



MINNESOTA VALLEY SPRINTS

Theodore Wirth Park, Minneapolis MN
Race Application

Race: Midwest Junior Olympic Qualifier; Open to CXC Juniors, College, HS/MS, Youth and Citizen racers.

Location: Theodore Wirth Park, Minneapolis, MN

Dates: Saturday 12/20/08 and Sunday 12/21/2008

Entry Fees: \$35 for one race, \$45 for both races, J3 & J4 \$10 each race, youth \$5 each race. Entry fees are not refundable.

Last day for registrations to be received without late fee: Tuesday 12/16/08. Late fee \$5 per race.

Registration: Register for individuals by credit card on line at www.signmeup.com/cxcskiing by midnight Tues 12/16 or late register at bib pick. Anyone needing manual registration should call the Chief of Registration at 651-208-9391 with names and pay by check at bib pick up or register individually on line.

Accommodations: Best to stay downtown, Golden Valley or near the airport.

Start Order: "Seeded skiers" will be athletes holding current USSA points going out in order of points, best first within their respective groups. "Unseeded skiers" will be athletes who do not have USSA points and will be randomly seeded within their respective age groups as will all J2, and younger skiers.

Course: The sprint course will be determined based on snow coverage. Start is at Theodore Wirth Chalet.

TD: Matt Laue

Chief of Race: Reid Lutter

Race Schedule (All times **CST**)

Tues Dec 16 12:00 Midnight

Thurs Dec 18

Fri Dec 19 11:00 AM to 4:00 PM

3:00 PM

6:00 PM

Sat Dec 20 7:30 – 9:00 AM

9:00 AM

Last time for early On-line registration and seeding
 Registration list posted as a link off the race calendar on the home page of www.cxcskiing.org

Course groomed and marked for inspection
 Jury decides start order (see Start Order format below)
 Final start order posted on www.pttiming.com

Bib pick up at Wirth

1.5K Freestyle Race / 15 sec interval start

Seeded Open, College, OJ, and J1 Women

Unseeded College, OJ, Open and J1 Women

J2 Women

Seeded Open, College, OJ, and J1 Men

Unseeded College, OJ, Open and J1 Men

J2 Men

J3/J4 Men, J3/J4 Women

10:15 Brackets posted – bib pick up for knock out heats. # of qualifiers based on number of entry's. Last year OJ boys, J1 Boys, J1 Girls Top 24 advance, OJ girls, J2 Boys, J2 Girls, top 12 advance, open and J3/J4 top six advance. Six start in each race, Top three from each heat advance. All Semi-Final skiers race in either A or B final.

11:00

Knock out heats start – 1.5K Freestyle Race

Men's open final (11:00)

Women's open final (11:05)

11:10

J3/J4 Finals (Boys 11:10, Girls 11:15)

11:20

J1 Girls Quarterfinals (11:20, 11:25, 11:30, 11:35)

11:40

OJ Boys Quarterfinals (11:40, 11:45, 11:50, 11:55)

12:00

J1 Boys Quarterfinals (12:00, 12:05, 12:10, 12:15)

12:20

OJ Girls Semi Finals (12:20, 12:25)

12:30

J1 Girls Semi Finals (12:30, 12:35)

12:40

J2 Girls Semi Finals (12:40, 12:45)

12:50	OJ Boys Semi Finals (12:50, 12:55)
1:00	J1 Boys Semi Finals (1:00, 1:05)
1:10	J2 Boys Semi Finals (1:10, 1:15)
1:20	OJ Girls Finals (B final 1:20, A Final 1:25)
1:30	J1 Girls Finals (B final 1:30, A Final 1:35)
1:40	J2 Girls Finals (B final 1:40, A Final 1:45)
1:50	OJ Boys Finals (B final 1:50, A Final 1:55)
2:00	J1 Boys Finals (B final 2:00, A Final 2:05)
2:10	J2 Boys Finals (B final 2:10, A Final 2:15)

2:30 Results posted on site at Wirth as available and on
www.pttiming.com
(J3/J4, J2, J1, OJ, and Open classes)

Sun Dec 21 7:30 – 9:00 AM
9:00 AM

Bib pick up at Wirth
.8K Freestyle Race / 15 sec interval start
Seeded Open, College, OJ, and J1 Women
Unseeded College, OJ, Open and J1 Women
J2 Women
Seeded Open, College, OJ, and J1 Men
Unseeded College, OJ, Open and J1 Men
J2 Men
J3/J4 Men, J3/J4 Women

10:15 Brackets posted – bib pick up for knock out heats. # of
qualifiers based on number of entry's. Last year OJ boys, J1 Boys, J1 Girls Top 24 advance, OJ girls, J2
Boys, J2 Girls, top 12 advance, open and J3/J4 top six advance. Top three from each heat advance. All
Semi-Final skiers race in either A or B final.

