

SNOWSPORTS

ACT/NSW Interschools Cross-Country Ski (Nordic) event now re-scheduled for Tues 24th August

FORS is now in a position to facilitate additional Radford FORS Alpine team members students in the event, Tuesday 24th August in school term.

Expressions of interest to join the XC team are now open. Contact Jonathan Mandl at jon@homemail.com.au or 0451 309 176

The two Nordic disciplines that make the annual ACT/NSW event are:

XC Freestyle - Individual race with mass start of each division/school year category (see guide below*) in separate Male and Female events. (Teams of 3 or individuals can compete)

XC Relay - Team of 3 necessary - younger divisions can be 'skied up' to higher Division to make a team as per Alpine rules - with the exception of primary age students not allowed to ski up in Div 3, 2 or 1.

Technique

Can be either Classic or Skate - either skis and technique can be used.

We have recommended FORS XC participation from 2009 with Skate equipment as preference (most competitive).

Distance of all events - can vary, but dependant on conditions, is normally 1.5km (loop) –usually on groomed Perisher Nordic trails .

In all events on the day, normally the youngest divisions race first - then through to the eldest. The event is finished within approx 2-3 hours in good conditions. Often event start will be 9am or 9:30am at Perisher Nordic Trails, base camp is the Nordic Shelter building.

* Teams and Individuals compete in their school divisions: Division 1 Years 11 & 12, Division 2 Years 9 & 10, Division 3 Years 7 & 8 , Division 4 Years 5 & 6, Division 5 Year 4 and below.

** 3 competitors are required for the Cross Country Freestyle and Relay. Aggregate of 3 team member finishes used for Freestyle team place. Competitors can ski as individuals in the Freestyle event for an outright place, but without a team of three entered, they are not eligible for a team placing.

*** Transport arrangement are yet to be confirmed.

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