



**2013 NSW Amelia McGuinness  
Junior Sprint Championships  
FREESTYLE  
PERISHER VALLEY  
SATURDAY JULY 6**  
(Organised by NSW Snowsports Cross Country Committee)



An individual sprint race will be conducted near the Nordic Shelter. The course will be determined on race day dependant upon snow conditions.

This special event is intended to give junior XC skiers experience in XC Sprint racing under official competition conditions.

Time trials will be conducted and Age Group Winners will be awarded.  
Times will then be used to match skiers in elimination heats to determine Final Age Group Winners.

Note: There is opportunity to compete for two separate awards in Sprint races. The Time Trial winners will be recognized purely for speed over a short distance. The Final Winners will have thought about how they use their energy and prevail after a series of Elimination Heats.

**Start Time:** Time Trials will commence at 1pm.  
Quarter-Final Heats will commence after short break, Semi-Finals and the Final will follow at appropriate intervals.

**Race Office:** Entries accepted on the day of the event  
Nordic Shelter Race Office - open from 9:30am to 12:00 noon on race day.

**Race Fees:** \$10

**For Further Information:** Peter Ward 0409 338 978  
peter.leslie0@gmail.com

**Presentations:** Presentations will be held in the Nordic Shelter:  
Time Trial awards will be made during the lunch break.  
Age Group winners of the Final of the Heats will be awarded shortly after the event

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Entrant Surname ..... First Name.....M/F .....  
Address ..... State ..... Postcode .....  
Phone ..... Email ..... Date of Birth.....

**Please circle your age group below. (Age taken from 31<sup>st</sup> December, 2013)**  
**Note: Additional age groups may be established on the day, depending on numbers of entries.**

Age Group	MWU12	MWU16	MWU20
Birth Year	2002-later	1998-1999	1994-1995

**Declaration**

I agree to enter the 2013 NSW Junior Freestyle Cross Country Skiing Sprint Championships and to abide by the rules of Skiing Australia XC. I declare that the details on my entry form are true and correct. By entering this event I will not hold responsible Snowsports ACT, NSW Snowsports, the NPWS, SSA or the organising body for any accidents or injuries that may occur to me or my child and I absolve these bodies from any liabilities. I understand that it is my responsibility to ascertain my or my child's fitness to compete.

My race entry fee of \$..... is enclosed. Entrant's signature.....

Parent/Guardian signature ( if under 18 years).....Date.....

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