



Michigan High School Cross Country Ski Championships

February 18-19, 2006 @ MTU Trails

Dear Coaches, Athletes and Parents:

Come join us at this year's USSA Junior Olympic venue! This will be an exciting event this year as it is being held in conjunction with the CCSA College Regional. You will ski at a fantastic facility and see some of the best young skiers in the country. The schedule is as follows (all times EST):

Tuesday, February 14th

5:00 pm: Race rosters/entries due

Friday, February 17th

All day: Course inspection. Waxing will be in the Boss Snowplow wax building shed until 9:00pm

7:30 pm: Coaches meeting SDC classroom, bib pick up, start list and order, parking, etc.

Saturday, February 18th – Absolutely no skating!! No skating by ANYONE on the courses prior to the finish of the college men's race.

8:00am: Courses open

9:00am: Late bib pick up opens at trailhead.

10:00am: College women's 5K CL individual start. **HS girls** will follow 10 min. after last college athlete.

11:00am: **HS boys** 5K CL individual start. Course re-groom will follow immediately.

1:30pm: College/Open men's 10K CL individual start. HS re-bib for FS pursuit race.

3:30pm: **HS girls** 5K FS pursuit start.

Approx. 4:30: **HS boy's** 5K FS pursuit start.

Sunday, February 19th

8:00 am: FS courses open

9:00 am: College men's 15K FS mass start.

10:30am: College women's 10K FS mass start begins

12:00 or ASAP: **HS girl's, then boy's** CL sprint qualification; 15 second intervals, semi-finals will be 3 heats of 6 for each sex. Top two in each heat will advance to a 6-person final. (There may be 6-person B and C finals if time permits)

Cost: \$35.00/racer for both days. Send payment with entry forms or indicate that you will bring it to the race. Check payable to **Copper Country Ski Tigers**.

Locker Room Facilities: Available to racers at the SDC after the races.

Note: HS Athletes from out of Michigan are welcome as guest participants at this event, but will not qualify State Championship awards.

Individual Entry Form
Michigan State High School Cross Country Ski Championships
GLD Junior Olympic Qualifying Race

Saturday, February 18 & Sunday, February 19, 2006

Michigan Tech Ski Trails on the campus of Michigan Technological University

Houghton, Michigan

Entries MUST be received by Tuesday, 14 February 2006

Name _____ Phone _____ / _____

Address _____

City _____ State _____ Zip _____

High School Team (If applicable)

Sex: M F Age (as of 12/31/05) _____ Birth Date _____

If racing for GLD JO qualifying - indicate class: J2 J1 OJ

CXC # _____ (req'd) USSA # _____ (optional)

I intend to ski (check one) _____ Sat. only _____ Sun. only _____ Both days

Entry Fee is \$20.00 per day or \$35.00 for both days.

Make Check Payable to: **Copper Country Ski Tigers**

By signing this Acknowledgement of and Assumption of Risk and Release, as Self or Parent/Guardian, I am consenting to the competitor's participation in competitive skiing and training and acknowledge that I understand that any and all risk, whether known or unknown is expressly assumed by me, and all claims, whether known or unknown, are expressly waived in advance.

Signature _____ Date _____

Signature of Parent/Guardian (if competitor is under age 18)

_____ Date _____

Send Form/Fee to: MI State XC Ski Championships
 c/o Doug Oppliger
 1421 Copper Drive
 Hancock, MI 49930

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