11:00	Knock out heats start – .8K Freestyle Race Men's open final (11:00) Women's open final (11:05)
11:10	J3/J4 Finals (Boys 11:10, Girls 11:15)
11:20	J1 Girls Quarterfinals (11:20, 11:25, 11:30, 11:35)
11:40	OJ Boys Quarterfinals (11:40, 11:45, 11:50, 11:55)
12:00	J1 Boys Quarterfinals (12:00, 12:05, 12:10, 12:15)
12:20	OJ Girls Semi Finals (12:20, 12:25)
12:30	J1 Girls Semi Finals (12:30, 12:35)
12:40	J2 Girls Semi Finals (12:40, 12:45)
12:50	OJ Boys Semi Finals (12:50, 12:55)
1:00	J1 Boys Semi Finals (1:00, 1:05)
1:10	J2 Boys Semi Finals (1:10, 1:15)
1:20	OJ Girls Finals (B final 1:20, A Final 1:25)
1:30	J1 Girls Finals (B final 1:30, A Final 1:35)
1:40	J2 Girls Finals (B final 1:40, A Final 1:45)
1:50	OJ Boys Finals (B final 1:50, A Final 1:55)
2:00	J1 Boys Finals (B final 2:00, A Final 2:05)
2:10	J2 Boys Finals (B final 2:10, A Final 2:15)

2:30 Results posted on site at Wirth as available and on
www.pttiming.com
(J3/J4, J2, J1, OJ, and Open classes)



Junior Age Groups: years of birth: OJ – 89,90; J1 – 91,92; J2 – 93,94; J3 – 95,96; J4 – 97,98

Last Name: _____ First Name: _____ Gender: ___M ___F
Address _____

City, State, Zip: _____

Phone: _____ e-mail _____ Birthday: _____

USSA # _____ FIS # _____ CXC # _____

Do you have **USSA Points** for **seeding** consideration? Yes _____ No _____

Saturday 1.5 k Skating:

1.5K Youth: ___M ___F; J3: ___M ___F; J4: ___M ___F J2: ___M ___F

1.5K J1: ___M ___F; OJ: ___M ___F Open: ___M ___F

Sunday .8k Skating

.8K Youth: ___M ___F; J3: ___M ___F; J4: ___M ___F J2: ___M ___F

.8K J1: ___M ___F; OJ: ___M ___F Open: ___M ___F

Central Cross Country Association (“CXC”) is recognized by the United States Ski and Snowboard Association (“USSA”) as the sole Regional Organization governing cross country skiing in the 10 state Central Region of the United States. CXC provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. CXC Skiing oversees youth programs; supports the Junior Olympic Qualifying system, Central Collegiate Ski Association, and Senior/Master skiing; provides athletes’, coaches’ and officials’ education; coordinates competitions; trains Olympic caliber athletes; and is the Midwest pipeline to the US Ski Team. CXC is a 501c3 non profit corporation and gratefully accepts tax deductible donations for program enhancement from all sources.

UNITED STATES SKI AND SNOWBOARD ASSOCIATION

ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING

I understand that skiing and snowboarding in their various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in alpine, nordic, freestyle, disabled, and snowboarding competitions and clinics (hereinafter collectively referred to as “Activities”), involve many **RISKS, DANGERS and HAZARDS**. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding one's own abilities. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that **INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities**. I know that the risk of **SEVERE INJURY** and even **DEATH** exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Ski & Snowboard Association, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski and snowboard facility operators (hereinafter the term “USSA” shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

With full knowledge and understanding of the **RISK OF SEVERE INJURY AND DEATH** involved in ski and snowboard training and competition, I **FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES**, even if I follow the instructions or advice of USSA.

In consideration of USSA's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter “Member”) agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member hereby unconditionally **WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY USSA FROM ANY CLAIMS**, present or future, to Member or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including **DEATH**), suffered by any person from or in connection with Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, **INCLUDING NEGLIGENCE** and/or breach of express or implied warranty on the part of USSA.
2. Member hereby **RELIEVES USSA OF ANY DUTY TO PROTECT MEMBER FROM HARM** in connection with any Activities in which USSA is involved in any way.
3. Member authorizes USSA to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USSA, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall **DEFEND, INDEMNIFY AND HOLD HARMLESS** USSA of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care. Member also authorizes disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law.
4. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.

5. This Agreement shall be construed in accordance with, and governed by the substantive laws of the State of Colorado, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against USSA must be maintained in state courts sitting in Summit County, Utah or federal district courts sitting in the District of Utah, Central Division, and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

MEMBER (IF OVER AGE 18)

Signature: _____ Date of Birth: _____
Printed name: _____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED FOR MEMBERS UNDER THE AGE OF 18

As the parent or guardian of the minor child Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. By affixing my signature below I represent that I intend to give up my right, the right of the Member, and the right of any other parent or guardian to maintain any claim or suit against USSA arising out of the Member's participation in any Activities involving USSA in any way. I further agree to hold harmless, defend, and indemnify USSA of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with USSA.

Parent or guardian's signature _____

Printed name _____ Date _____

Applicant's Name (Please Print) _____

2008/2009