctor ph 0417 352 052 email: mbbsa.committee@gmail.com

RACE WEEKEND ENQUIRIES: Paul Proctor, ph 0417 352 052

SPONSORS:

Skali Ski Club

EdSki Club

Mr Jim Strain

VICTORIAN SNOWSPORTS ASSOCIATION

Mount Baw Baw Alpine Resort

Day Visitors: Gate entry to be paid at the entrance to the resort

YOU DON'T HAVE TO BE AN EXPERT TO COMPETE



Mt Baw Baw Alpine Resort X-C RACE DAY ENTRY FORM

BIB NO:

NAME: <small>(First name & Last name)</small>	
ADDRESS:	
YOUR SKI CLUB: <small>(optional)</small> Phone email: <small>(for sending results and race notices only)</small>	MALE/FEMALE <small>(Circle One)</small> YEAR OF BIRTH: AGE: yrs

<i>I wish to enter the following (tick one):</i>	Age/Class at 31 December 2024
St Phillack Cup Open 10 km <input type="checkbox"/>	- Open 10km 16 and over: \$15 PO
St Phillack Cup Veteran 10 km <input type="checkbox"/>	- Veteran 45 and over: \$15 PV
St Phillack Cup Super Vet 10 km <input type="checkbox"/>	- Super Vet 60 and over: \$15 PSV
Tullicoutty Cup Junior 5 km <input type="checkbox"/>	- Junior 5km Under 16: \$5 TJ
Tullicoutty Cup Open 5 km <input type="checkbox"/>	- Open 16 and over: \$15 TO
Tullicoutty Cup Veteran 5 km <input type="checkbox"/>	- Veteran 45 and over: \$15 TV
Tullicoutty Cup Super Vet 5 km <input type="checkbox"/>	- Super Vet 60 and over: \$15 TSV

Conditions of Entry:

- *The race is run according to the rules of racing as provided & published by Skiing Australia Cross Country*
- *It is the competitor's responsibility to be adequately clothed, experienced in skiing and medically fit to compete.*
- *When "Track" is called the overtaking skier must be allowed to pass without obstruction.*
- *All competitors, whether they complete the course or not, are required to report to the finish station.*
- *Walking on the track is not permitted and skiers are required to remain on their skis unless official advice is given to the contrary because of conditions at a particular point on the course. In the event of a broken ski, the unfortunate competitor should not walk on the course or obstruct skiers.*
- *Skiers must follow the marked trail and have bib numbers revealed for marshals to observe.*
- *Organisers reserve the right to refuse any entry.*
- *No person may be awarded more than one cup on the day.*
- *Bibs remain the property of the organisers and must be returned.*
- ***While the organisers of this event will take every care to ensure a safe race, competitors enter this race understanding that the organisers and the associated bodies will accept no liability for injury or damage to person or property as a result of competing in this race.***

Racers are advised to have their own personal injury insurance.

SIGNED:	DATE:
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BRING the COMPLETED FORM & FEE to the RACE TABLES BY 10.00 am near the SKIOSK, past the lift ticket office.

