

Michigan High School Cross Country Ski Championship
Traverse City, MI
February 18-19, 2011
VASA Trail

SCHEDULE

Thursday 7 pm: Coaches meeting at Vasa Trailhead

Friday

Pursuit races

9 am: Classic 5K; boys/girls

2 pm: Freestyle 5k; boys/girls

6 pm: **Awards Banquet**

Presbyterian Church of TC

701 Westminster Road (off Airport Access Rd)

Saturday

Sprints

9 am: Freestyle 1K; boys/girls

ENTRY FEE: \$60

Includes trail fees, races, banquet and tech t-shirt

Additional banquet tickets for parents/friends: \$15; Additional tech t-shirts: \$15

CONTACT INFO:

Laura Jacobson (parent)

231 883-4047

mhsnordicstates11@gmail.com

John Kostrzewa (coach)

jkostrzewa@sbcglobal.net

LODGING:

There are numerous hotels conveniently located within 2-3 miles of the Vasa trailhead. Specific race weekend lodging recommendations and rate information can be obtained from:

Sarah Bernard 231 995-3910

Sarah@TraverseCity.com

Traverse City Convention and Visitors Bureau

DIRECTIONS to Vasa Trailhead:

from US 31 between Acme and Traverse City:

east on Bunker Hill Rd 0.75m

south on Bartlett Rd 0.5m

left into Vasa parking lot

**MICHIGAN HIGH SCHOOL
CROSS COUNTRY SKI CHAMPIONSHIP
ENTRY FORM**

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age: _____ Birthdate: _____ Gender: M F

Team/club: _____ Coach: _____

T-shirt size (circle one) XS S M L XL Add'l banquet tickets @\$15: # _____

Add'l tech t-shirts @\$15: # _____ size _____

Entry fee (\$60) includes trail fee, races, banquet and t-shirt # _____ size _____

_____ size _____

Amount enclosed: \$ _____

Make check payable to: **TC Central XC-Ski Boosters**

Return form and fee by 2/4/11

Mail to:

**High School State Championship
c/o Laura Jacobson
1809 Timberlane
Traverse City, MI 49686**

Additional forms available at vasaskiclub.com

Please also sign release form

Release and Indemnity Agreement, Assumption of Risk

February 18-19, 2011

In Consideration of myself or my child being permitted to participate in any way in the Michigan High School X-C Skiing Championship (February 18-19, 2011), I represent that I do, on behalf of myself OR my child:

1. acknowledge, agree and represent I fully understand the nature of Nordic skiing and the Michigan High School X-C Skiing Championships and that I or my child are qualified, in good health, and in proper physical condition to participate in such activity.

2. fully understand that (a) the Michigan High School X-C Skiing Championship involves risk and dangers of serious bodily injury (b) these risks and dangers may be caused by my own (or my child's) actions or inactions, or the actions or inactions of others participating in the Michigan High School X-C Ski Championship, and/or the condition of which the Michigan High School X-C Ski Championship takes place.

3. I hereby agree, for myself and for my child to release, discharge and covenant not to sue the above listed organization (Michigan High School X-C Skiing Championship) or it's parent organization, its respective administrators, directors, agents, officers, members, volunteers, and employees, any sponsors, advertisers, and if applicable, owners and lessors of premises of property on which the Michigan High School X-C Ski Championship takes place (each considered one of the "Releasees" herein), from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise. I fully accept and assume all such risks and responsibility for losses, costs, damages, I or my child incur as a result of my or my child's participation in the Michigan High School X-C Skiing Championship. My signature signifies that I fully understand and agree to be bound by this Release and Waiver Agreement, for myself and for my underage child (if applicable), and agree that if any portion of this agreement is held to be invalid, the balance, not withstanding, shall continue in full force and effect.

Signature: _____ Date: _____

Parent Signature (if child is under the age of 18) _____ Date: _____